



**PICAC SA**

Culture, Values and Attitudes  
Webinar Series

# Food Preferences



Multicultural  
Aged Care

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## **Kurna Acknowledgement**

Adelaide and its surrounds are nestled within the lands traditionally owned and protected by the Kurna people and their forebears for many thousands of years.

Throughout the Adelaide Plains, the Kurna people have performed age-old ceremonies of celebration, initiation and renewal.

In convening this meeting, we take the opportunity to acknowledge and honour the Kurna people's traditional ownership of this land, their living culture and the unique role they have played in the life of this region.



# Culture, Values and Attitudes

You are welcome to browse our online catalogue to review and select resources that may inform your service and care delivery

<https://library.mac.org.au/>





# Objectives

- Anticipate the CALD concepts and meanings of culturally appropriate services
- Acquire CALD understandings about culturally appropriate care
- Apply evidence- and resource-based strategies to improve better practice CALD models of culturally appropriate care planning and provision
- Improve awareness and understandings of CQ, cultural competency, culturally appropriate care
- Develop processes and better practice processes for culturally appropriate care delivery





# Outcomes

- Improved capacity to deliver culturally appropriate care targeting CALD specific needs, expectations and understandings of aged care
- Improved access to information and resources on CQ, cultural competency, culturally appropriate care and CALD perspectives





# Embracing cultural diversity

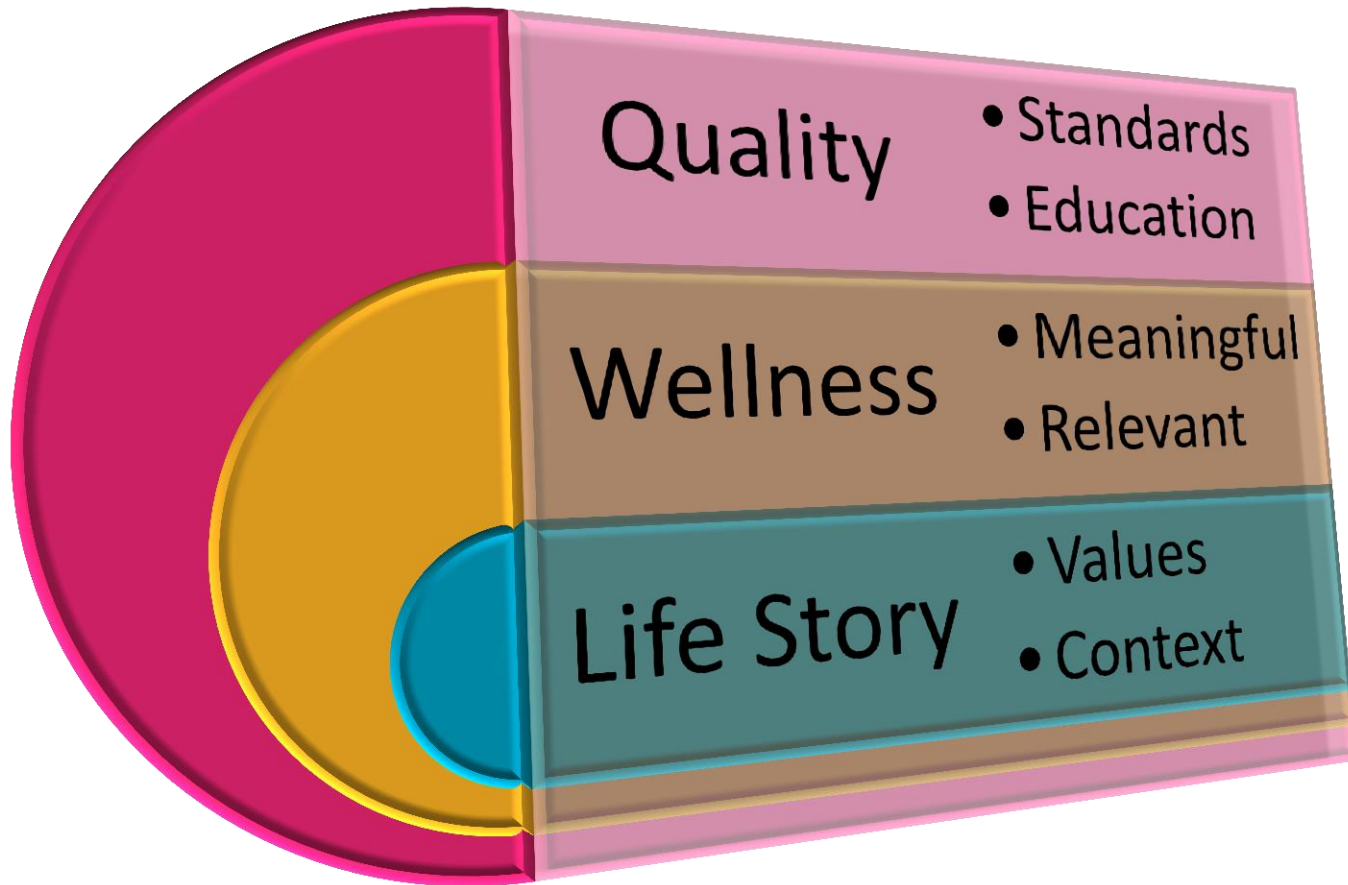
- What is my cultural background?
- What values are important to me?  
(eg. independence? helping others? honesty?)
- **How do my values and beliefs differ from those of others? (Do I know what they are?)**
- What is my attitude towards other cultures?  
(Does it depend on 'which' culture?)
- **How often do I judge or make assumptions about someone from another culture?**
- How might someone from another culture view me? Or my culture?



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# Towards Culturally Appropriate Care



Quality

- Standards
- Education

Wellness

- Meaningful
- Relevant

Life Story

- Values
- Context



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## Food Preferences

# Food in language we use

- sayings / proverbs / idioms
- religious books / prayers
- calendar – seasons and and farming
- what do we say before/ during/ after a meal
- words we say to describe ‘preferred/ likeable’  
‘tasty’, ‘flavoursome’, ‘delicious’



# Food safety





# Five Senses in Action



SIGHT



SOUND



SMELL



TOUCH



TASTE





It reminds me of...





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# Food Preferences

# Food in culture

**Multicultural Calendar 2022**

www.mac.org.au

Multicultural Aged Care

<https://www.mac.org.au/wp-content/uploads/2022/02/MAC-Calendar-2022.pdf>

# Comfort food

A photograph of a bowl of green pea soup. The soup is thick and green, garnished with several sliced carrots and fresh basil leaves. The bowl is white with an orange base and sits on a red napkin. In the background, there are several whole potatoes, green beans, and yellow flowers.

*Keep warm and have some soup*

**Multicultural Aged Care**

# Show me your 'cuppa'



# Food preparation



Photos by Wenhao Zhong

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## Food Preferences

# Sharing a meal





# Fasting





# Religion and Spirituality



<https://library.mac.org.au/>



# Cultural celebrations



# Calendar and Events

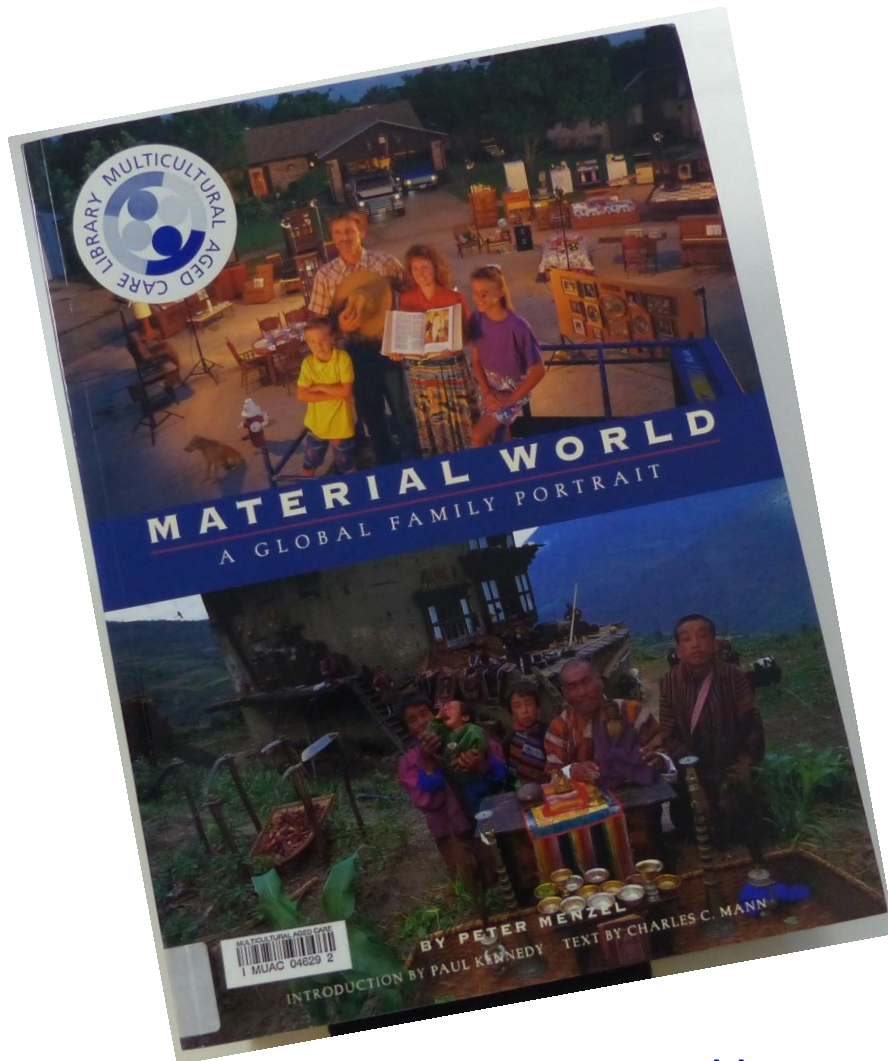


# Assisting with meals





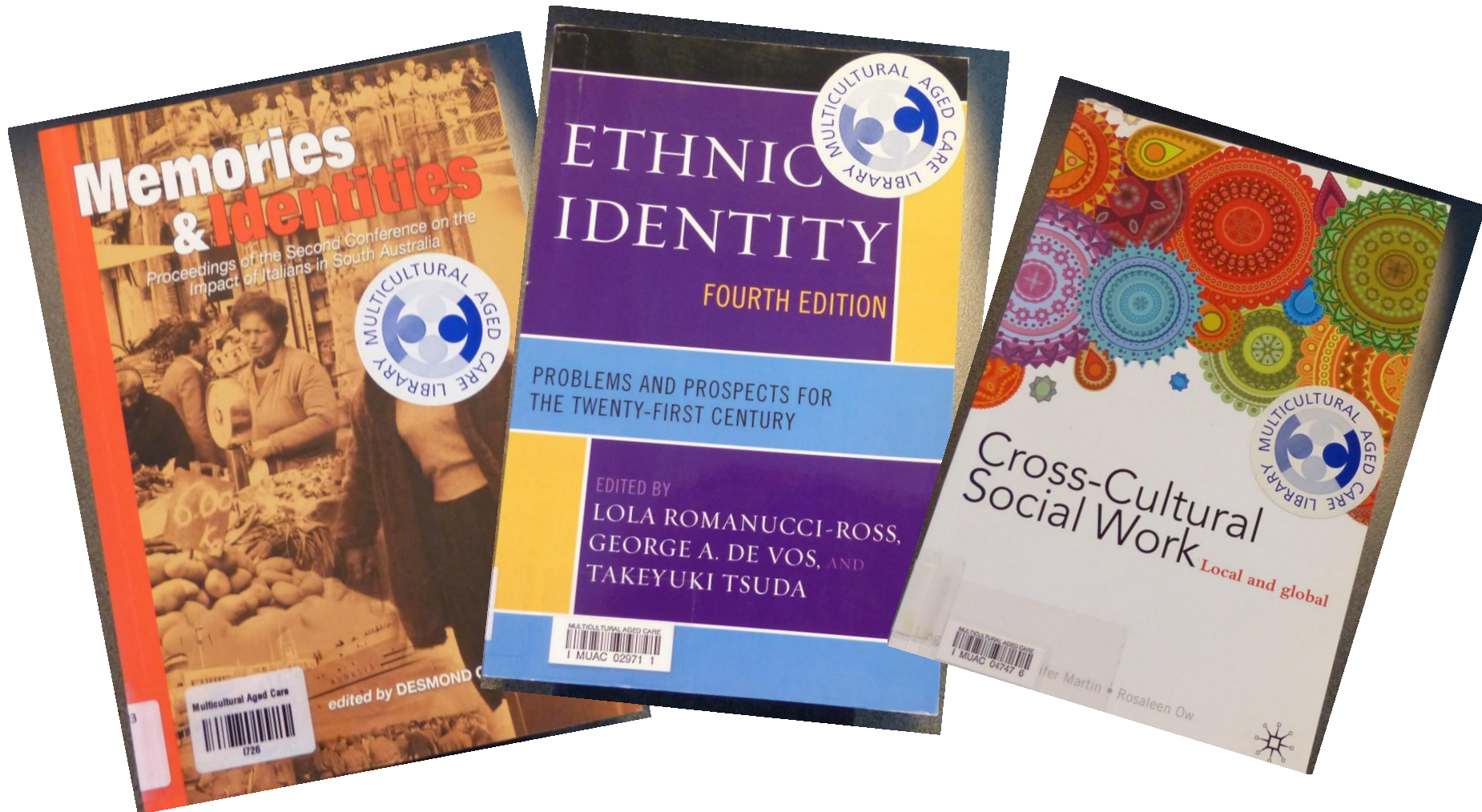
# Food in culture



<https://library.mac.org.au/>



# Food in culture



<https://library.mac.org.au/>

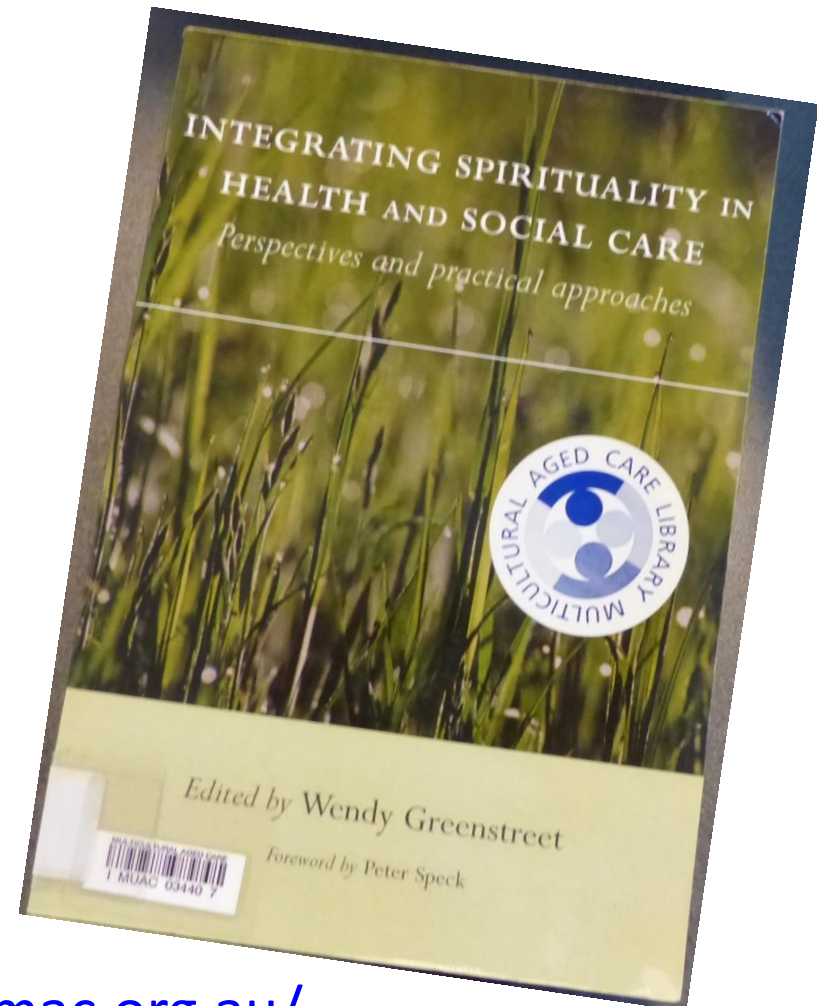
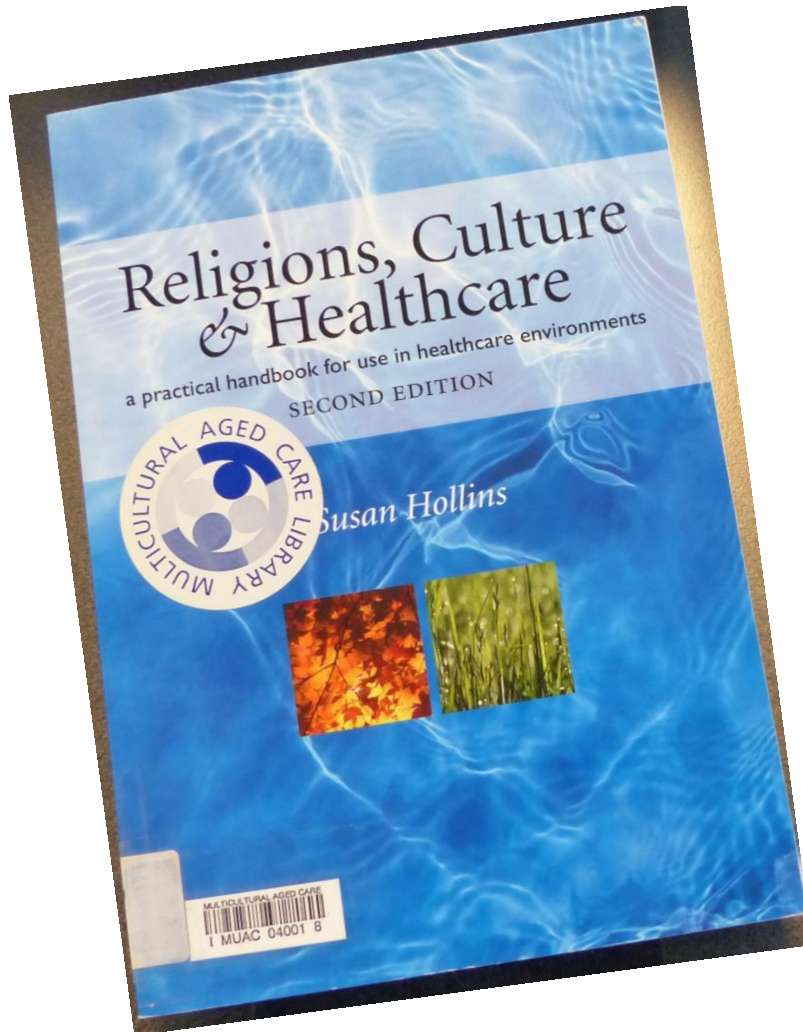


# Food in culture





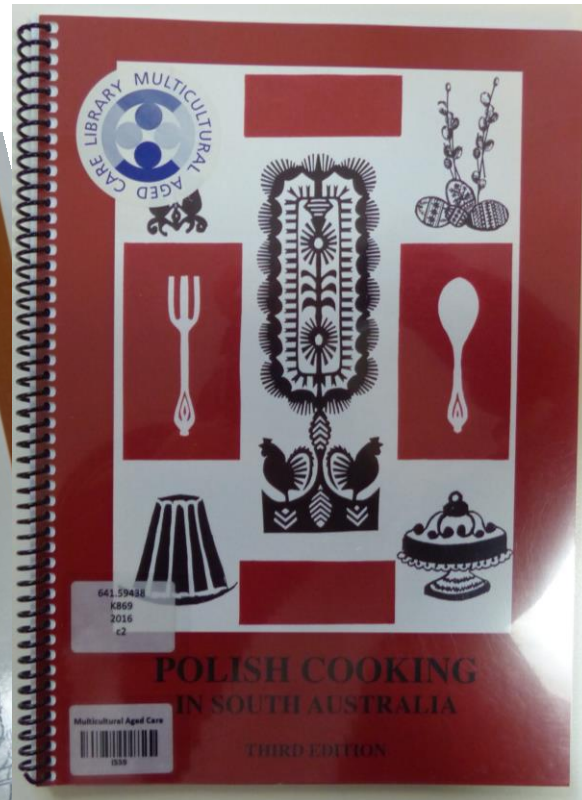
# Food supporting healing



<https://library.mac.org.au/>



# Polish resources at MAC



<https://library.mac.org.au/>

# Italian resources at MAC



Food  
from the Regions



# Additional resources

## Culture, Values and Attitudes Webinar Series

Watch the webinar series



Webinar Slides

- [Part 1: Social Rituals – Slides](#)
- [Part 2: Expression of feelings and emotion – Slides](#)
- [Part 3: Personal space and time – Slides](#)
- [Part 4: Celebrations – Slides](#)
- [Part 5: Folk and traditional behaviours, items - Slides](#)

<https://www.mac.org.au/resources/>



# Living before...





# ... in the time of COVID-19





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# During Festive Season...



# Additional resources

## Easter Cards in Different Languages

Providing culturally appropriate care at Easter is as easy as having Easter cards in language. Here are a few examples of Easter cards developed for MAC clients in Greek, Polish and Serbian.





Thank you for attending  
Let us keep in touch

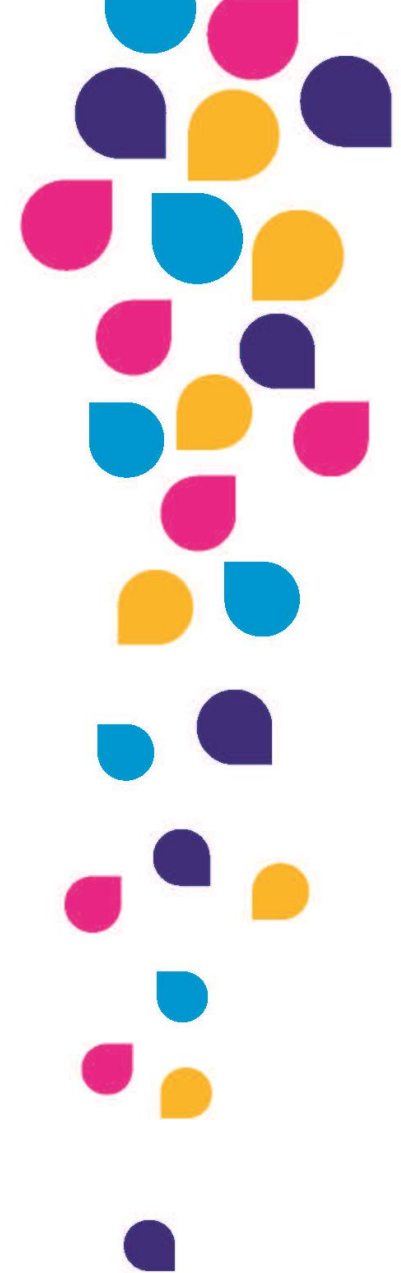
Come back for more

<https://www.mac.org.au/contact-us/>



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