

YEAR 4 1976
2022



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

OzHarvest Feast Program

Learning is at the heart of everything we do.



CONCORDIA
LUTHERAN COLLEGE

Welcome to our Year 4/5/6 Concordia Lutheran College Hume Street Campus Cookbook for 2022!

A special thank you goes to OzHarvest and the FEAST facilitators for bringing us on this fun learning journey about food waste and healthy eating. We also would like to thank Mrs Priest, Mrs McManus, Miss Maddock, Miss Turner and Mrs Priest for organising and leading this program and allowing us the opportunity to learn these important theory and practical components of food.

The recipes we have developed in this cookbook are healthy and have tips on how to reduce food waste at home. The skills we have developed throughout this program include: science and chemistry in food production, measuring, mixing, shaping, chopping, working with heat, folding, frying, slicing and whisking. These skills are included throughout our recipe creations.

We hope you enjoy our cookbook and try making some of our creations!



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LENNY'S PICCOLLO PAPA PIZZA

By Lenny

INGREDIENTS

- dough
- cheese
- tomato sauce
- ham
- pineapple

EQUIPMENT

- pizza cutter
- pizza tray/pizza stick
- large spoon

PREP TIME

- Prep | 10 mins
- Cook | 10 mins
- Ready in | 20 mins

PROCEDURE

- Get your dough and spread it out into a circle.
- Scoop tomato sauce onto the dough and spread it around your pizza.
- Get your cheese and sprinkle it around the pizza.
- Grab your ham and pineapple and sprinkle it on top.
- Grab the pizza stick, put the pizza on it and then place it into the pizza oven.
- Cook for 10 minutes.
- Once ready, get the pizza cutter and cut into six slices.

Enjoy.



FRIED RICE

By Graysen

INGREDIENTS

- 1 cup uncooked rice
- 1 tablespoon butter
- 1/2 cup frozen peas
- 1/2 cup frozen corn
- 1 boneless pork loin chop, cut into small cubes

EQUIPMENT

- measuring cups
- measuring spoons
- frying pan
- mixing spoon
- sharp knife
- cutting board

PREP TIME

- Prep | 10 mins
- Cook | 20 mins
- Ready in | 30 mins

PROCEDURE

- Cook rice according to packet instructions
- Melt butter in a large non-stick frying pan over medium heat
- Add pork to frying pan and cook until browned all over
- Add peas, corn and rice to the pan and stir until cooked through



CRUNCHY NOODLE POT

By Aahana

INGREDIENTS

- 2 tomatoes,
- 3 small wai wai noodle packets
- 3 potatoes
- 1 bunch coriander
- 1 onion
- 5 chilies

EQUIPMENT

- oven trays
- baking paper
- measuring cups
- measuring spoons
- electric mixer
- wooden spoon
- wire cooling rack

PROCEDURE

- Put 3 potatoes in the microwave for 2 mins on high to cook
- Put the noodles in a large mixing bowl
- Dice the tomatoes
- Cut onion in thin strips
- Peel skin off potatoes and dice into small pieces
- Add the tomatoes, onions & potatoes to the bowl
- Cut up 5 chilies and place them into the bowl
- Mix together and serve

PREP TIME

- Prep | 10 mins
- Cook Time | 35 minutes



CHICKEN MIXED SPICE SOUP

By Isaac M

PROCEDURE

- Collect chicken, parsley, mixed spices, carrot, peas, corn, celery, potatoes, and chicken stock and place onto bench
- Pour chicken stock into the pot
- place the chicken breast into the pot and heat to a medium heat
- Cook for approx. 1 hour or until you are able to shred it with a fork
- Wash veggies
- Peel carrots and potatoes
- Chop carrots and potatoes into cubes
- cut celery into small circular pieces
- Once the chicken can be shredded place the veggies in with the chicken and cook for thirty minutes or until veggies are soft.
- Take the soup off the heat and place aside.
- Remove chicken from soup
- Shred chicken and add back to soup
- Serve while hot
- Sprinkle parsley on top of soup for serving

INGREDIENTS

- 4 medium chicken breasts
- dried mixed spices
- 1 tablespoon parsley
- 1L chicken stock
- 1 cup of corn
- 2 potatoes
- 1 stick of celery

EQUIPMENT

- pot
- fork
- chopping board
- slotted spoon

PREP TIME

- Prep | 20 mins
- Cook Time | 2 hours
- Serves | 8

FOOD WASTE

Leftover vegetables work really well in this recipe.



MEXICAN CHICKEN TACOS

By Anjali

PROCEDURE

INGREDIENTS

- 4 chicken thigh fillets
- 4 tbsp Mexican seasoning
- 3 tbsp olive oil
- 4 soft tortillas

optional extras

- avocado
- tomato
- grilled corn
- lettuce

to serve

- Greek yoghurt
- 1 lime
- ½ bunch coriander

- Cut chicken into roughly in 4 cm pieces
- Put the chicken into large bowl. Add olive oil and Mexican seasoning. Mix well with your fingers
- Let marinate for 20 minutes. (You can marinate longer, depending on how flavorsome you like it)
- Cook the chicken for 6-7 minutes until aromatic and browned

Grilled Corn

- rub corn in a little olive oil. Cook corn on medium-high heat in frying pan until cooked through and caramelised.

Assembly

- spread tortilla with some Greek yoghurt, then place 1-2 pieces of chicken on top. Add veggies of choice, coriander, and a squeeze of lime juice.

PREP TIME

- Prep | 10 mins
- Cook | 10 mins
- Ready in | 20 mins

EQUIPMENT

- 1 large, deep, frying pan (to avoid splattering)
- 1 large spoon
- 1 large bowl or plastic bag



HEALTHY NOODLE RECIPE

By Jonathan

INGREDIENTS

- 4 thin BBQ sausages (any flavour will work)
- 1/2 head of cauliflower
- 4 packets of instant noodles

EQUIPMENT

- tablespoon
- knife
- frying pan
- 2 saucepans
- tongs

PREP TIME

- Prep | 20 mins
- Cook Time | 30 minutes
- Serves | 4

PROCEDURE

- Heat frying pan to medium heat and cook sausages turning often until golden in colour
- Cut cauliflower into small pieces and place into saucepan. Cover with cold water.
- Place saucepan onto stove over medium heat until softened
- Place noodles into saucepan and cook according to packet instructions
- Cut the cooked sausages into bite sized pieces
- Place cooked cauliflower, sausages and noodles into a frying pan. Stir and cook for 3 minutes
- Place noodles into a bowl and ENJOY!



SALAD BURGERS

By Malakai

INGREDIENTS

- 2 lettuce leaves
- 1 tomato
- 1/4 red capsicum
- 2 burger buns

EQUIPMENT

- sharp knife
- cutting board
- plate

PREP TIME

- Prep | 5 mins
- Serves | 2

PROCEDURE

- Wash your hands before getting the ingredients and equipment out
- Wash lettuce leaves in cold water and dry with a paper towel
- Cut the lettuce, tomato and capsicum into thin slices
- Cut burger buns in half
- Stack burger base with lettuce, tomato and capsicum
- Place top on burger

Enjoy!



EMILY'S PIZZA TOAST

By Emily E

INGREDIENTS

- 2 slices of ham
- 20 grams grated cheese
- 2 teaspoons tomato sauce
- two slices of bread

PROCEDURE

- Place 2 slices of bread on a plate
- Spread 1 teaspoon of tomato sauce onto each piece of bread.
- Cut ham into small strips
- Sprinkle equal amounts of cheese onto each slice of bread and top with sliced ham
- Place in microwave for 30 seconds or until melted

EQUIPMENT

- microwave
- plate
- measuring spoons
- scales
- sharp knife
- cutting board

PREP TIME

- Prep | 7 mins
- Cook Time | 5 mins
- Serves | 1



MIXED POTATO CHIPS

By Lilah

INGREDIENTS

- 2 sweet potatoes
- 3 white potatoes
- 2 purple sweet potatoes
- 2 tablespoons olive oil
- 2 springs thyme

EQUIPMENT

- sharp knife
- oven trays
- measuring spoons
- vegetable peeler
- cutting board
- serving dish and bowl for aoli

PREP TIME

- Prep | 10 mins
- Cooking Time | 30-45 mins
- Serves | 3-4

PROCEDURE

- Preheat oven to 180C (fan forced)
- Peel the skin off the potatoes
- Cut potatoes into wedges or chip shaped pieces
- Place the chips evenly onto oven trays and drizzle with olive oil and thyme leaves
- Place potatoes into preheated oven for 30-45 minutes
- Once cooked, place onto a serving tray along with the aoli for dipping

FOOD WASTE

Place potato peels into the compost for gardening.



HAM AND CHEESE TOASTIE

By Lucas

INGREDIENTS

- 2 slices of bread
- 1 slice of cheese
- 1 slice of ham
- 1 teaspoon of tomato sauce

EQUIPMENT

- sharp knife
- cutting board
- sandwich maker
- measuring spoons

PREP TIME

- Prep | 2 mins
- Cooking Time | 2 mins
- Serves | 1

PROCEDURE

- Turn sandwich maker on to heat up
- Place both slices of bread onto the cutting board
- Place ham and cheese slices onto 1 piece of bread
- Spread tomato sauce onto other piece of bread and place on top of the ham and cheese piece
- Place sandwich into the heated sandwich maker and cook until golden in colour
- When cooked, remove sandwich from maker.
- Cut in half and enjoy!

FOOD WASTE

Older/stale bread is great for making toasties.



MARCUS'S STEAK

By Marcus

INGREDIENTS

- 1 inch piece of steak
- salt
- pepper
- 2 tablespoons olive oil
- 1 bunch asparagus
- broccoli florets
- 1 lemon

EQUIPMENT

- tongs
- bowl
- plate
- sharp knife

PREP TIME

- Prep | 7 mins
- Cooking Time | 12 mins
- Serves | 1

PROCEDURE

- Turn BBQ on to high heat to preheat
- Place steak onto plate and sprinkle generously with salt and pepper. Flip the steak over and sprinkle the other side as well
- Cut a cheek off the lemon and squeeze it generously onto each side of the steak.
- Drizzle steak with olive oil
- Place steak onto bbq and leave for 4 minutes before turning it onto the other side
- Place asparagus and broccoli floret into a bowl and toss together with 1 tablespoon of olive oil
- Add asparagus and broccoli onto bbq with steak tossing to keep from burning
- Remove steak once cooked and place onto a serving dish to rest for 4 minutes
- Once rested, slice into pieces and service with asparagus and broccoli



MICHAEL'S BEEF BURGER

By Michael

INGREDIENTS

- 4 burger buns
- 4 beef patties
- 4 pickles
- 4 slices cheese or 1/2 cup grated cheese
- 4 large lettuce leaves
- 4 tablespoons of your favourite burger sauce
- 1 tablespoon olive oil

EQUIPMENT

- cutting board
- frying pan
- sharp knife
- tongs
- measuring cup (if using grated cheese)

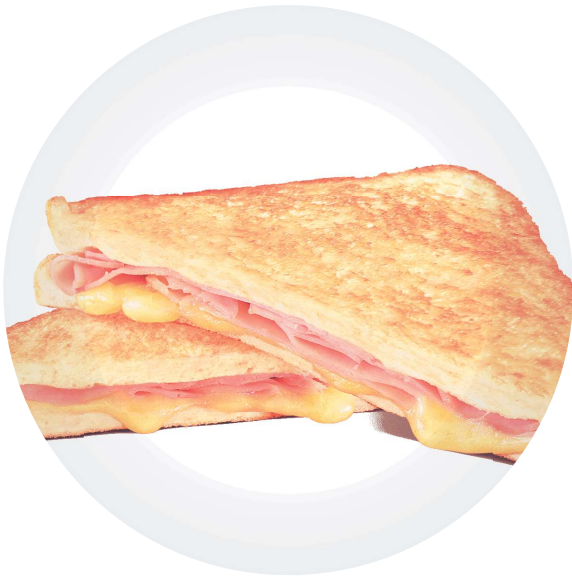
PREP TIME

- Prep | 5 mins
- Cook Time | 60 seconds
- Serves | 8

PROCEDURE

- Turn the frying pan on to medium heat
- Place olive oil into pan to warm through
- Place burgers onto cutting board and slice each in half through the middle
- Place burger patties into frying pan turning regularly until cooked through and golden in colour
- While the patties are cooking, slice the pickles into slices
- Place 1 lettuce leaf onto the bottom half of each bun and top with the pickles and cheese
- Remove the cooked patties from the frying pan and place on top on the salad on the buns
- Squeeze your favourite burger sauce onto the top half on the bun and put on top to finish your burger

Enjoy!



NICOLE'S YUMMY CHEESE AND HAM TOASTIE

By Nicole

INGREDIENTS

- 2 slices of bread
- 1 slice of ham
- 1 cheese slice or 2 tablespoons of grated cheese

EQUIPMENT

- sandwich press
- knife
- plate or other
- serving dish
- cutting board

PREP TIME

- Prep | 5 mins
- Cook Time | 60 seconds
- Serves | 1

PROCEDURE

- Gather all ingredients and equipment onto the bench
- Turn on sandwich maker to heat while preparing sandwich
- Place the bread slices onto the cutting board
- Top one slice of bread with the ham and cheese then place the leftover piece of bread on top like a sandwich
- place the sandwich into the warmed sandwich maker and close lid
- Remove sandwich when golden in colour and place onto cutting board
- Cut the bread diagonally into triangles
- Place the triangles on plate then enjoy



ZARAH'S CRUMB CHICKEN

By Zarah

INGREDIENTS

- 1 egg
- 5 chicken breasts
- 3 cups of breadcrumbs
- 3 cups of flour
- 1 tablespoon oil

EQUIPMENT

- 3 bowls
- knife
- cutting board
- air fryer
- frying pan
- fork

PREP TIME

- Prep | 20 mins
- Cook Time | 30 minutes
- Serves | 5

PROCEDURE

- Place the chicken on the cutting board a cut off all excess fat
- Pour the flour into one bowl, egg into a bowl and the breadcrumbs onto the last bowl
- Place a chicken breast into the bowl and coat with flour on both sides
- Use a fork to dip the chicken breast into the egg and coat on both sides
- Place chicken breast into the breadcrumbs and coat on both sides
- Once you have got them all crumbed, put them into a preheated frying pan with the oil on medium temp for 5 mins on each side
- Once they are lightly cooked place into the air fryer for 15 minutes or until cooked

ENJOY

FOOD WASTE

If you have bread that is about to go bad you can break the bread into little pieces then put in the oven and use it as breadcrumbs.



WILL'S CHEESY BREAD

By Will

INGREDIENTS

- 1 piece of Turkish bread
- 4 tablespoons tomato sauce
- 150 grams cheese

EQUIPMENT

- oven
- grater
- knife
- cutting board
- baking paper
- oven tray

PREP TIME

- Prep | 2 mins
- Cook Time | 5 minutes
- Serves | 6

PROCEDURE

- Preheat oven to 180C
- Cut Turkish Bread in half through the middle
- Grate cheese
- Sprinkle cheese onto the Turkish bread.
- Squirt tomato sauce onto grated cheese
- Place Turkish bread onto an oven tray covered with baking paper
- Cook in oven for 5 minutes or until golden brown

Eat and enjoy 😊

Wash up

FOOD WASTE

You can still eat stale bread, toast it up!



SAUSAGE ON BREAD

By Felix

INGREDIENTS

- mustard
- tomato sauce
- barbecue sauce
- bread
- pre-cut onion

EQUIPMENT

- tongs
- barbecue
- electric stove
- plates
- container with a lid
- table

PREP TIME

- Prep | 15 mins
- Serves | 6-8

PROCEDURE

- Turn on the barbecue to get hot
- Place the onions onto the hot barbecue plate (make sure that no one under 3 years old can go near the barbecue)
- Put the sausages onto the barbecue to cook, turning until brown and cooked through
- Put a piece of bread on a plate. Use your fingernail and make a light vertical line from one corner to the opposite corner
- Turn the barbecue off and get some of the onion out and put it on the line and put the rest of the onion into the container put the lid on
- Put a sausage on top of the onion and put mustard, tomato or barbecue sauce on top
- Sit at the table and eat your sausage in bread



OKONOMIYAKI (JAPANESE SAVOURY PANCAKES)

By Mrs McManus

INGREDIENTS

- 4 bacon slices
- 2/3 cup plain flour
- 2 tbsp cornflour
- 1/2 cup warm water
- 1 tsp Dashi Powder
- 3 eggs
- 1/4 Cabbage
- 1-2 spring onion
- 1/2 cup corn
- 1 tbsp vegetable oil

Optional:

- 2 tbsp Okonomiyaki Sauce
- 2 tbsp Kewpie Mayonaise

PROCEDURE

- Fry bacon until cooked and crispy, then set aside to cool
- To make the batter, combine eggs and dashi powder dissolved in warm water in a small mixing bowl and beat gently. In a separate large mixing bowl add flour and cornflour, then pour over with the egg and dashi stock mixture. Stir and combine until smooth
- Add the shredded cabbage, half the green onion slices, cooked bacon and corn into the batter mixture. Mix until all the dry ingredients are evenly coated (but don't overmix, we want to keep that cabbage nice and fluffy) Scoop out the mixture into a large frying pan over medium heat. Aim for a circle shape about 10 cm wide. Cook each pancake for a few mins per side, until lightly browned on both sides
- Transfer freshly cooked pancakes to serving plates, then top with drizzles of kewpie mayonnaise and okonomiyaki sauce. For even better tasting okonomiyaki, top with sprinklings of dried seaweed flakes, bonito flakes and a few slices of green onion to taste.

EQUIPMENT

- large frying pan
- mixing bowl
- spatula or wooden spoon

PREP TIME

- Prep | 10 mins
- Cook Time | 15 mins
- Serves | 4

FOOD WASTE

Okonomiyaki can be made with leftovers from the fridge!



TOASTED SANDWICHES

By Rhia

INGREDIENTS

- 8 slices of bread
- 4 slices of cheese
- 4 slices of ham
- 2 tomatoes
- butter to spread

EQUIPMENT

- toaster
- sharp knife
- butter knife
- cutting board

PREP TIME

- Prep | 5 mins
- Cook Time | 3 mins
- Serves | 4

PROCEDURE

- Preheat sandwich toaster and get ingredients ready
- Butter each slice of bread on one side
- Slice cheese and tomato
- Put cheese, ham, and tomato on four slices of bread, then top with the leftover buttered bread
- Cook sandwich in sandwich maker for 3 mins

Enjoy

HEALTHY EATING

The recipe uses vegetables.



RAMEN

By Sophie

PROCEDURE

- Heat up the stove ahead of time to a medium heat
- Put the noodles into a bowl
- Put your pot on your preheated stove. Pour water in the pot about halfway. When filled, put 2 uncracked eggs in and boil them for 10 minutes.
- Put your 400grams of pork on a microwave safe plate and cook for 15 minutes. When cooked let them cool for another 5 minutes covered with a piece of paper towel
- Remove the eggs carefully from the hot water and take off the shells
- Put water in the kettle and boil it for 2 minutes then pour it into the bowl with the noodles until they are covered with water
- (optional) put your spices in, then mix it with your spoon till well combined.
- Slice the pork and place 2 pieces on top of the noodles as well as a whole egg cut in half

Done

INGREDIENTS

- 400 grams of pork
- 1 small packet of store bought noodles
- 2 eggs
- hot water

optional

- spices of your choosing

EQUIPMENT

- kettle
- microwave
- saucepan
- 2 average sized bowls
- sharp knife
- spoon for stirring
- stove
- paper towel
- microwave safe plate

FOOD WASTE

You can use the leftovers another day.

PREP TIME

- Prep | 5 mins
- Cook Time | 40-50 mins
- Serves | 1-2



PIZZA BITES

By Divy

PROCEDURE

- Preheat the oven to 180C fan forced for 10 minutes
- Cut the bread in half
- Wash the vegies
- Cut the tomato, onion and capsicum evenly into small pieces and spread onto each piece of bread
- Sprinkle pizza bites evenly with cheese
- Line the oven tray with baking paper
- Place pizza bites onto baking paper lined oven tray
- Put oven tray into oven and cook for 10 minutes or until nice and golden
- When you take out the pizza bites, top them with oregano, salt and pepper if you like and enjoy

INGREDIENTS

- 4 slices of white bread
- 1 medium tomato
- 1 medium capsicum
- 50 grams baby spinach
- 1 small onion
- oregano or salt and pepper
- 100 grams cheese

EQUIPMENT

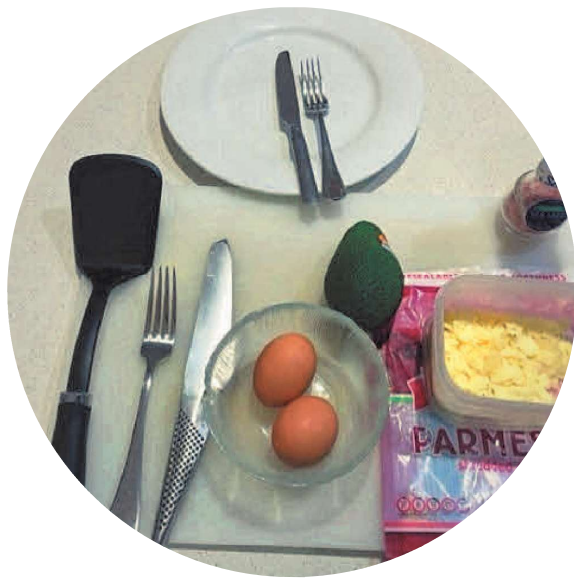
- sharp knife
- oven
- chopping board
- baking paper
- oven tray
- colander

PREP TIME

- Prep | 10-15 mins
- Cook Time | 5-10 mins
- Serves | 16

FOOD WASTE

Vegie scraps and peels can be used for compost.



AMAZING HOMEMADE AVOCADO OMELETTE RECIPE

By Zac

INGREDIENTS

- 2 large eggs
- 1/2 ripe avocado
- 1 tablespoon parmesan cheese

EQUIPMENT

- spatula
- frying pan
- small bowl
- fork
- plate

PREP TIME

- Prep | 4 mins
- Cook Time | 3-4 mins
- Serves | 1

PROCEDURE

- Get your frying pan and put it on the stove on medium heat to preheat
- Crack eggs into bowl and beat with fork until fluffy and yellow
- Pour your eggs into the frying pan and wiggle the pan to make sure there is no liquid left
- When it is not a liquid put some cheese and avocado on half the egg then fold your omelette without avocado over the top
- Flip the omelette over with a spatula and put it onto a plate when cooked

ENJOY



GREEN VEGETABLE BAKE

By Miss Maddock

INGREDIENTS

- 4 medium zucchini, sliced
- 2 green capsicums, sliced
- 2 red capsicums, sliced
- 2 Tbsp cornflour
- 4 cloves garlic, crushed
- 2 Tbsp Dijon mustard
- 1 Tbsp Worcestershire sauce
- 1 bunch sage leaves, thinly sliced
- 3 sprigs rosemary leaves, finely chopped
- salt and pepper, to season
- melted butter, to grease
- 4 potatoes, thinly sliced
- 3 red onions, sliced into rings
- 450g bottle potato bake sauce
- 3 punnets cherry tomatoes, halved
- 2 cups chopped frozen spinach, thawed, squeezed dry
- 1 bunch flat-leaf parsley leaves
- Extra flat-leaf parsley, to garnish

PROCEDURE

- Preheat oven to 180°C. Combine zucchini, capsicum and cornflour in a large bowl and toss to coat. Stir in garlic, mustard, Worcestershire sauce, sage and rosemary. Season and set aside.
- Grease a 10-cup capacity baking dish with melted butter. Season potato with salt, then put 1/2 in bottom of dish. Top with 1/2 of the onion, then 1/5 of the cheese. Put 1/2 of the zucchini mixture on top, then 1/2 of the tomato, then another 1/5 of the cheese. Arrange spinach and parsley leaves over top, then add another 1/5 of the cheese. Repeat with remaining ingredients.
- Cover with baking paper and foil, then bake for 45 minutes. Remove paper and foil and bake for a further 20 minutes or until cheese is golden. Cool for 10 minutes. Garnish with extra parsley, then serve.

PREP TIME

- Prep | 15 mins
- Cook Time | 95 mins
- Serves | 4



CAMPFIRE PORCUPINE MEATBALLS

By Charlotte

INGREDIENTS

- 2 small packets beef mince
- 2 eggs
- 2 cups cooked white rice
- 2 small can tomato paste/sauce
- 1 cup water
- 1 finely shredded onion

EQUIPMENT

- camp fire
- wooden spoon
- metal pot with lid
- shovel
- metal mixing bowl
- eating bowls

PREP TIME

- Prep | 15 mins
- Cook Time | 30 mins
- Serves | 6-8

PROCEDURE

- Place your beef mince, cracked egg, onion and rice together in a bowl and knead it all together
- Take small amounts of mixture (approx tablespoon size) and roll them into balls
- Put the cans of tomato paste and water into the metal pot/saucepan
- Add the meatballs to the tomato paste and water mixture
- Close the lid, then place it on the side of the fire.
- Using the shovel, carefully lift some of the coals from the fire onto the lid of the pot and cook for 30 minutes



P.B. SPAG

By Isaac S

INGREDIENTS

- 2 x 400 gram tins tomatoes
- 2 tbsp tomato puree
- 1 pizza base
- 1 packet spaghetti
- 1 packet of frozen berries
- 1 bottle of pizza sauce
- 500 grams beef mince

EQUIPMENT

- oven
- frying pan
- wooden spoon
- pizza tray
- sharp knife
- cutting board

PREP TIME

- Prep | 15 mins
- Cook Time | 1 hour
- Serves | 8

PROCEDURE

- Cook spaghetti according to packet directions
- Spread the pizza base with tomato puree out to the edges
- Dice onion and garlic, then place into the frying pan and cook on medium heat until golden in colour
- Add the mince to the frying pan and cook stirring until fully brown
- Add tinned tomatoes and pizza sauce to the mince and cook for 20 minutes on low heat
- Spread cooked and cooled beef mince onto pizza base
- Spread cooked spaghetti evenly over the meat then put the berries in the middle
- Place pizza into hot oven and cook for 15 minute or until golden



HANNAH'S AMAZING COOKIES

By Hannah

PROCEDURE

INGREDIENTS

- 150g butter, softened
- 1/2 cup brown sugar
- 1/2 cup caster sugar
- 1 egg
- 1 tsp vanilla extract
- 1 3/4 cups plain flour
- 1/2 cup milk chocolate bits, plus 1 tbsp extra
- 1/2 cup dark chocolate bits, plus 1 tbsp extra

EQUIPMENT

- oven trays
- baking paper
- measuring cups
- measuring spoons
- electric mixer
- wooden spoon
- wire cooling rack

- Preheat oven to 180C or 160C fan-forced. Line 2 baking trays with baking paper. Using an electric mixer, beat butter and sugars, for 1-2 minutes or until smooth and well combined. Beat in egg and vanilla until combined.
- Stir in flour.
- Stir in dark and milk choc bits.
- Roll 2 level tablespoonfuls of mixture into balls and place on prepared trays, 3cm apart. Press down slightly. Decorate with extra choc bits.
- Bake for 15-18 minutes or until light golden and cooked.
- Transfer to a wire rack to cool.
- Store in an airtight container for up to 1 week.

PREP TIME

- Prep | 10 mins
- Cook Time | 35 minutes



HARRISON'S NUTELLA FILLED STRAWBERRY'S

By Harrison

INGREDIENTS

- Nutella
- strawberries

EQUIPMENT

- metal straw
- plastic syringe

PREP TIME

- Prep | 10 minutes
- Serves | 4

PROCEDURE

- Place all ingredients and equipment onto the bench
- Press the straw through the middle of each strawberry
- Place the end of the syringe into the Nutella jar and suck Nutella into the syringe
- Place tip of syringe into a strawberry and squeeze Nutella into the hollow created by the straw until it is full of Nutella
- Follow this step for the rest of the strawberries

Enjoy



GRACE'S DELICIOUS DOUGHNUT TOAST

By Grace

PROCEDURE

- Place all ingredients and equipment on the bench
- Place the bread in the toaster and toast to how you like it
- While the bread is cooking place the cinnamon and sugar into a bowl and mix together with spoon
- When the toast has popped, spread butter evenly over them toast with the butter knife
- Sprinkle cinnamon sugar on top of butter
- Add mixed berries on top if using
- Serve on plates (while still hot) and enjoy

INGREDIENTS

- 10 slices of bread
- butter

Cinnamon Sugar

- 2 tsp ground cinnamon
- 1/2 cup sugar

optional

- 1 cup mixed berries

EQUIPMENT

toaster

butter knife

plates

small bowl

spoon

PREP TIME

- Prep | 5 mins
- Prep | 5 mins
- Serves | 6-10



FRUIT TREATS

By Harleen

PROCEDURE

INGREDIENTS

- 400 grams fruit of your choice
- 200 grams dark or milk chocolate

- Wash and dry fruit
- Cut the fruit into bite sized pieces
- Place fruit onto skewers then set aside
- Place chocolate in a microwave dish and microwave in 30 second bursts until melted
- Dip the fruit skewers into the chocolate then place onto plate
- Pop the chocolate skewers in the fridge for about 5-10 minutes.
- Take them out and enjoy!

EQUIPMENT

- sharp knife
- wooden skewers
- large plate
- microwave bowl
- spoon

PREP TIME

- Prep | 20-30 mins
- Serves | 5-6



FRUIT WAFFLES

By Isla

INGREDIENTS

- 2 cups of mixed berries
- waffle mix
- vanilla extract
- honey {optional}
- 1 egg
- $\frac{1}{2}$ cup milk

EQUIPMENT

- waffle maker
- spoon
- bowl
- plates
- sharp knife

FOOD WASTE

You can use bruised berries in this recipe

PROCEDURE

- Cut the berries into small pieces
- Follow the packet instructions to make waffle mixture using the egg, vanilla extract and milk
- Add berries to waffle mixture
- Mix until combined
- Turn on the waffle maker
- When waffle maker is hot, pour waffle mixture in and set aside until cooked
- Remove from waffle maker and top with extra berries and honey if you would like

PREP TIME

- Prep | 5 mins
- Cook Time | 20 mins
- Serves | 5



TOM'S CHOCOLATE STRAWBERRIES

By Tom

INGREDIENTS

- 1 punnet of strawberries
- 100 grams chocolate

PROCEDURE

- Get your strawberries and put them on the plate.
- Put the chocolate on a plate then put it in the oven at 180 degrees for 5 minutes.
- Take the chocolate out then put the chocolate in the bowl.
- Dip the strawberries in the chocolate.

ENJOY!

EQUIPMENT

- oven proof plate with sides
- bowl
- oven

PREP TIME

- Prep | 2 mins
- Cook Time | 5 minutes
- Serves | 2

FOOD WASTE

If you do not like strawberries dipping them in chocolate will make you want to eat healthy food!



JOSIE'S DELICIOUS CHOCOLATE COATED STRAWBERRIES

By Josie

INGREDIENTS

- 1 punnet strawberries
- 150 gram milk chocolate

PROCEDURE

- Empty chocolate into microwave bowl and heat for 30-40 seconds
- Stir chocolate until melted
- Cut the tops off of the strawberries
- Place a wooden skewer through the strawberry so it is sitting on the top
- Dip the strawberries in the melted chocolate, then place into a bowl with the strawberry at the top to set

ENJOY!!!

EQUIPMENT

- microwave bowl
- sharp knife
- wooden skewers
- bowl for display
- spoon for mixing chocolate

PREP TIME

- Prep | 30 mins + freezing time
- Serves | 5-6

HANDY HINT

Put the bowl with the strawberries into the freezer for 30 mins-1 hour to help the chocolate set faster.



MICAH'S FRUIT SKEWERS

By Micah

INGREDIENTS

- assorted fruit of your choice (bananas, strawberries, kiwifruit, pineapple, watermelon are all great choices)
- 150 grams milk chocolate

EQUIPMENT

- 8 fruit skewer sticks
- sharp knife
- microwave
- cutting board
- microwave safe bowl

PREP TIME

- Prep | 5 mins
- Cook Time | 60 seconds
- Serves | 8

PROCEDURE

- Cut fruit into bite sized pieces
- Place fruit onto skewers in the order you wish
- Place chocolate into microwave bowl and place into microwave for 30 seconds. Check and cook again for another 30 seconds if it is not fully melted
- Dip your skewers in the melted chocolate or drizzle each skewer with the chocolate
- Eat them now or immediately place in fridge and wait until chocolate hardens then eat

FOOD WASTE

If you want a really healthy version of this recipe, you could replace the chocolate with yoghurt. Make sure you put the fruit scraps in the compost.



VIOLET'S CHOC CHIP AND BANANA MUFFINS

By Violet

INGREDIENTS

- 2 cups of self-raising flour
- 1/2 cup of caster sugar
- 2 spotty and ripe bananas
- 1 small bag of cooking choc chips
- 60g of softened butter
- 2 eggs

EQUIPMENT

- bowl
- wooden spoon
- muffin liners
- muffin tray
- saucepan
- plate
- fork

PREP TIME

- Prep | 2 mins
- Cook Time | 5 minutes
- Serves | 12

PROCEDURE

- Preheat oven to 160C, fan forced
- Sift flour into your bowl. Then add in the caster sugar. With your wooden spoon mix until combined.
- Put the butter in your pan and melt on the stove while that's melting add you milk and eggs into the bowl.
- Then when it's melted add into the bowl.
- Then grab your plate and a fork peel the bananas and mush them up until a most of the clumps are gone then add into the bowl and stir until combined.
- Then add in your choc chips about a cup then mix until combined.
- Grab your muffin tray and put the muffin liners in then add the mixture evenly in the muffin tray then bake for 15-20 minutes

ENJOY!

FOOD WASTE

If you have spotty bananas use this recipe



NATHAN'S MUFFIN SURPRISE!

By Nathan

INGREDIENTS

- 1/2 cup self raising flour
- 1/2 teaspoon of cinnamon
- 17 blueberries
- 1/4 cup milk

EQUIPMENT

- oven
- cupcake tray
- blender
- bowl
- measuring spoon
- measuring cup

PREP TIME

- Prep | 20 mins
- Cook Time | 15-20 mins
- Serves | 6

PROCEDURE

- Put flour and milk into a bowl and mix with your hands (the dough needs to be soft but not sticky, add a little bit more flour if needed to make not sticky)
- Put the blueberries into the blender and turn on high until a smooth
- Preheat the oven to 180 degrees Celsius
- Put a small amount of dough in the cupcake tray cups and make a thin bowl shape in them reaching the edge of the cups
- Pour 1 tablespoon of blended blueberries into each of the dough cups
- Get some more dough and turn it into twelve little balls of dough then flatten them out into round disk shapes
- Place the dough disks on the dough cup shapes and press down a little around the edges to connect the cup shaped dough to the disk shaped dough so that the blueberry mixture stays inside
- Cook until there is a dome shape on top
- Sprinkle cinnamon on top then eat



EMILY'S BANANA MUG CAKE

By Emily H

INGREDIENTS

- 2 tbsp soft butter
- 4 tbsp self-rising flour
- 2 tbsp raw sugar
- $\frac{1}{4}$ tsp baking powder
- 1 tbsp milk
- $\frac{1}{2}$ tsp vanilla essence
- $\frac{1}{2}$ banana
- $\frac{1}{4}$ cup choc chips

PROCEDURE

- Mash your banana in the mixing bowl with a fork
- Add in your flour, sugar, baking powder and mix
- Whisk in butter, milk, vanilla, and choc chips
- Pour your batter into your mug
- Microwave for 1 minute
- Let cool for 30 seconds and enjoy

EQUIPMENT

- mixing bowl
- mug of your choice (microwave proof)
- whisk
- fork

FOOD WASTE

You can freeze the other half the banana and save for a delicious smoothie.

PREP TIME

- Prep | 5 mins
- Cook Time | 30 seconds
- Serves | 1

HANDY HINT

It is best to use a spotty banana for sweetness.



HONEY JOY'S

By Rylee

INGREDIENTS

- 2 1/2 cups corn flakes
- 1 tablespoon of honey
- 100 grams butter

PROCEDURE

- Place your patty cake cases in your muffin tray
- Pre heat the oven to 180 degrees.
- Place saucepan on the stove on low heat then add butter and honey mixing until melted
- Add corn flakes to melted butter and honey
- Spoon the mixture in to the patty cake cases and place in oven for 10-13 min. ENJOY!

EQUIPMENT

- saucepan
- stove
- oven
- wooden spoon

PREP TIME

- Prep | 10 mins
- Cook Time | 10-13 mins
- Serves | 12



APPLE CRUMBLE

By Skye

INGREDIENTS

- 4 apples
- 1/3 cup maple syrup
- 100g melted butter
- 1 teaspoon vanilla extract
- ½ cup flour
- ½ cup rolled oats

EQUIPMENT

- oven
- stove
- pan
- big bowl
- measuring cups
- spoon
- tin/baking tray

PREP TIME

- Prep | 10 mins
- Cook Time | 10-13 mins
- Serves | 12

PROCEDURE

- Cut the apples into small pieces and put the pieces in the big bowl
- Melt the butter in a pan until melted
- Measure the vanilla extract
- Pour the measured vanilla extract in the big bowl with the apples
- Mix the ingredients in the big bowl with a spoon
- Put the big bowl aside
- To make the crumble add the flour, oats, melted butter, and maple syrup in the bowl and mix
- Pour the apple in a tin and then pour the crumble over the top of the apple
- Put the apple crumble in the oven for 30 minutes or until golden
- Take out of oven and serve in small bowls

ENJOY!



ANIKA'S FRUITY POPSICLES

By Anika

INGREDIENTS

- fruit (can be any type)

PROCEDURE

- Peel and cut fruit into pieces
- Put fruit into blender
- Pour fruit juice into the mould
- Wrap the popsicle sticks in foil
- Place the popsicle sticks in the moulds
- Let popsicles freeze overnight.

Enjoy! 🍷🍷

EQUIPMENT

- blender
- foil
- silicone mold
- popsicle sticks

PREP TIME

- Prep | 5 mins
- Ready in | overnight



JOSHUA'S FRUIT ICE CREAM

By Joshua

INGREDIENTS

- 4 scoops of ice cream flavour of your choice
- 1/2 fruit of your choice

PROCEDURE

- Wash your chosen fruit and cut into bite sized pieces
- Place cut fruit into a bowl
- Scoops two scoops of ice cream into your serving bowl
- Sprinkle cut fruit over the top of the ice cream

EQUIPMENT

- cutting board
- knife
- spoon
- serving bowl

PREP TIME

- Prep | 5 mins
- Serves | 2



RAINBOW ICE BLOCK

By Kelvin

INGREDIENTS

1/2 cup apple juice

different types of fruit for example;

- strawberry
- watermelon
- apple
- blueberry
- banana

EQUIPMENT

- blender
- pop-sticks
- popsicle ice cream moulds
- sharp knife
- cutting board

PREP TIME

- Prep | 5 mins
- Serves | 4

PROCEDURE

- Place all fruit and equipment onto the bench
- Cut chosen fruit into small pieces
- Place fruit into the blender with apple juice
- Pour blended fruit and juice evenly into popsicle moulds with a popstick
- Place into freezer overnight until frozen
- Take ice blocks out and enjoy the tasty treat!



NO-CHURN WATERMELON ICE CREAM

By John

INGREDIENTS

- mini seedless watermelon
- 1 can sweetened condensed milk
- 2 cups thickened cream, chilled

optional

- waffle cone

PROCEDURE

- cut watermelon into bite size pieces and place onto the cookie sheet
- Place full cookie sheet into freezer for 24 hours or until frozen
- Once frozen, put the watermelon into the food processor
- Add the condensed milk and cream to the food processor
- Blend until fully mixed. Scoop mixture out into a freezer proof container and place into freezer
- When you're ready to start scooping, serve it in a bowl or waffle cone.

EQUIPMENT

- sharp knife
- cutting board
- cookie tray
- large freezer proof container
- food processor

PREP TIME

- Prep | 30 mins + freezing time
- Serves | 5-6



GEORGIA'S BERRY MERRY CHRISTMAS ICE CREAM REINDEERS

INGREDIENTS

- 6 pretzels
- 3 strawberries
- 2 blueberries
- 3 ice cream cones
- 1 tub of chocolate ice cream

EQUIPMENT

- ice cream scoop
- sharp knife

PREP TIME

- Prep | 5 mins
- Serves | 3

By Georgia

PROCEDURE

- Place all ingredients onto the bench ready to use
- Add 2 scoops of ice-cream to each cone
- Place 2 blueberries onto ice cream in cone for eyes
- Slice point of strawberry off and place under blueberries for a nose
- Place two pretzels onto each ice cream cone for antlers
- Repeat for each cone
- Voila! You have made a reindeer



STRAWBERRY ICE-CREAM BITES

By Chloe

INGREDIENTS

3 cups of strawberries
1 cup of cream
1/2 cup milk
1/4 cup milk chocolate pieces
1/4 cup sugar

EQUIPMENT

- blender
- ice-cream stirrer
- spoon
- knife
- bowl
- ice-block moulds

PREP TIME

- Prep | 15 mins + 12 hours freezing time
- Cook Time | 15 minutes
- Serves | 6

PROCEDURE

- Rinse your strawberries and carefully cut off the ends
- Put your strawberries into the blender and blend until a fine liquid
- Carefully transfer your liquid into a bowl and add milk, cream and sugar to your mixture and stir well
- Crush your chocolate into little chunks and add to your mixture
- Pour your mixture into your moulds and pop in the freezer overnight.

FOOD WASTE

This recipe reuses old mushy strawberries and turns them into a refreshing treat!



STELLA'S FRUIT ICE BLOCKS

By Stella

INGREDIENTS

- 2 kiwifruit
- 1 punnet of strawberries
- 1 punnet of blueberries
- 1 bunch of mint
- 4 cups lemonade

EQUIPMENT

- ice block mould
- paddle pop sticks
- pouring jugs
- sharp knife
- cutting board

PREP TIME

- Prep | 47 mins
- Serves | 6-8

PROCEDURE

- Take the skin off the kiwi fruit and cut it into small pieces
- Pull the leaves off the strawberries and cut them into small pieces
- Pull the mint apart in to small pieces
- Open the lemonade and pour all the lemonade into the jug
- Once you have cut the everything put 5 pieces of mint, strawberry and kiwi into the ice block moulds and put 2 blueberries in to
- Pour lemonade into each ice block mould so it reaches the top of each one
- Place one paddle pop stick in each mould
- Carefully place the ice blocks in the freezer for forty minutes
- When they are frozen you can take them out and start eating

Enjoy!



FROZEN YOGHURT ICE CREAM

By Eloise

INGREDIENTS

- 9 cups of vanilla yoghurt
- ½ of a diced banana
- 6 sliced strawberries
- sliced watermelon (as much as you want)

EQUIPMENT

- 3 bowls
- 3 spatulas or spoons
- Silicone moulds 4x4
- freezer
- 7 paddle pop sticks

PREP TIME

- Prep | 5 mins + 12 hours freezing time
- Serves | 7

PROCEDURE

- Slice and dice all fruits
- Pour 9 cups of vanilla yoghurt into 3 separate bowls (3 cups per bowl)
- Put diced banana into one of the bowls with yoghurt then mix
- Put the sliced strawberries into a bowl with yoghurt then mix
- Put the sliced watermelon into a bowl with yoghurt then mix
- Pour mixtures into silicone moulds making sure that each flavour is separate and that you put a paddle pop stick in each separate compartment.
- Leave in freezer overnight

Enjoy!

FOOD WASTE

Use up old fruit.



GREEN SMOOTHIE

By Aurora

INGREDIENTS

- lemon
- green leaves
- frozen watermelon
- 4 cups water

optional

- apple
- banana
- strawberry
- any other fruit of your choice

PROCEDURE

- Cut fruit into medium sized pieces
- Place into blender
- Using the peeler, remove the lemon peel and cut into quarters
- Pour water into blender with fruit.
- Blend together for 1 minute

Enjoy!

EQUIPMENT

- blender
- knife
- peeler
- glasses

PREP TIME

- Prep | 10 mins
- Serves | 4-5

FOOD WASTE

You can use old fruit in the fridge to make smoothies.



LIME WATER

By Chase

INGREDIENTS

- 2 limes
- 1 litre water

EQUIPMENT

- cutting board
- knife
- glasses
- juicer

PREP TIME

- Prep | 5 mins
- Serves | 4

PROCEDURE

- Cut limes in half
- Using juicer, squeeze 1/2 lime and pour into 1 glass. Repeat for the rest of the lime and glasses
- Pour equal amounts of water into each glass with the lime juice

optional

- Squeeze more lime if you would like it stronger

FOOD WASTE

It is refreshing and it cleans out your throat.

The lime peels and seeds can go into the compost.



EMMA'S BERRIES SMOOTHIES

By Emma

PROCEDURE

INGREDIENTS

- ½ cup of Apple Juice
 - 2 cups of frozen fruit
 - 1 tbls of Greek yogurt
- optional*
- 1/3 cup of ice (optional)

- Add your choice of frozen fruit to your blender cup
- Add the ice (optional), Apple Juice and Greek yogurt
- Screw the lid onto the cup tightly and put the cup on the blende. Blend for about 10-20 seconds
- Pour you smoothie out into a glass or cup and add a straw

HAVE FUN!

Hint

- Blend for a few seconds longer if you added ice.

EQUIPMENT

- blender
- measuring cups
- measuring spoons
- glass

FOOD WASTE

It uses a lot of fruit and is quick to make. It can be kept in the fridge or freezer for later so it is not wasted.

PREP TIME

- Prep | 10-15 mins
- Serves | 1-2



ATOOR'S FRUITY TOOTIE'S

By Atoor

INGREDIENTS

- 500ml of milk
- 150ml of yoghurt
- fruit of choice

optional ingredients

- m&m's, grated chocolate, strawberries, mint

EQUIPMENT

- chopping board
- sharp knife
- blender
- spoon
- straws
- tablespoon
- measuring jug

PREP TIME

- Prep | 6 mins
- Serves | 2

PROCEDURE

- Place all equipment on the bench ready to use.
- Chop fruit into small pieces
- Place fruit into blender
- Add 500ml of milk and 150ml of yoghurt or 3 big tablespoons of yoghurt to blender with fruit
- Blend until smooth
- Pour fruity tooty into cups with a straw
- Top with optional ingredients if you would like.

Bon appetite



EIRA'S VERY-BERRY SMOOTHIE

By Eira

INGREDIENTS

- 6 strawberries
- 10 raspberries
- half a packet of blueberries
- 2 tsp of honey
- 3 cups of yoghurt
- 2 cups of milk

EQUIPMENT

- blender
- measuring cups
- teaspoons
- chopping board
- sharp knife

PREP TIME

- Prep | 2 mins
- Serves | 4

PROCEDURE

- Wash all berries and dry on paper towel
- Remove the stems of the strawberries and cut them into quarters.
- Put the berries into a blender as well as 3 cups of yogurt, 2 cups of milk and 2 tsp of honey.
- Blend until the mixture is fully pink/purple in colour
- Pour the smoothie into a cup.

ENJOY!

FOOD WASTE

Use soft strawberries for sweet smoothie and less food waste.



FREYA'S YUMMY FRUIT SMOOTHIE

By Freya

INGREDIENTS

- lemon
- watermelon
- blueberry

optional

- leaves from basil, kale etc

PROCEDURE

- Using the vegetable peeler, remove the skin of the lemon
- Remove skin of watermelon and cut into small pieces
- Place all fruits into the blender and blend until smooth
- If you are adding basil etc to your smoothie, add this now and blend

ENJOY!!!!

EQUIPMENT

- blender
- vegetable peeler
- sharp knife
- cutting board
- glasses

PREP TIME

- Prep | 1 mins
- Serves | 5-6

HANDY HINT

Place cut watermelon into the freezer for 24 hours to make the smoothie nice and cold.



VEGGIE SPARKLE

By Charlie

INGREDIENTS

- 12cm long cucumber
- 1 carrot
- 200g of lettuce

PROCEDURE

- Cut up all ingredients into small pieces
- Put ingredients into blender
- Blend ingredients for 1 min
- Pour ingredients into the glass
- Add ice cubes and enjoy!

EQUIPMENT

- knife
- blender
- glass
- cutting board

PREP TIME

- Prep | 6 mins
- Serves | 1



LEMONLIMEADE

By Tori

INGREDIENTS

- 3 lemons (1/2 cup juice)
- 3 limes (1/2 cup juice)
- 1 cup hot water
- 1/2-1 cup sugar

PROCEDURE

- Mix together the hot water and sugar until the sugar is melted and the water is clear
- Slice the lemons and lime in half
- Using the juicer, squeeze the juice out of each half of the lemons and limes
- Combine juice with water and sugar syrup into a jug
- Add ice cubes if you would like

EQUIPMENT

- sharp knife
- lemon juicer
- spoon
- bowl
- serving jug

PREP TIME

- Prep | 30 mins
- Serves | 3-4

FOOD WASTE

Older lemons and limes can work in this recipe.



ARI'S NUT MILKSHAKE

By Ari

INGREDIENTS

- 1 cup soy milk
- 2 tablespoons peanut butter
- 4 strawberries
- 1 apple

PROCEDURE

- Cut the green tops off the strawberries, then cut into quarters
- Put peanut butter into blender along with the milk and strawberries
- Blend the ingredients together until mixed to your liking
- Serve with an apple

EQUIPMENT

- sharp knife
- cutting board
- blender
- measuring spoon

PREP TIME

- Prep | 5 mins
- Cook Time | 60 seconds
- Serves | 1



SAM'S LEMONADE

By Sam

INGREDIENTS

- 2 lemons
- 1 tablespoon of sugar

PROCEDURE

- Take the glass, pick up the lemon.
- Cut lemon in half and squeeze the lemon juice into the glass
- Squeeze the juice into the glass until it is full
- Measure one tablespoon of sugar and put it in the glass with the lemon juice
- Stir for 20-25 seconds and enjoy

EQUIPMENT

- one glass
- measuring cup
- spoon to stir

PREP TIME

- Prep | 3 mins
- Serves | 1

FOOD WASTE

This is a wonderful way to use your spare lemons!



PARKERS MILKEY MILKSHAKE

By Parker

PROCEDURE

- Scoop 3 cups of ice cream and the milk into the blender
- Add 1 cup of milk
- Turn on the blender to high and blend for 2-3 minutes
- Add your flavouring and blend for another 1 minute

ENJOY

INGREDIENTS

- 1 ½ cups of milk
- 3 cups of ice cream
- 3 tablespoons, flavouring of your choice

EQUIPMENT

- blender
- measuring cup
- glasses

PREP TIME

- Prep | 5 mins
- Serves | 2



ISHIKA'S BUTTERBEER

By Ishika

INGREDIENTS

- 250 mls coca cola
- 1 scoop butterscotch ice-cream

PROCEDURE

- Pour coca cola into the glass
- Scoop ice-cream into glass
- Pick up your spoon and eat!

EQUIPMENT

- ice-cream scoop
- tall glass
- spoon

PREP TIME

- Prep | 1 mins
- Serves | 1

HEALTHY HINT

Blend fruit to add for a healthier alternative.







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