Dear Parents,

Next Tuesday 5th of May, Alison Racco has kindly offered to make Anzac biscuits with 1/2CW and 3/4M, as a culmination to our ANZAC unit.

The ingredients to be used are:
- 1 cup rolled oats
- 1 cup plain flour
- 2/3 cup brown sugar
- 2/3 cup desiccated coconut
- 125g butter, chopped
- 2 tablespoons golden syrup
- 1/2 teaspoon bicarbonate of soda

Alison will help students make the Anzac biscuits in the Art Room. We will have all surfaces cleaned ready for the ingredients to be prepared.

We decided the children would enjoy this task as we have been learning about the Anzac’s and the children have brought up why Anzac biscuits have that name?

During World War 1, the wives, mothers and girlfriends of the Australian soldiers were concerned for the nutritional value of the food being supplied to their men. Here was a problem. Any food they sent to the fighting men had to be carried in the ships of the Merchant Navy. Most of these were lucky to maintain a speed of ten knots (18.5 kilometres per hour). Most had no refrigerated facilities, so any food sent had to be able to remain edible after periods in excess of two months. A body of women came up with the answer - a biscuit with all the nutritional value possible. The basis was a Scottish recipe using rolled oats. These oats were used extensively in Scotland, especially for a heavy porridge that helped counteract the extremely cold climate.

The ingredients they used were: rolled oats, sugar, plain flour, coconut, butter, golden syrup or treacle, bicarbonate of soda and boiling water. All these items did not readily spoil. At first the biscuits were called Soldiers’ Biscuits, but after the landing on Gallipoli, they were renamed ANZAC Biscuits.

Please sign the permission slip below and return to school by Monday 4th, May.

Many thanks,

Brenda McDonald and Kristy Cavric  
Teachers

Anzac Biscuits

I have read the ingredients and give permission for my child …………………………………………… grade……………….. to participate in the making and sampling of Anzac biscuits.

Parent signature…………………………………………………… Date…………………………………