

Pancake Toppings – Sugar & fat



Pancake Toppings – Soft cheese & yogurt

Ricotta
cheese



Low fat cheese & yogurt

Pancake Toppings – Sugar spreads

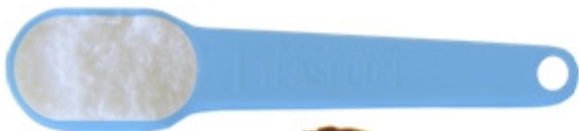


Pancake – How much sugar?



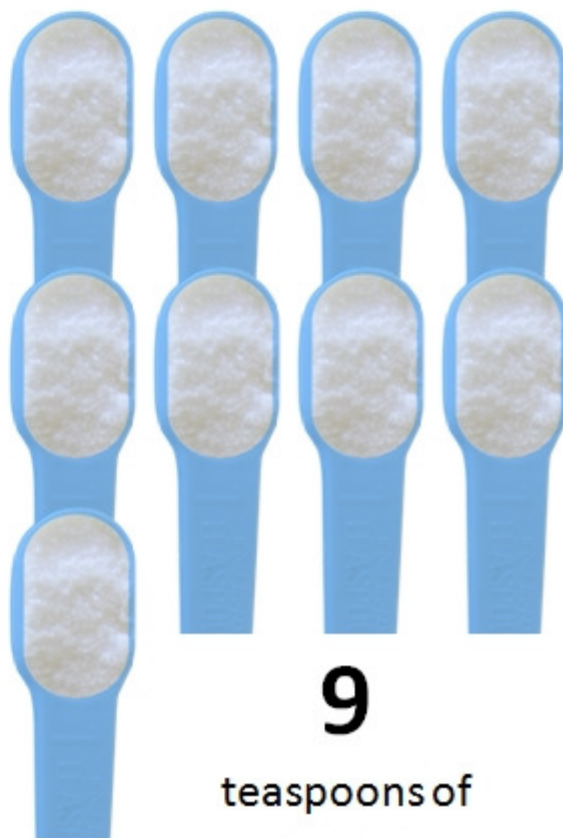
2

teaspoons of
sugar



$\frac{2}{3}$

teaspoon
of sugar



9

teaspoons of
sugar

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Making healthy choices.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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