



## **Ingredient Card**





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## **Ingredient Card**







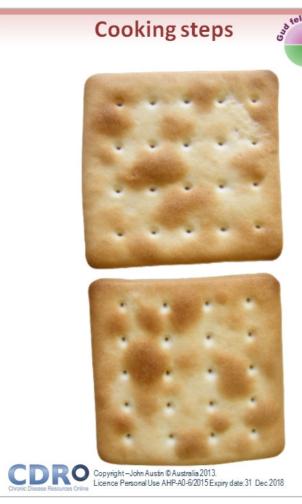
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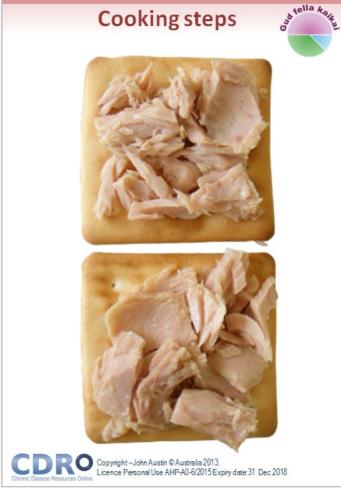


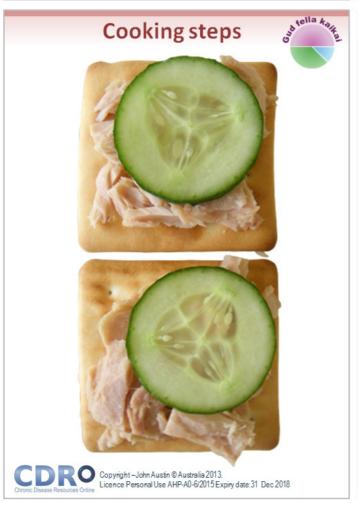


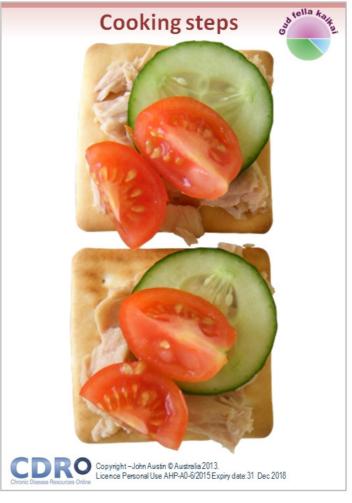
















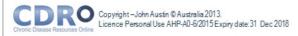




## **Cooking steps**







# Cooking steps







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## 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:

• Independently follow a recipe.

## 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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