

## Ingredient Card



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## Ingredient Card



beef

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Chilli powder

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Italian mixed herbs

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Any flour

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Canola oil is good

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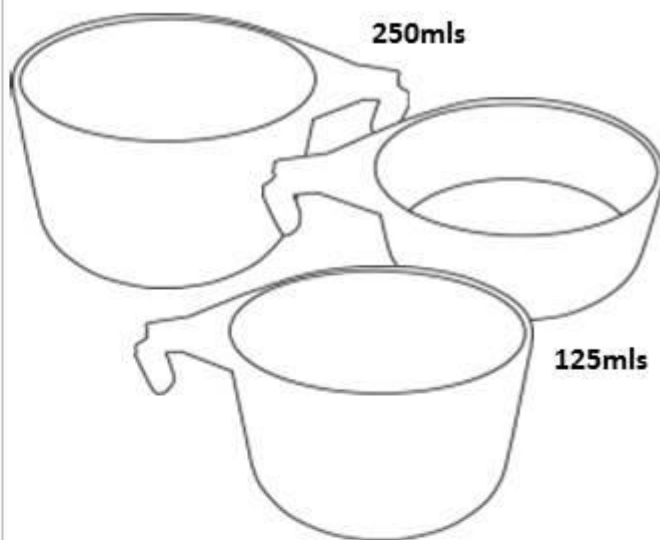
### Measure card



**½ mug**

### Measure card

**2 ½ Cups**



**250mls**

### Measure card

**Man  
portion**



### Measure card

**Woman  
portion**



## Measure card

Child  
portion



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## Measure card



1 mug

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lamb

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pork

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chicken

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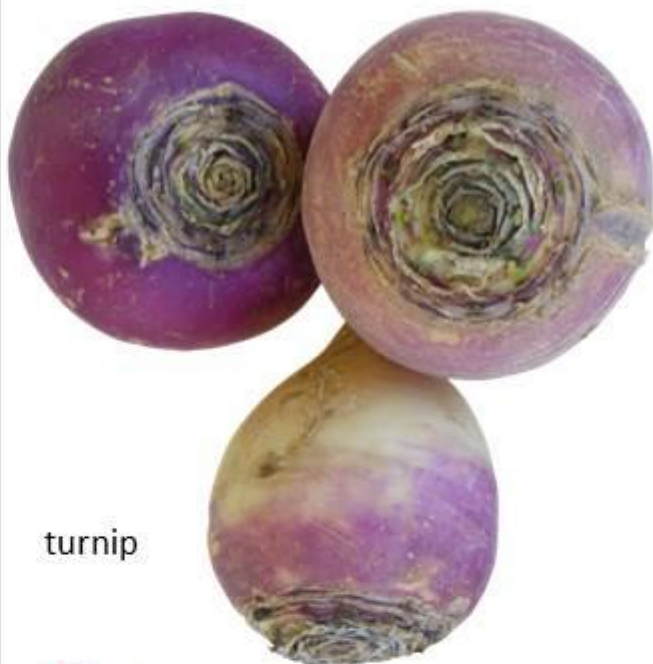
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turnip

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swede

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## Choices



yam

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## Choices



Pumpkin tips  
(Use 2 mugs when uncooked)

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Amaranth  
(Use 2 mugs when uncooked)

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Green  
beans



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okra

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### Use of resource:

**Eating together –The Beef and vegetables recipe cards can be used to discuss and choose alternative ingredients together with explaining how to use mugs to measure food quantities**

### Purpose of resource:

To cook a family meal for 6 and eating it together as a group can be enhanced by using the cards to discuss ingredients, measuring quantities and make choices about ingredients which can be changed.

### Content

- The ingredients, cards, measuring cards and choice cards

### Key skills (Competencies):

The participants should be able to:

- Discuss the ingredients.
- Use mugs and measuring cups .
- Make choices about foods which can be changed in the recipe.

### Key Health Messages

- Mugs can make it easier to measure ingredients if you are cooking for 6 people.
- You can make choices and adapt the recipe to meet your needs.

### Tips

Place the ingredient cards in 1 group and the choice cards in another group..

Then ask the participants to cover ingredient cards with the choice cards .they would choose.

Ask them why they would make those choices.

### Target group:

This resource is designed to be used by any Australian.

### Notes:

This resource is designed to be printed A4 or A3 size, cut out and laminated so they can be used in interactive activities.

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