

Eat together – Corned beef, beans veg & rice - Feeds about 6

Ingredients

1 tin of corned beef



1 tins mixed beans



3 mugs of veg



2 onions

3 mugs of cooked rice

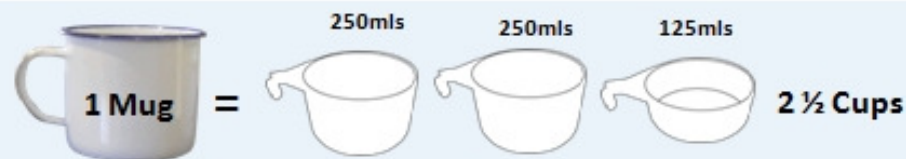


Small amount of oil

3 cloves garlic



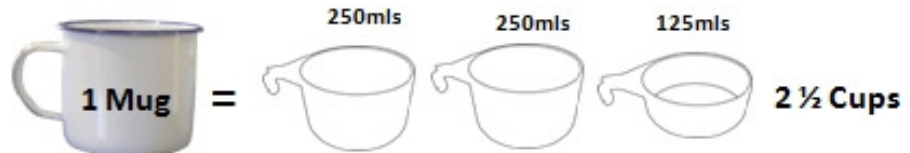
Healthy Meal



Cups



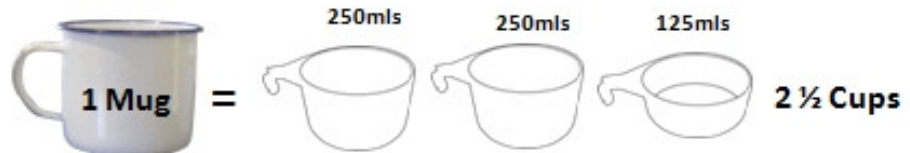
Child's portion



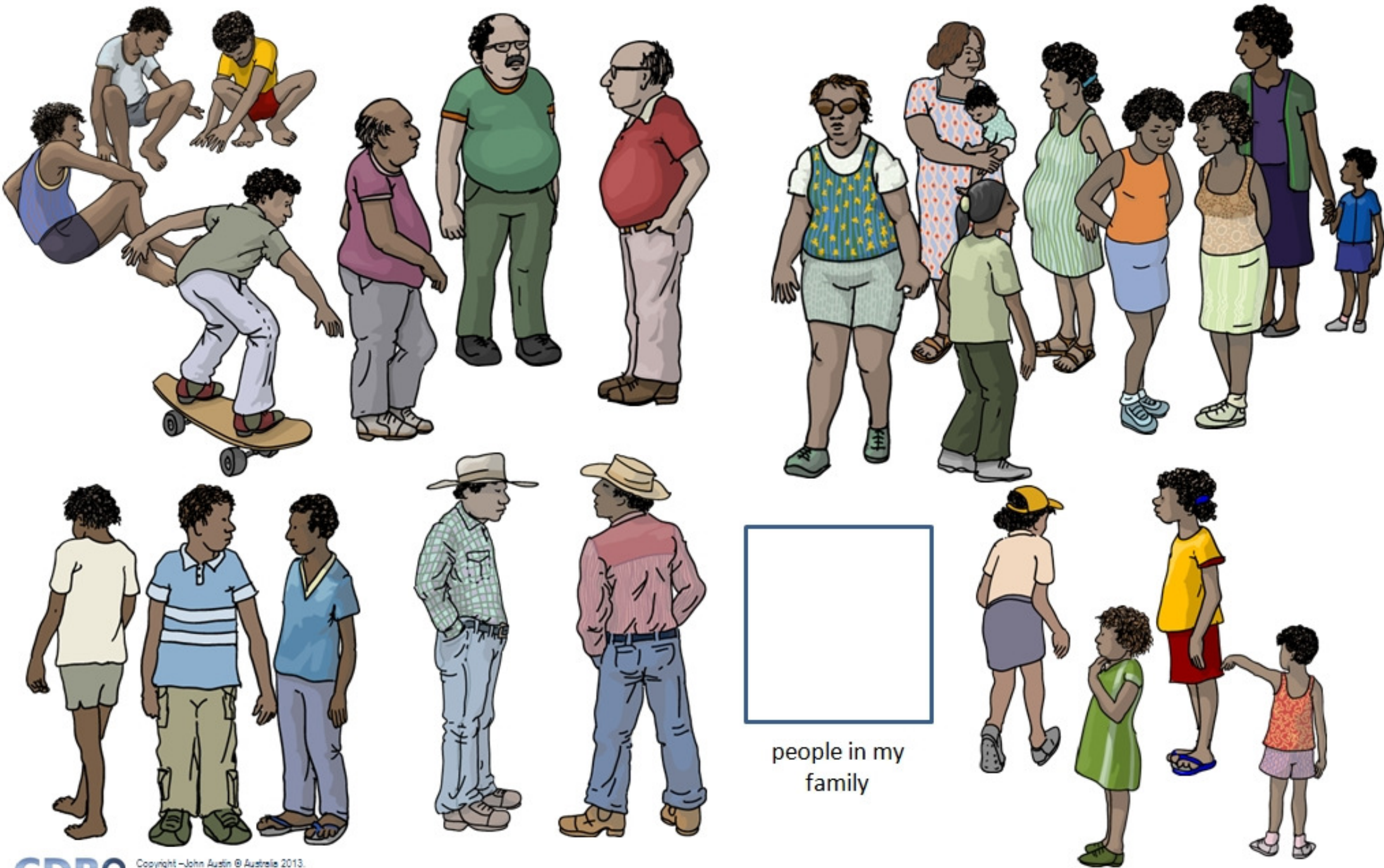
Serving spoons



Child's portion



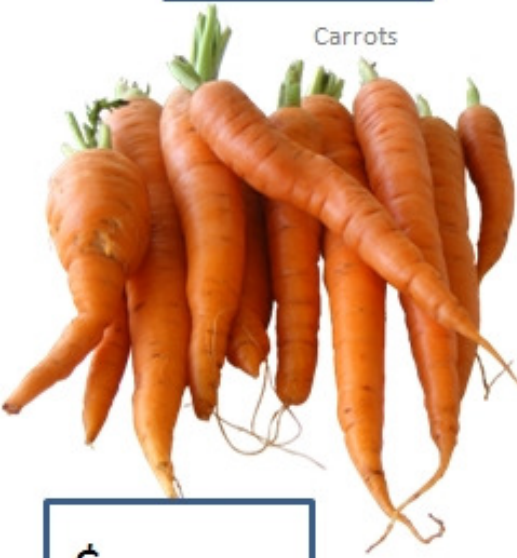
Eat together - **Corned beef, beans veg & rice** - How big is your family?



people in my family

Eat together - **Corned beef, beans veg & rice** - How much does it cost?

Carrots



Cabbage



Corned beef



Long grain rice



Green beans



Mixed beans



3 cloves garlic

2 onions



Small amount of oil



Eat together - **Corned beef, beans veg & rice** - – Where did you spend the most?

\$

\$

\$



Spend least



Usually most expensive



Try and spend most

Eat together - **Corned beef, beans veg & rice** - Which food groups?



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

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You must use your own professional judgement when using this resource

Purpose of resource:

To provide simple pictorial information on a meal for a family and budgeting.

It can be used in a clinical or community setting. Including how to incorporate the dietary needs of someone with a chronic disease into the family setting.

Target group:

This resource is designed for use with people who have some basic cooking skills and need to cater for a family or a group of about 6 people.

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