

Eat together – Fish, vegetables & rice - Feeds about 6

Ingredients



2 fish fillets

4 ½ mugs of veg

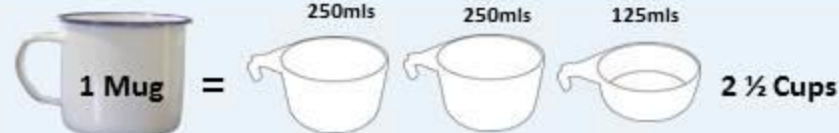


The fish is cooked on top of the vegetables

3 mugs of cooked rice



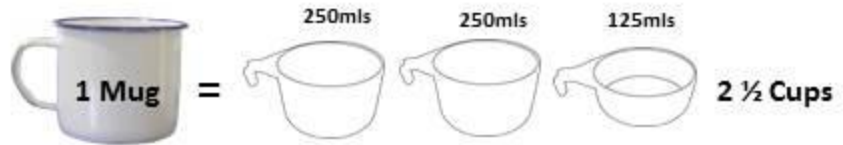
Healthy Meal



Serving spoons



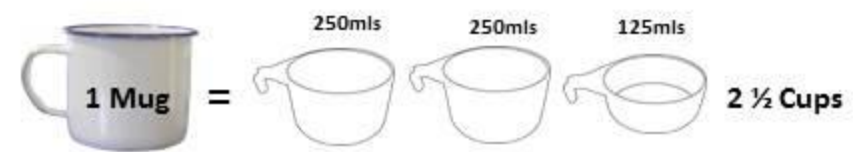
Child's portion



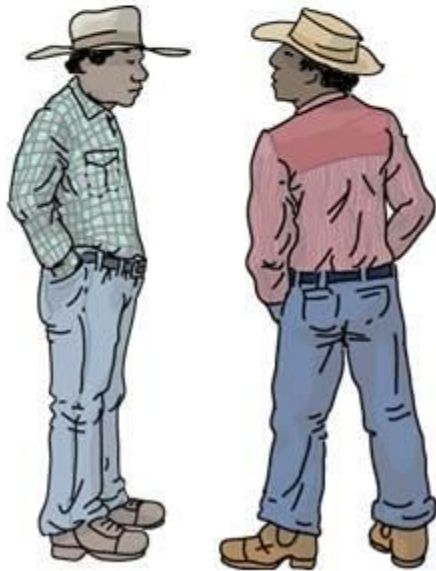
Cups



Child's portion



Eat together - Fish, vegetables & rice – How big is your family?



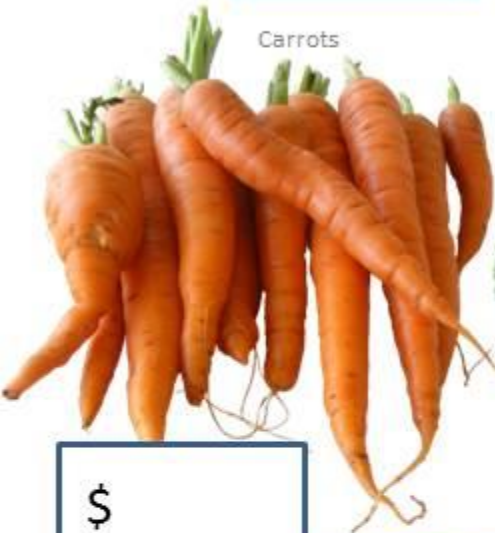
people in my family



Eat together - **Fish, vegetables & rice** - How much does it cost?

\$

Carrots



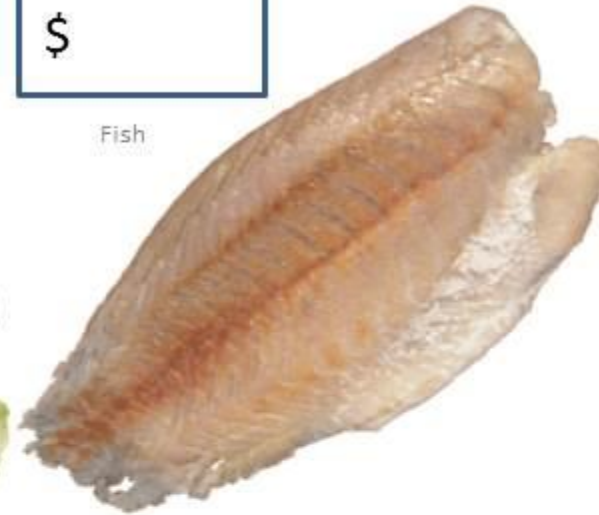
\$

Broccoli



\$

Fish



\$

Long grain



\$

Peas



\$

Pumpkin



Eat together - **Fish, vegetables & rice** – Where did you spend the most?

\$

\$

\$



Spend least



Usually most expensive



Try and spend most

Eat together - Fish, vegetables & rice – Which food groups?



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

Use of resource:

Eating together –The Fish vegetables and rice recipe can be used for cooking a family meal and discussing who is in the family group. It covers who would eat the meal, costing the meal, discussing budgeting and eating the meal as a group.

Purpose of resource:

To cook a family meal for 6 and eating it together as a group while discussing how you would budget and provide healthy food for you family.

Content

- The meal covers who would eat the meal, the ingredients, portion sizes, cost, budgeting, providing healthy food and what makes a healthy meal.

Key skills (Competencies):

Anyone who cooks for a family group should be able to:

- Identify who would eat the meal.
- Prepare and cook the meal.
- Decide on portion sizes.
- Cost the meal.
- Tell you how they budget when they need to feed a family.
- Identify the different ingredients in the meal and which food groups they fit into.

Key Health Messages

- Plan for healthy meals for the family.
- Make sure each family member gets the right portion size.
- Think about what each family member needs.
- Budgeting is important.

- Make sure the meal contains food from the 3 food groups

Tips

- There is a lot of information to cover in this activity. It may be easier to have a few cooking sessions and cook different recipes.
- Example Just cook and discuss portion sizes in the first session, costing in the next, then budgeting and where to spend your money and finally why the recipes are healthy.
- How you organise and conduct the sessions is up to you and the group you are working with..

Target group:

This resource is designed to be used by any Australians especially people who cook for the family. Do not exclude men from this activity you can have a men's session, women's session or mixed session.

Healthy eating for the whole family is important and will help prevent chronic disease and help people who have a chronic disease eat with the family.

Notes:

This resource is designed to be printed A4 size.

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