

# Eat together – Fish soup & rice - Feeds about 6

## Ingredients

1 medium  
fresh fish



4 ½ mugs  
of veg



Small amount  
of oil

3 mugs of  
cooked  
rice



2 onions



3  
cloves  
garlic

ginger



Healthy Meal

Healthy Meal



=



250mls



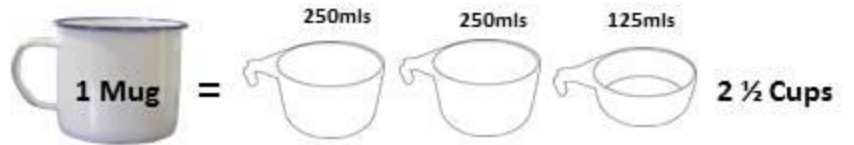
250mls



125mls

2 ½ Cups

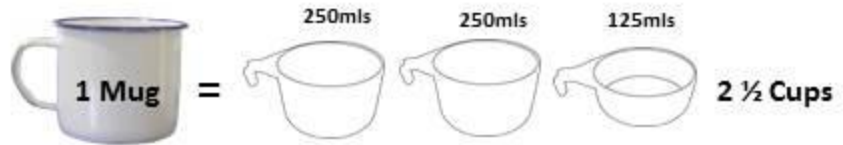
# Serving spoons



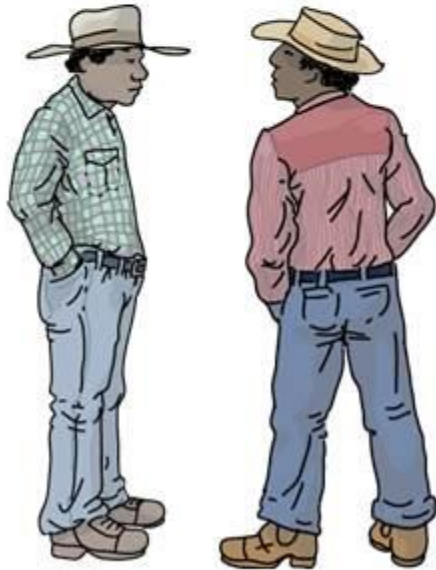
# Cups



Child's portion



# Eat together - Fish soup & rice – How big is your family?



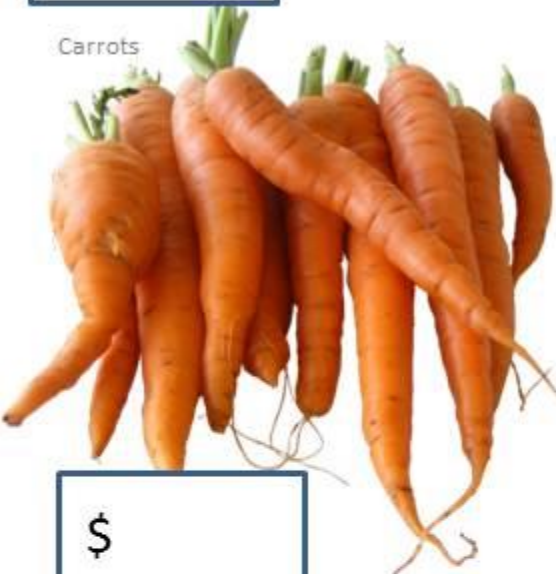
people in my family



# Eat together - Fish soup & rice – How much does it cost?

\$

Carrots



\$

Fish



\$

Cabbage



\$

Long grain rice



\$

Corn kernels



\$

2 onions



\$

Small amount of oil



\$

3 cloves garlic



\$

Ginger



# Eat together - Fish soup & rice – Where did you spend the most?

\$

\$

\$



Spend least

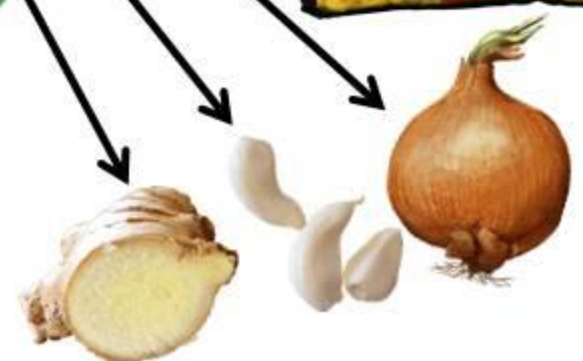


Usually most expensive



Try and spend most

# Eat together - Fish soup & rice – Which food groups?



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

## Health Professional Facilitator Information

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### Use of resource:

**Eating together –The Fish soup & 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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