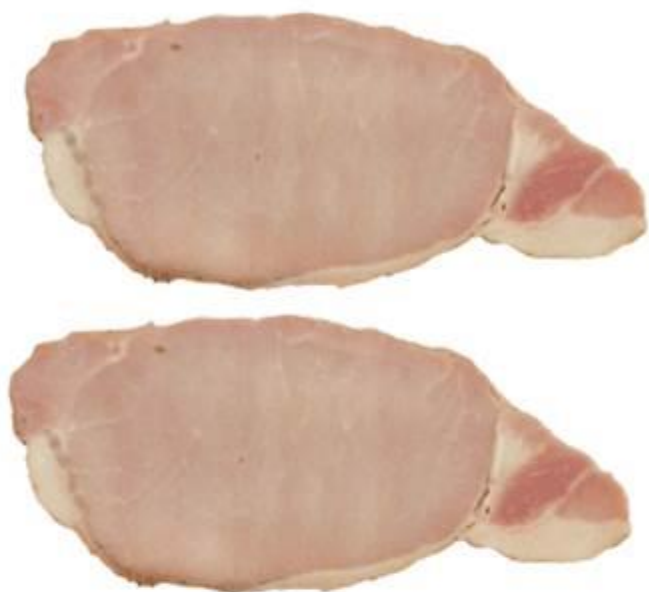


Ingredient Card



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Measure card



1 mug

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Measure card

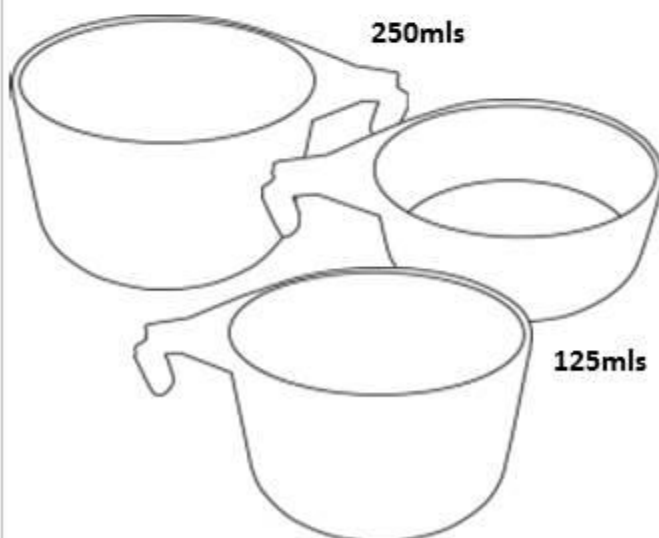


½ mug

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Measure card

2 ½ Cups



250mls

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Measure card

Man
portion



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Measure card

Woman
portion



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Measure card

Child
portion



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Measure card



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1 tablespoon or less of soy sauce can be added when cooking

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Add a small amount as a condiment to the fried rice

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Pumpkin tips
(Use 2 mugs when uncooked)

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Kang kong

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Sweet potato tops

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Wombok

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Bok choy

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Chinese broccoli

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Aibeka

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Kale

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Bean sprouts

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ginger

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tumeric

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Grated tumeric

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Chilli powder

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Baby corn

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Health Professional Facilitator Information

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Use of resource:

Eating together –The Fried rice 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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Full Licence Terms

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