

Ingredient Card



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Measure card



1 mug

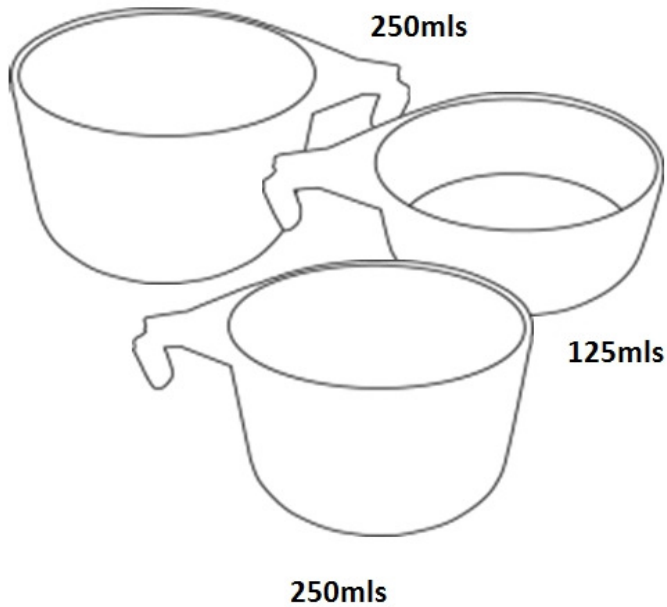
Measure card



½ mug

Measure card

2 ½ Cups



Measure card

Man
portion



Measure card

Woman
portion



Measure card

Child
portion



Choices



Raw fish

Choices



Steaming fish

Choices



Frozen barramundi

Choices



Smoked cod

Choices



Choices



Choices



Choices



Choices



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Health Professional Facilitator Information

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Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- Making food choices for a family
- Budgeting
- Portions
- Healthy food which prevents sickness

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated,.

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