

Eat together – Grilled or steamed fish with vegetables & rice - Feeds about 6

Ingredients



2 fish fillets



4 1/2 mugs of veg

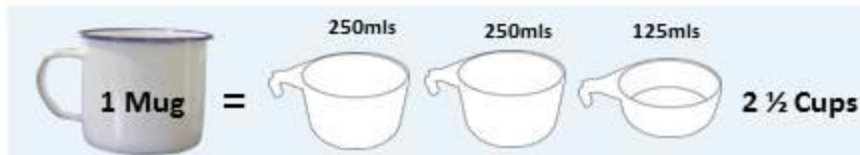
You can steam the fish on top of the cooked vegetables



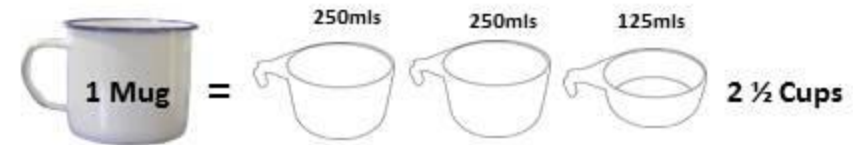
3 mugs of cooked rice



Healthy Meal



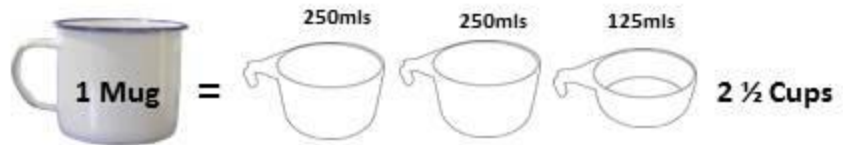
Serving spoons



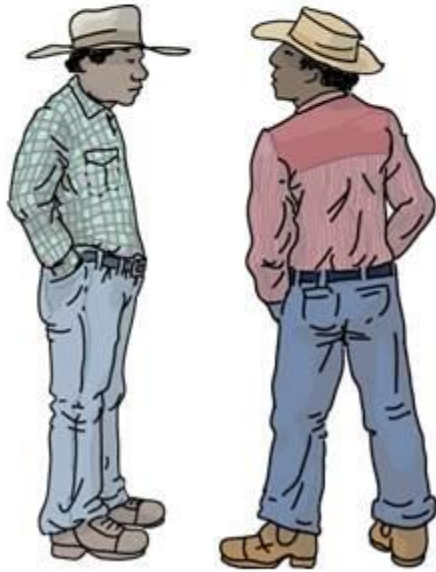
Cups



Child's portion



Eat together - **Grilled or steamed fish with vegetables & rice** – How big is your family?



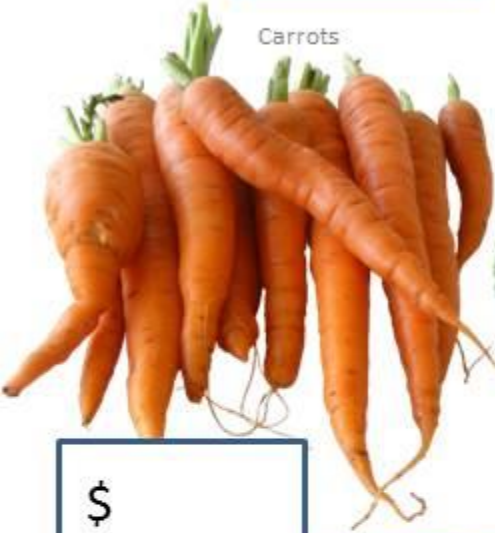
people in my family



Eat together - **Grilled or steamed fish with vegetables & rice** – How much does it cost?

\$

Carrots



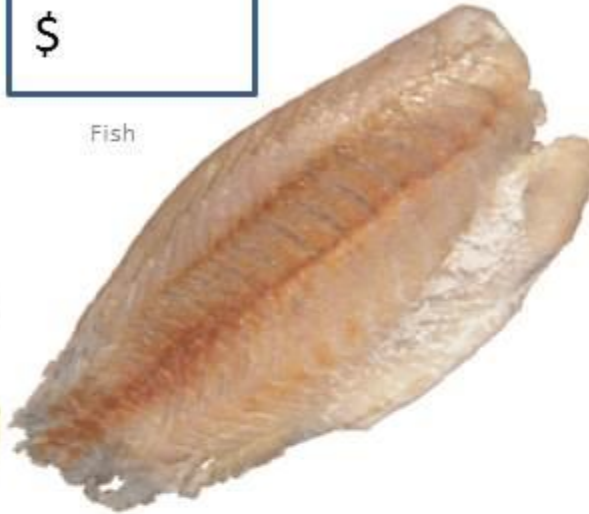
\$

Broccoli



\$

Fish



\$

Long grain



\$

Peas



\$

Pumpkin



Eat together - Tasty lentil soup – Where did you spend the most?

\$

\$

\$



Spend least

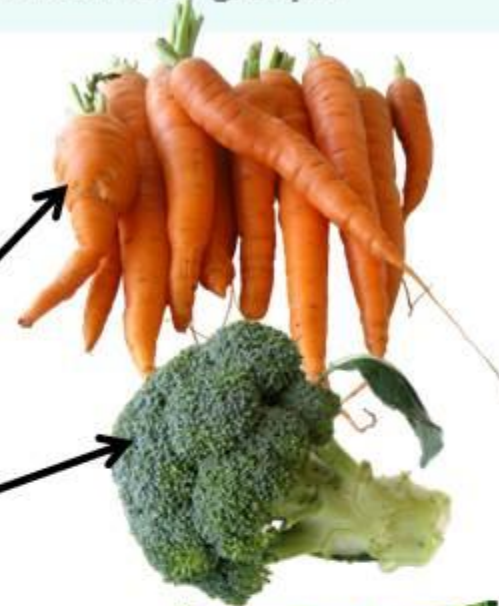


Usually most expensive



Try and spend most

Eat together - **Grilled or steamed fish with vegetables & rice** – Which food groups?



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

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Use of resource:

Eating together –The Grilled or steamed fish with 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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