

What do I have for breakfast?



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

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills. This resource is designed to provide a discussion about what people can have for breakfast and why people would choose to eat a particular food.

Key skills:

This resource could be used find out what people eat for breakfast.

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, so that it can be used by participants at their cooking stations.

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