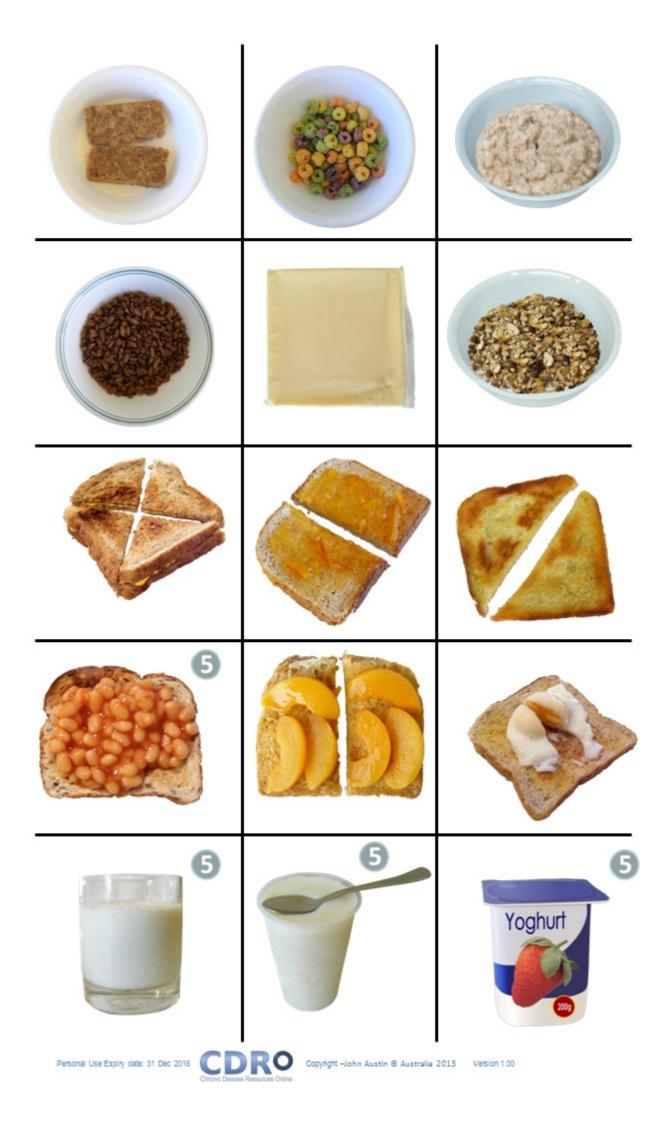
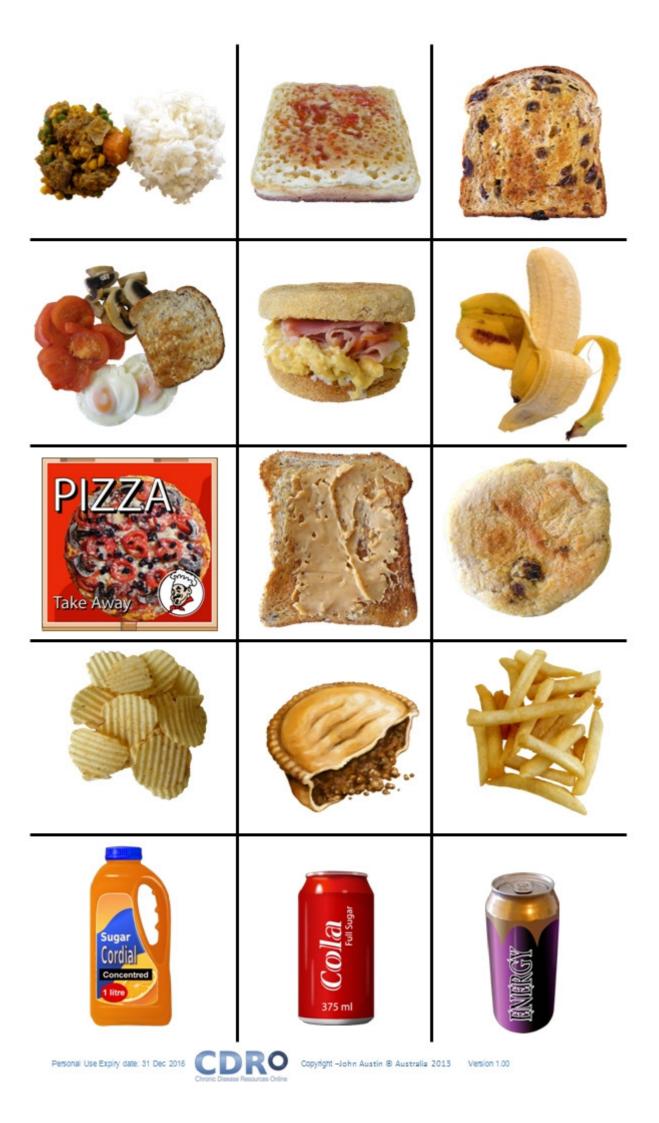
# What do I have for breakfast?



# What do I have for breakfast?



# 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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