

Dairy / Good bones picture cards



1 small tub of Yoghurt

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2 slices of Cheese

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1 cup of milk

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Custard

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Milk Powder

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Sardines with Bones

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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 discussion of :

- Dairy foods

Target group:

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

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