

Fibre grouping picture cards



Steak

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Milk

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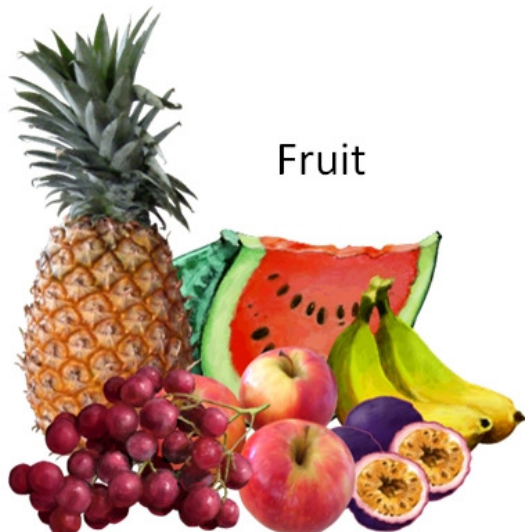
Wholemeal & Wholegrain Cereals

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Soft drink

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Fruit

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Vegetables

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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 and grouping of :

- High fibre and low fibre foods

Target group:

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

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