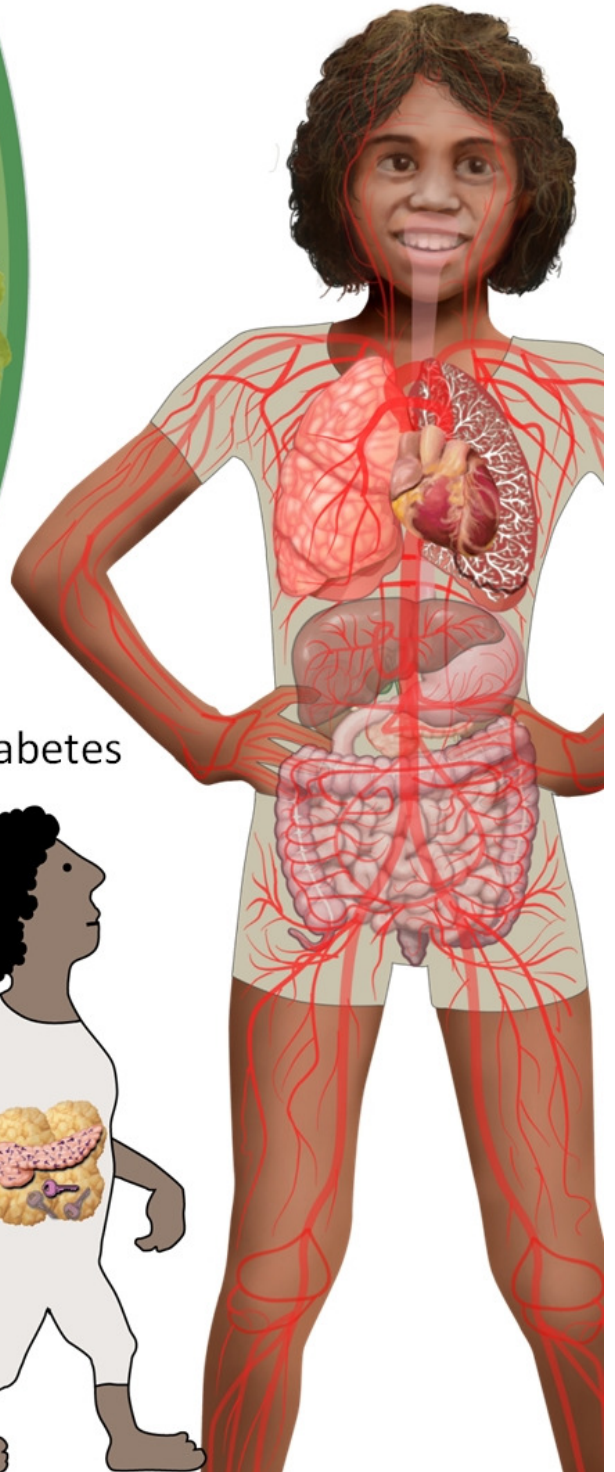


Eat vegetables to **Protect** yourself



Protective



Diabetes

Heart
problems



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.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- Making food choices for a family
- Budgeting
- Portions
- Healthy food which prevents sickness

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,.

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Full Licence Terms

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