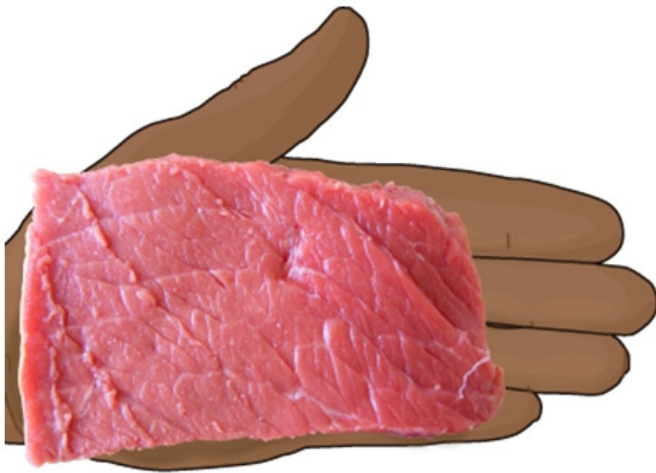


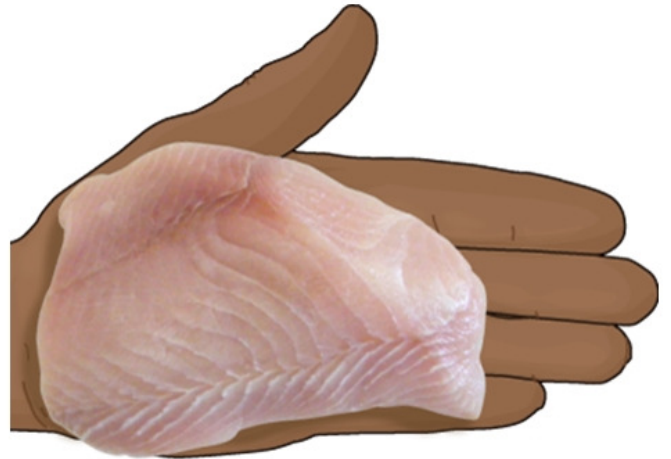
Meat / Meat Alternative Picture Cards



1 palm sized piece of lean meat

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1 palm sized piece of fish

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1 hand of nuts

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1 small tin of baked beans

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2 eggs

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1 small tin of fish (100g)

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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 can be used discuss serve sizes protein foods including fish, meat & vegetable protein

Target group:

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

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