

Food Prep – Peeling & grating

1

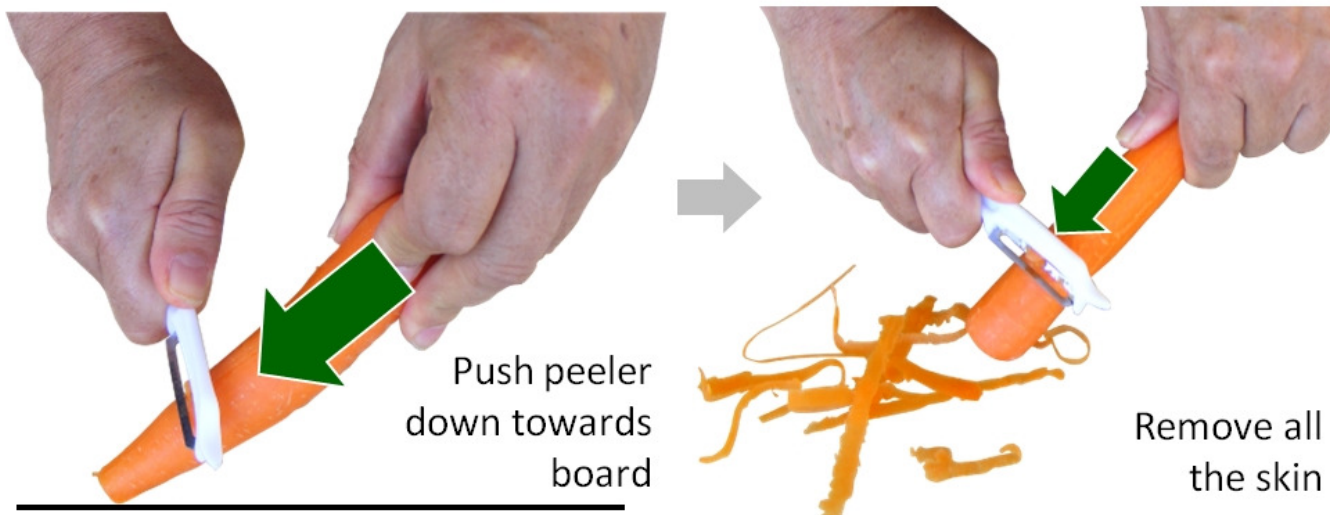
Top and tail
carrot



Vegetable peeler

2

Push carrot down on cutting board



3

Grate carrot

Grater



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 is designed to provide a step by step guide to preparing an ingredient or examples of different ingredients

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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