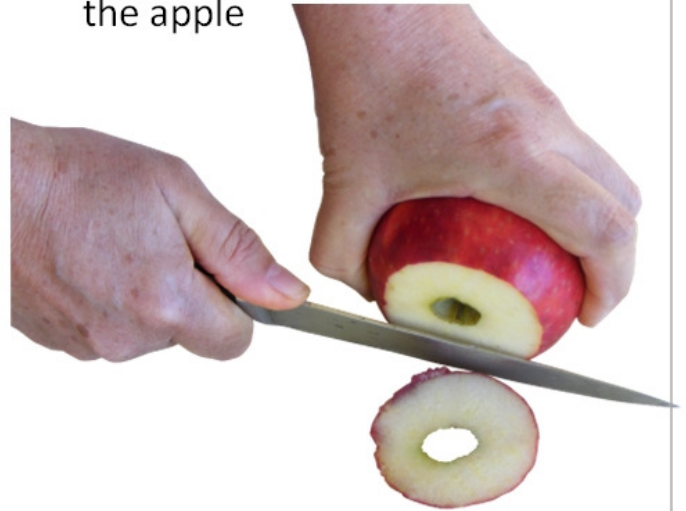


# Food Prep – Peeling an apple

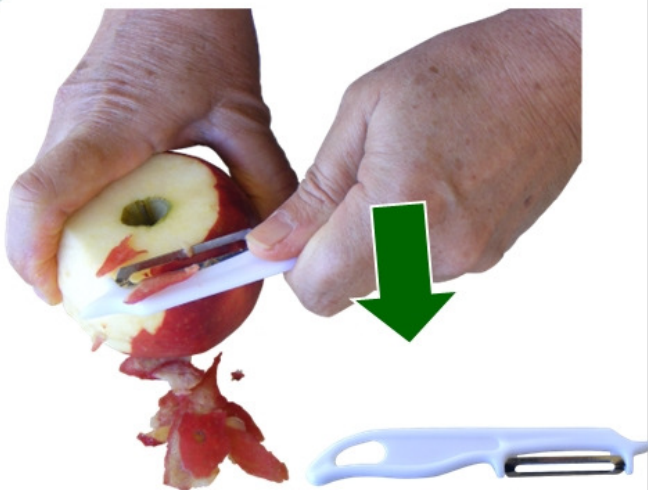
- 1 Apple skins can be tough and hard to peel



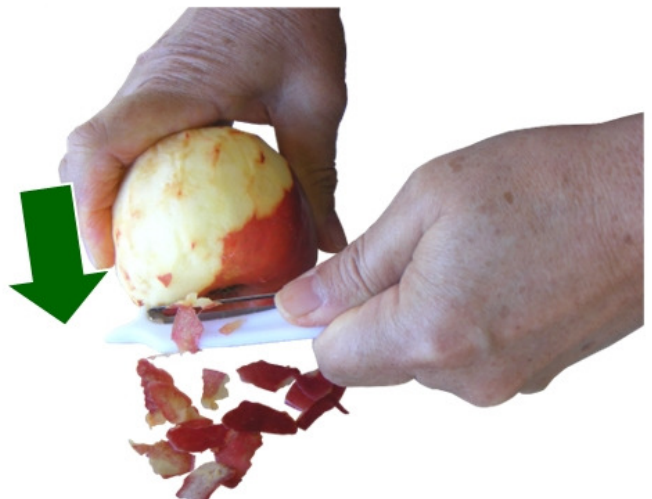
- 2 Cut a thin slice off the top of the apple



- 3 Use a vegetable peeler



- 4 Turn over and peel the other side



- 5 Slice the apple



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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