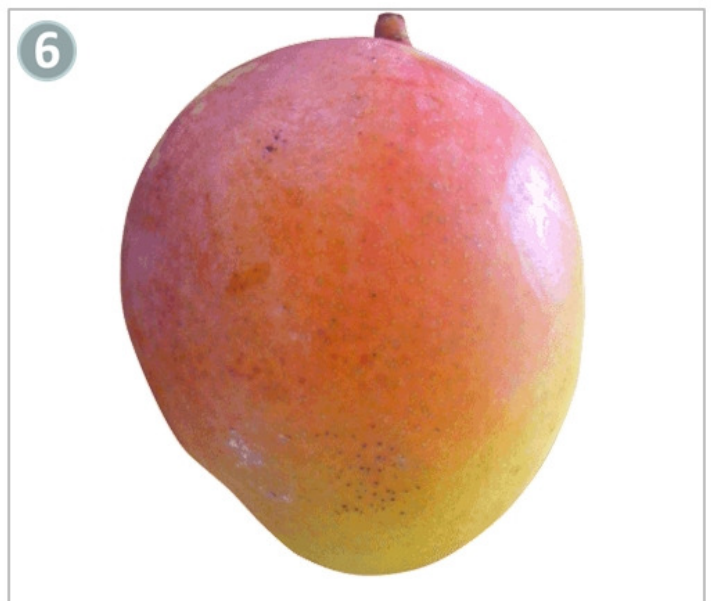
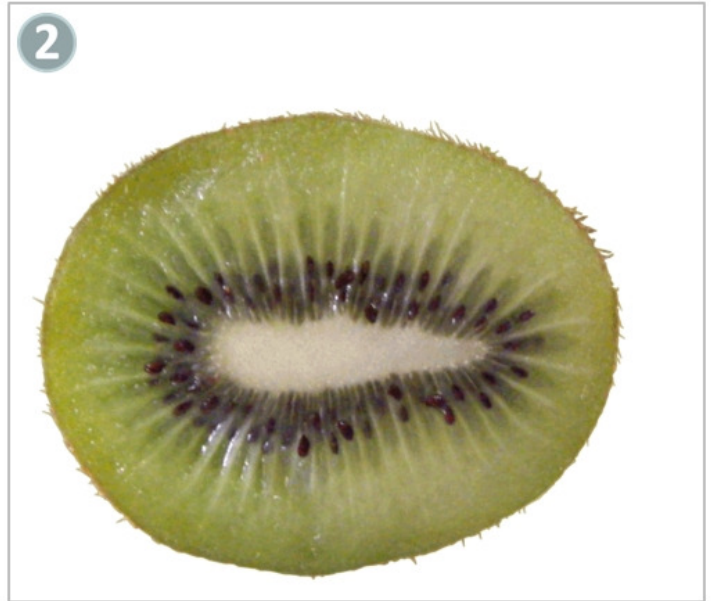
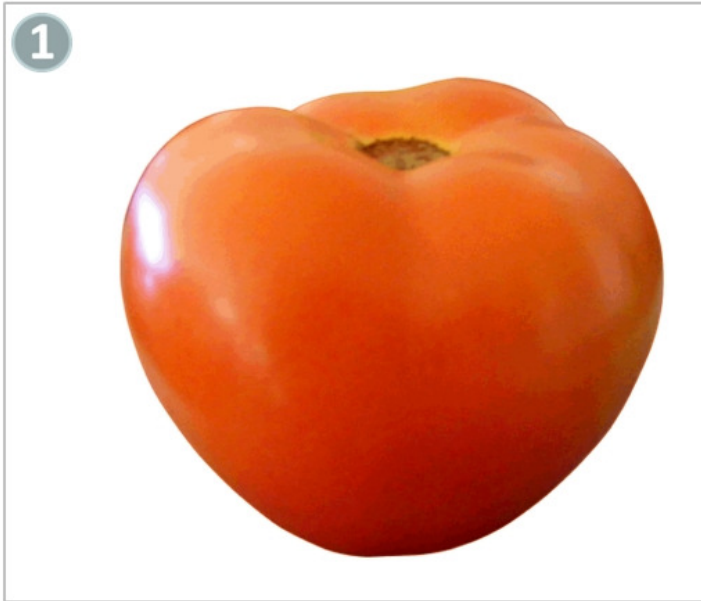


# Food Prep – Tough skins and soft centres



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,.

This version of the resource can only be obtained from the Chronic Disease website and is licensed and distributed using the Australia – Personal Licence -A0-6/2015

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    - the payment of the cost of having the goods repaired; or
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