

Fresh & frozen berries

Fresh raspberries



Blackberries



Mulberries



Cranberries



Fresh & frozen berries



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Health Professional Facilitator Information

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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 nutritional ideas

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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