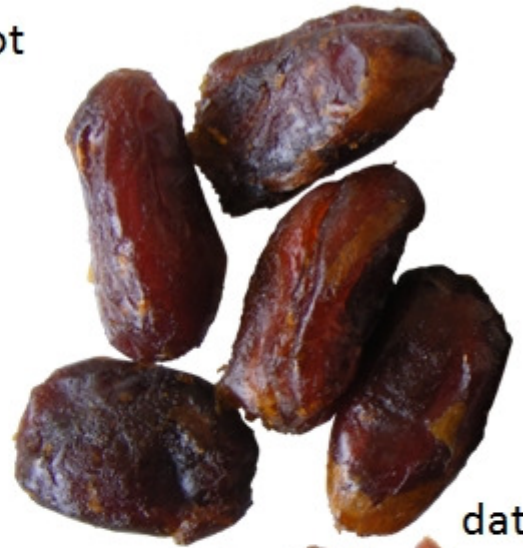


Dried fruit



apricot



date



pear



fig



peach



sultana



banana

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

Facilitators must use your own professional judgement as to the accuracy and appropriateness 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 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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