

Tinned & bottled fruit

apricots



Fruit salad



blackberries



bottled fruit



pie filling

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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