

## Choices



Meat

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## Choices



Vegetarian

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Meat & bean

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Fish & veg



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Fresh  
beetroot



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egg



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Fish



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Steamed chicken

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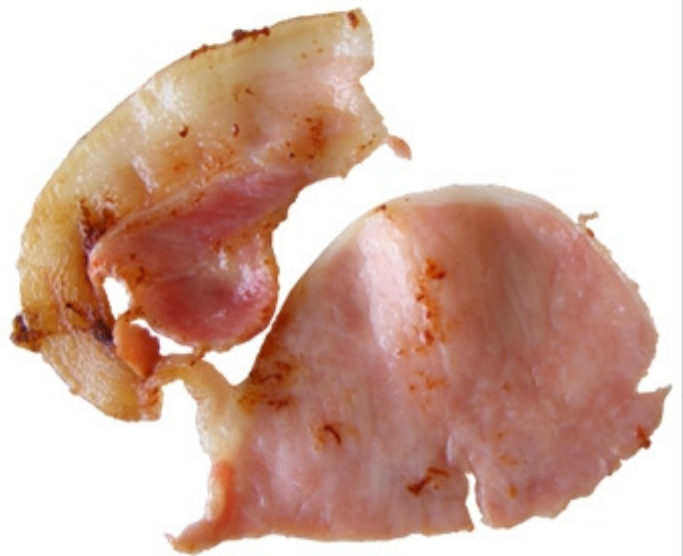


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Sausage

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Twiggy sticks

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Kabana

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Black  
pudding

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

## 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 the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

### **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, so that it can be used by participants at their cooking stations.

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