

How to keep safe – while cooking ...

Don't run or fool around when cooking



Make sure handles are not stick out or get too hot

How to keep safe – while cooking ...



Be careful with hot water & metal spoons



Try & use a wooden spoon or plastic spatula



Wipe up spills.

Throw away dropped food

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

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Identify the different food groups

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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