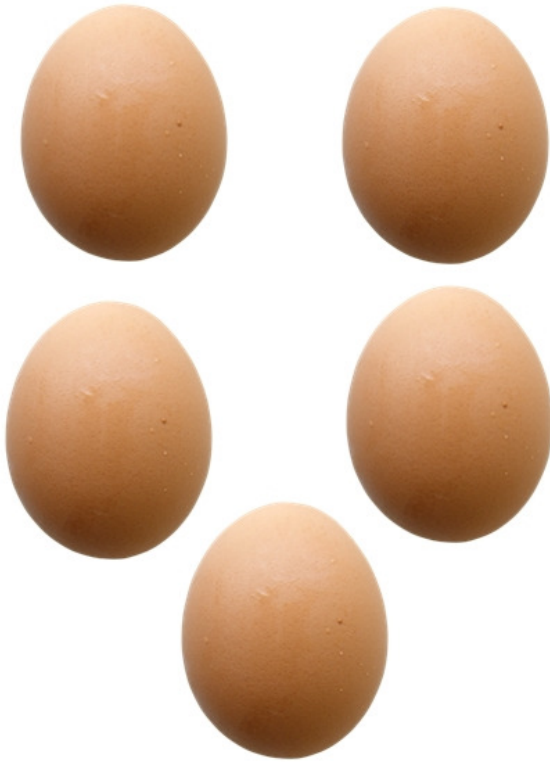


Ingredient Card



Ingredient Card



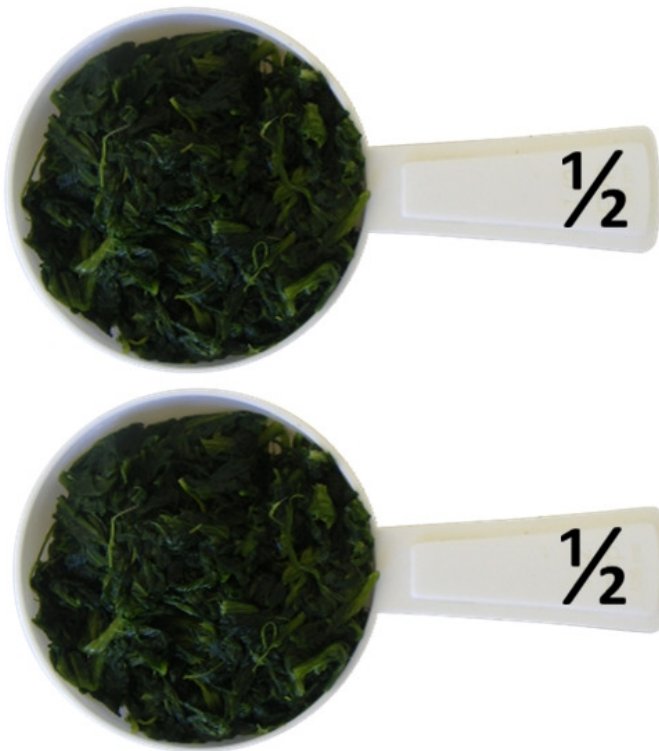
Ingredient Card



Ingredient Card



Ingredient Card



Ingredient Card



Ingredient Card



Ingredient Card



Ingredient Card



Ingredient Card

1 tbsp

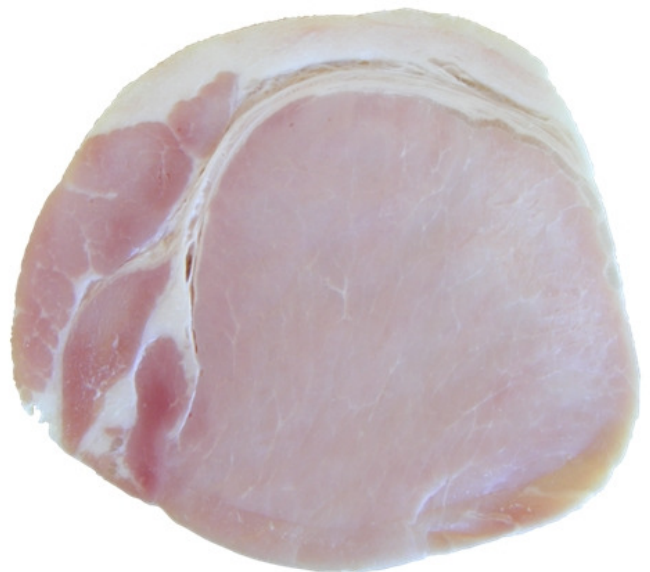


2
tablespoons

Ingredient Card



Ingredient Card



Ingredient Card



Ingredient Card



Ingredient Card



Ingredient Card



Ingredient Card



Ingredient Card



Ingredient Card



Preparation card



Preparation card



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Preparation card



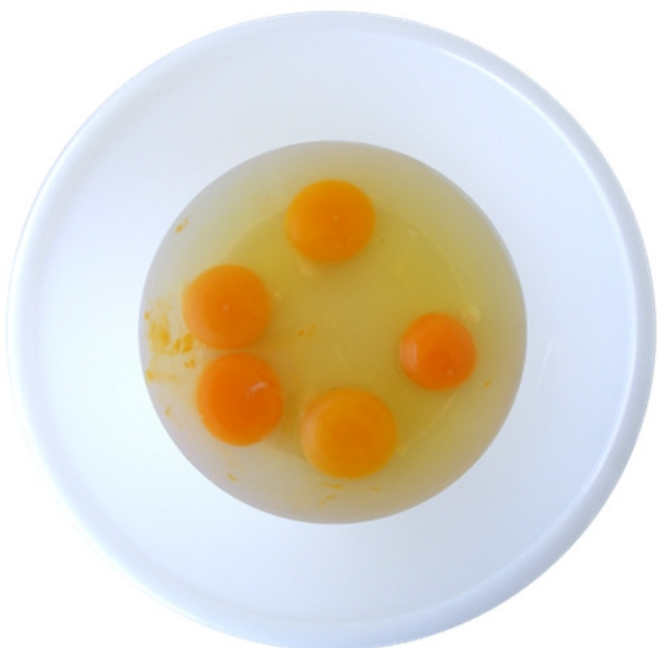
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Preparation card



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Preparation card



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Cooking steps



Cooking steps



Cooking steps



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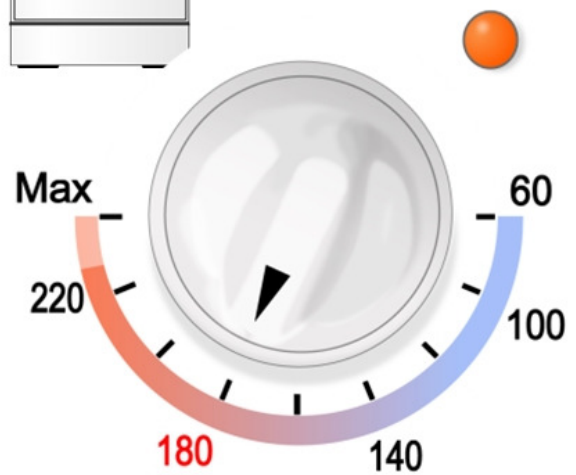
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Purpose of resource:

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 cooking and food preparation skills:

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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