

## Choices



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## Choices



## Choices



Roast capsicum

## Choices

Fresh



## Choices

Tinned



## Choices

Garnish – asparagus & capsicum



## Choices

Spinach



## Choices

Baby spinach



## Choices

Frozen spinach



Choices

Amaranth



Choices

Silver beet



Choices

Kale



Choices

Cooked kale



Choices



Spring onion

Choices

Spring onion



Choices



Chives

Choices



## Choices

Garlic



## Choices



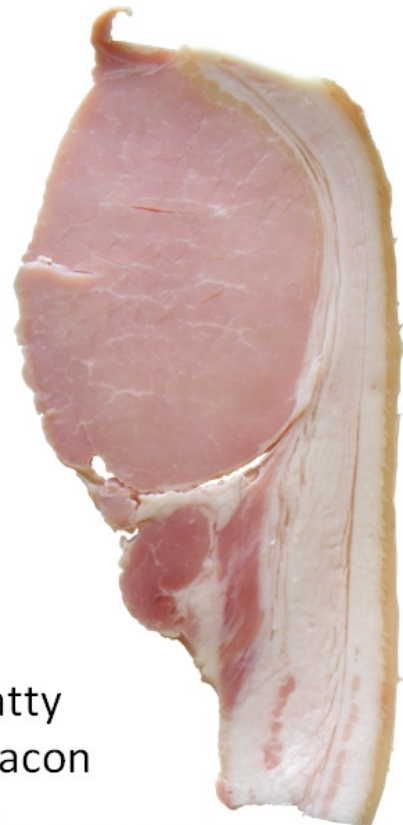
Cooked bacon & onion

## Choices



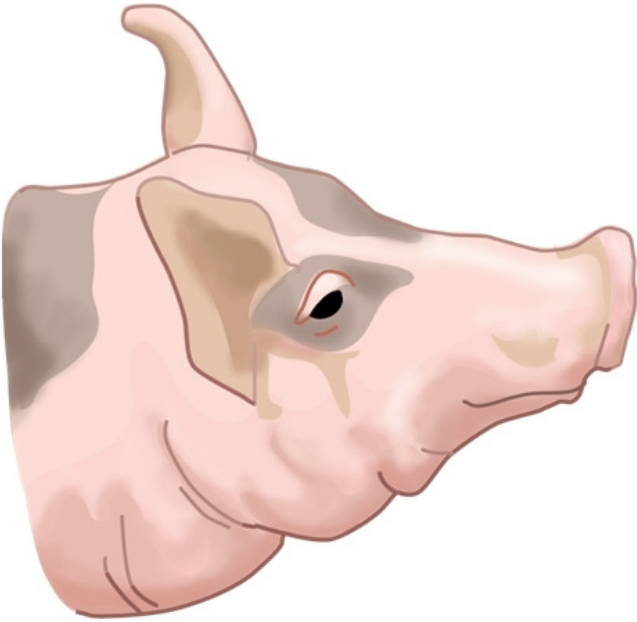
Cooked bacon

## Choices



Fatty  
bacon

## Choices



## Choices



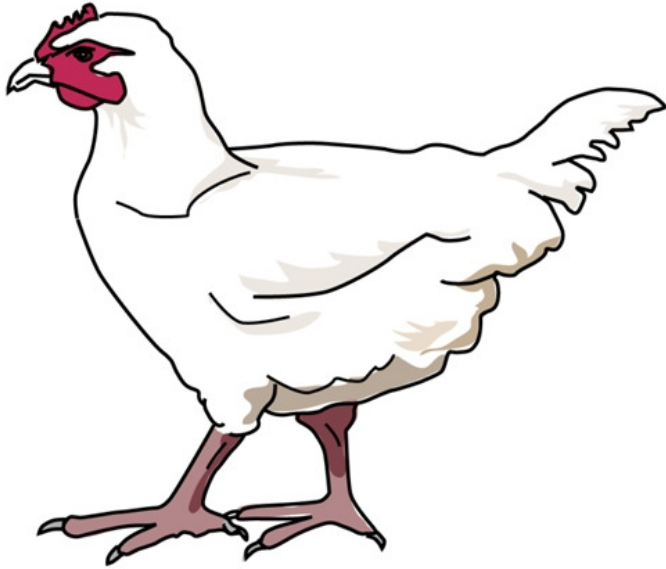
## Choices



## Choices



## Choices



## Choices



## Choices



Chilli pepper

## Choices

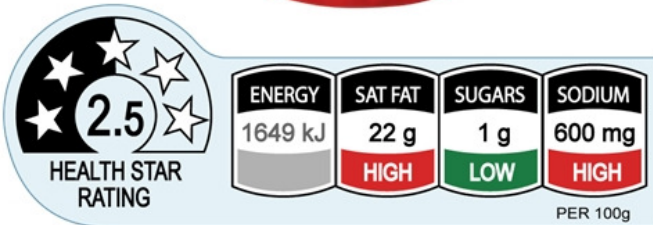


Nutmeg



## Choices

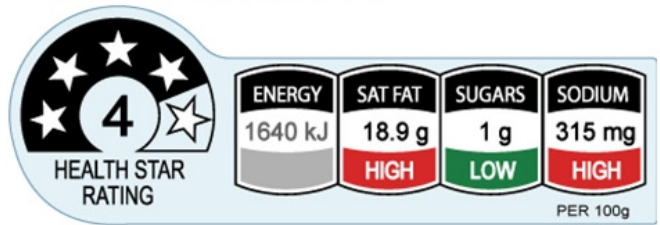
Harvati



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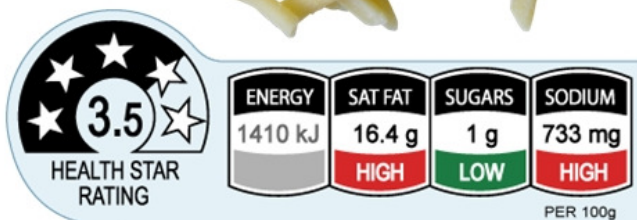
Swiss



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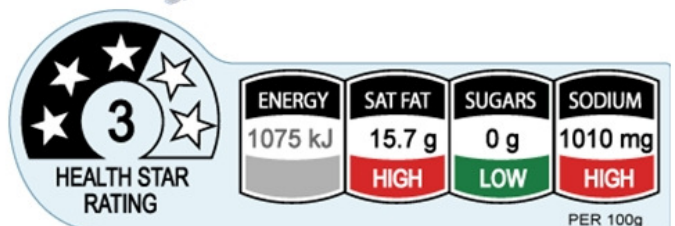
Cheddar



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Feta

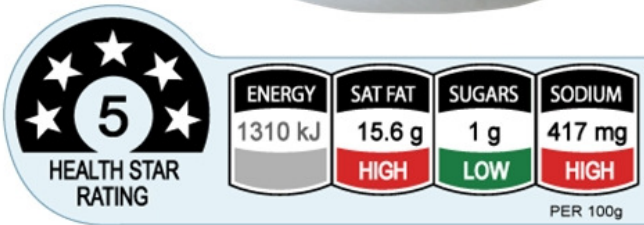


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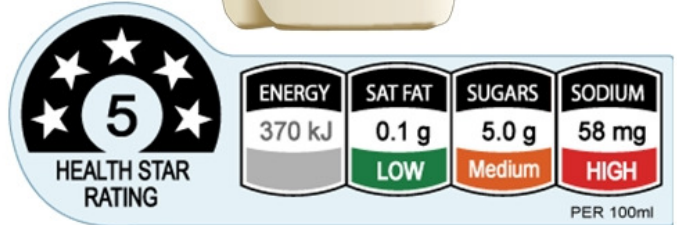


mozzarella



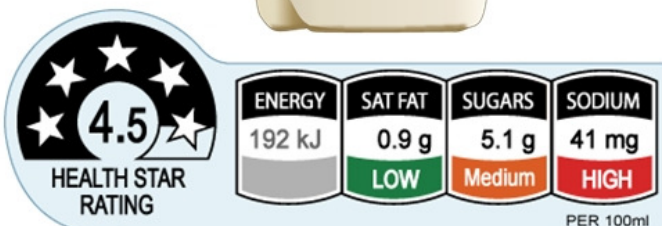
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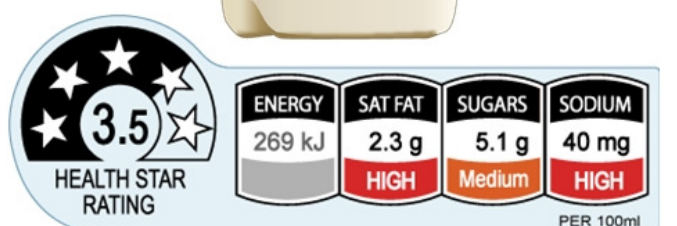
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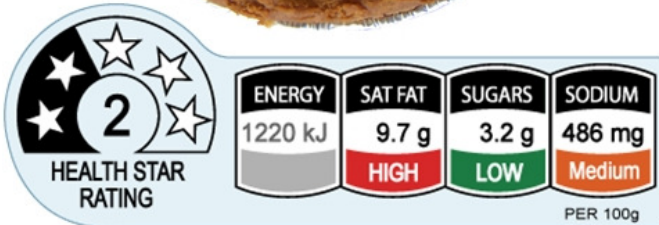
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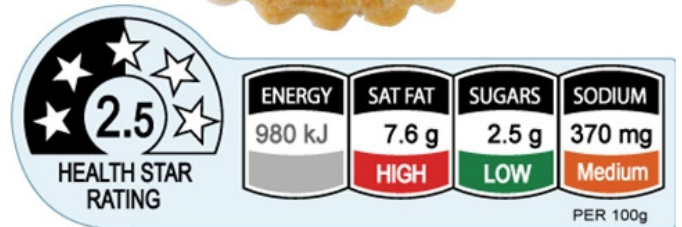
Frozen



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Supermarket



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## Choices



Corn flour contains no gluten

Only gluten from cross contamination

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## Choices



Wheat flour contains gluten

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## Health Professional Facilitator Information

You must use your own professional judgement 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 the following key 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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