

Pasta & noodles - **Poor Choices** – 2 minute noodles

To much salt & fat



Noodles: Contains refined wheat flour, palm oil & salt. Noodles dried by flash frying in saturated oil



Seasoning:
Contains monosodium glutamate
Very high salt content



Dehydrated vegetables:
Very small amount, little nutritional value.

Pasta & noodles - **Poor Choices** – Instant pasta

To much salt & fat



Extra fat:
Recommends
you add fat
when
preparing.

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

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:

- 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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