

Chilli con carne- Choices – Energy vegetables



Walk



Skate



Ride



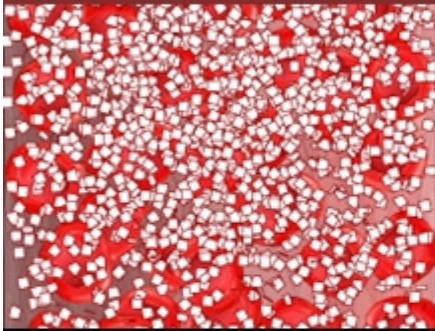
Throw



Go

Chilli con carne- Choices - Try different energy foods

Energy foods put
sugar in your blood



Boiled
white rice



Polenta



Sweet potato
micro-waved



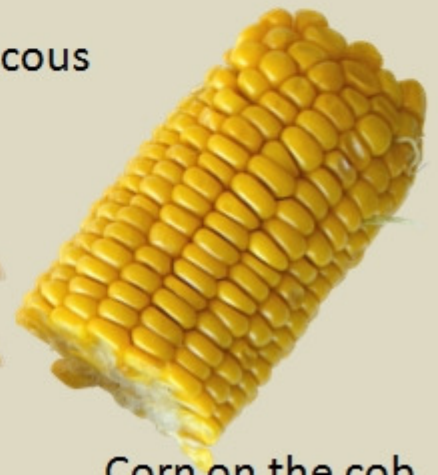
Long grain rice



Couscous



Pasta



Corn on the cob

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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