

Creamy fettuccini - **Choices** – Leafy vegetables

Replace the lettuce with cooked leafy vegetables



Aibeka



Kale

Kangkong

You can steam all leafy vegetables

- 1 Remove stems and wash



- 2 Steam for 5 to 10 minutes



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Cooked leafy vegetables are a very healthy choice



Pumpkin tips



Sweet potato tops



English spinach



Chinese broccoli tops



Silver beet



Amaranth



Wombok



Cabbage



Red cabbage



Kumus



Bok choy

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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