

Fruit crumble cup - Feeds 1



Ingredients



1/2 cup low fat plain yogurt



1/2 cup of fresh mango



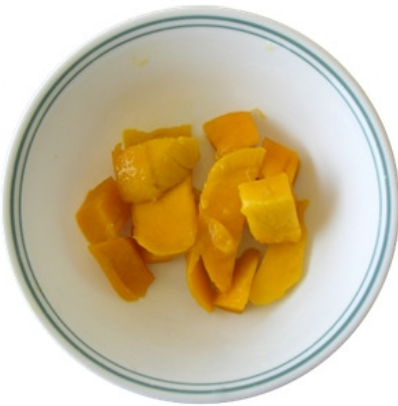
2 tablespoons toasted muesli

Equipment



1

Mash the mango



2 Add the mashed mango and yogurt 1 dessert spoon for each layer





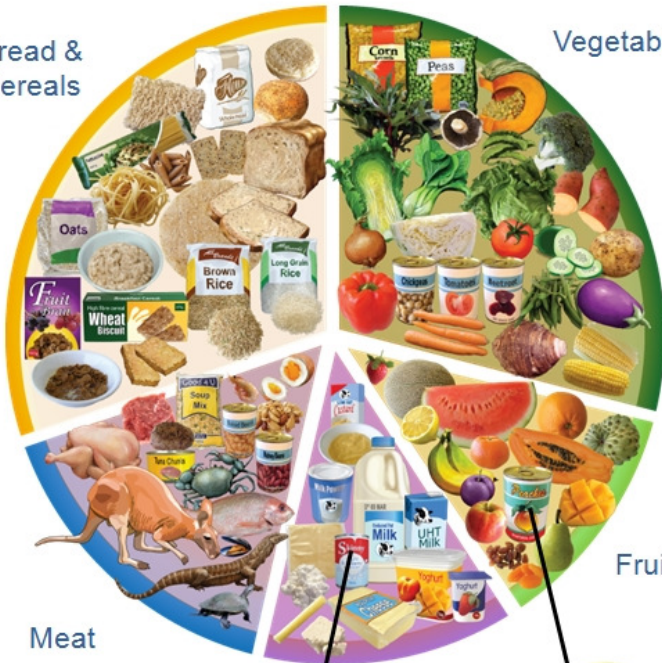
2 Top with 2 tablespoons spoons of home made toasted muesli



Food groups

Bread & Cereals

Vegetables



Meat

Fruit

Dairy



Serves in 1 crumble cup



½ serve of yogurt



½ serve of fruit

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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 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.

Acknowledgements

Partnership

This resource was developed for Chronic Disease Resources Online (CDRO) in partnership with Apunipima Cape York Health Council originally as support material for the Need for Food - Cape York Style.

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Acknowledgements:

Development :

John Austin (CDRO) – Instructional Designer and Artist

Cara Polson,(Community Nutritionist) - Project Officer Need for Food - Cape York Style.

Judith Aliakbari,(Team Leader Nutrition)

Delivery Facilitation in Cape York during the trial period:

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Need for Food - Cape York Style program

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The beautiful people in Cape York Communities.

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