

## Ingredient Card



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## Ingredient Card



Besan flour

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## Measure card



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## Measure card



$\frac{1}{2}$  teaspoon

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## Measure card



$\frac{1}{4}$  teaspoon of salt

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## Measure card



$\frac{1}{8}$  teaspoon of chilli powder

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## Measure card

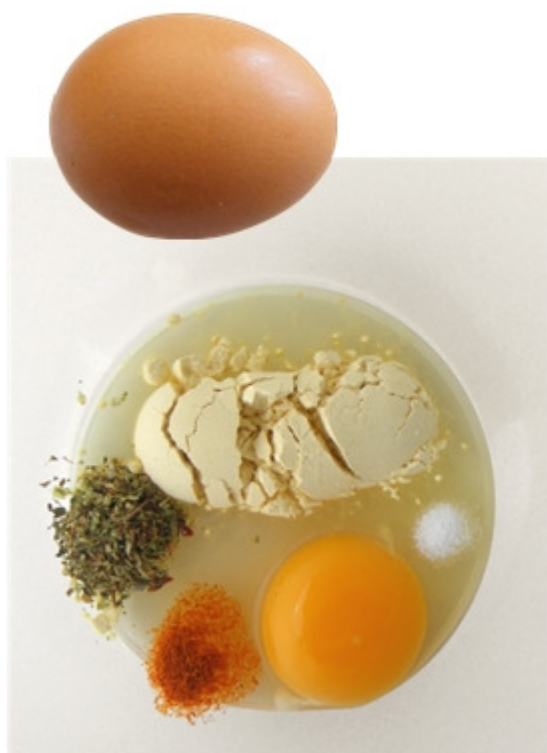


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## Preparation card



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## Cooking steps



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## Cooking steps



## Cooking steps



## Cooking steps



## Cooking steps



## Safety



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## Health Professional Facilitator Information

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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.

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