

Choices



Choices



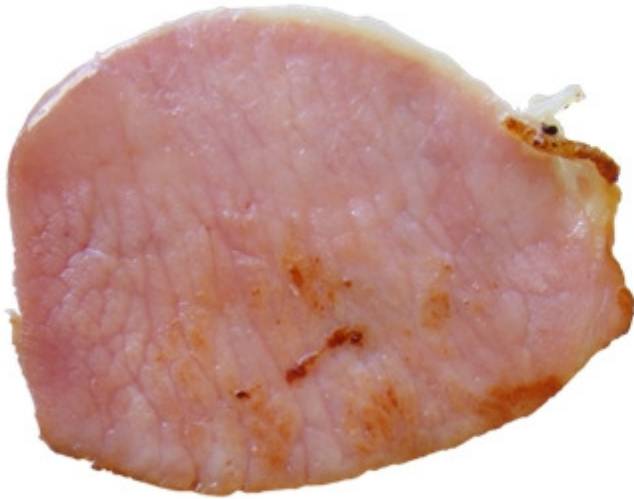
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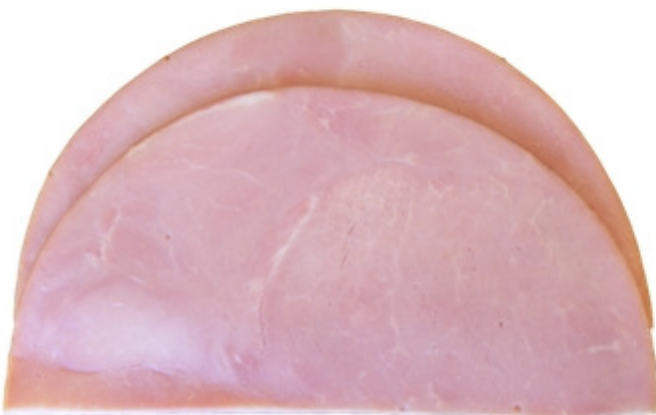
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Fat removed

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Choices



Parmesan

Choices



Cottage

Choices



Mozzarella

Choices



Feta

Choices



Gorgonzola

Choices



Cheddar

Choices



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English spinach

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Frozen spinach

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Poor Choices



Too much salt & fat

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Poor Choices



Too much salt & fat

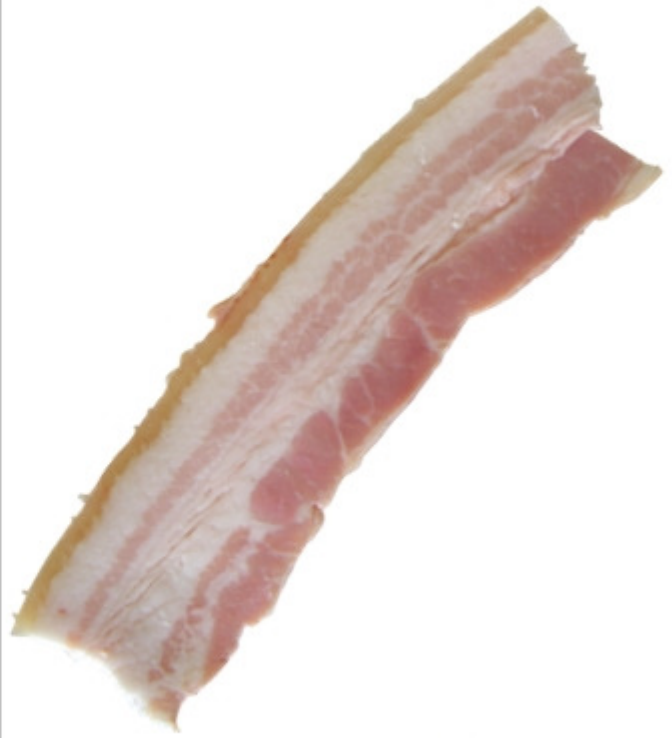
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Poor Choices



Too much salt & fat

Poor Choices



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Too much salt & fat

Why are picture cards useful?

Picture Recipe Cards are designed to make Picture Recipes more flexible.

The cards have 2 sides with the picture on the front and the type of card and information on the back.

Cards include:

- Ingredient card
- Choice cards
- Measuring cards
- Preparation cards
- Cooking step cards

Problems with recipes:

- The ingredients may not be available,
- The ingredients are too expensive
- The equipment to prepare the food is not available
- Participants don't like the ingredients
- Different groups have different nutritional needs
- The facilitator has his/her own preferences

Talking points

Teaching points should be regarded as talking points. Children and adults need to be encouraged to give their opinions. Health coaching encourages adults and older children to make changes by asking:

- “What are you prepared to do?”
- “What will make change difficult?”

Reading and using numbers

People using the picture recipes and cards do not need to be good at reading or numbers, although using the cards and recipes during cooking and food preparation will help with these skills.

Measuring ingredients helps people understand serve sizes which helps when it comes to discussing nutritional ideas.

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

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

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.

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