

Choices



chilli

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dill

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thyme

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dried thyme

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oregano

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dried oregano

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basil

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2 teaspoons
corn flour

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crushed tomato

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turnip

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pumpkin

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capsicum

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carrot

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squash

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zucchini

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bean sprouts

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silver beet

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kale

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cauliflower

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bok choy

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wombok

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Red cabbage

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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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