















# Choices



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# Choices



crushed tomato

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# Choices



turnip

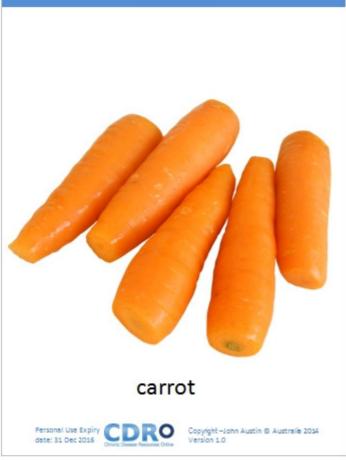
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# Choices



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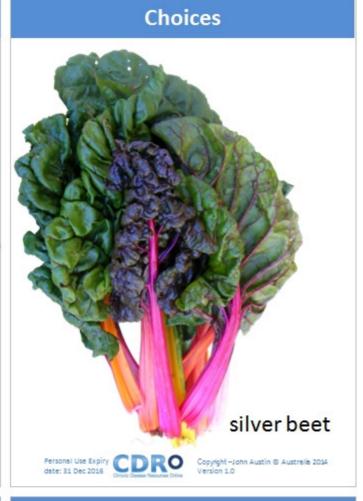


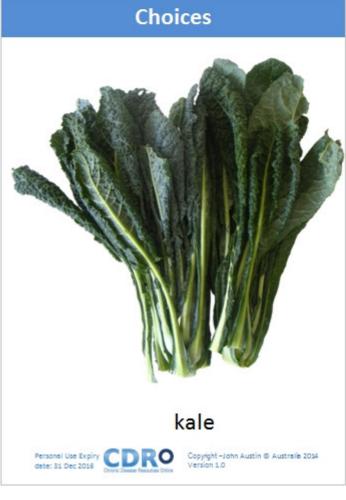
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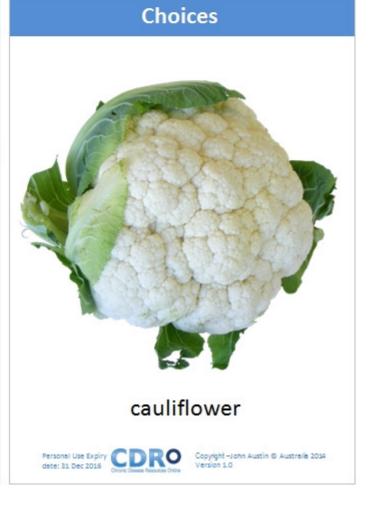




# bean sprouts Personal Use Expiry Copyright -John Austin © Austrelia 2014 date: 31 Dec 2015 Copyright -John Austin © Austrelia 2014 Version 1.0







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# 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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