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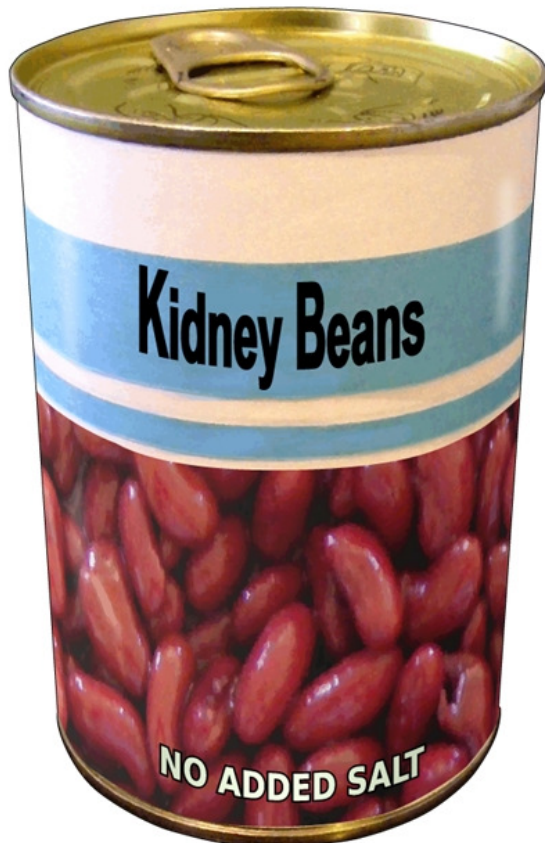
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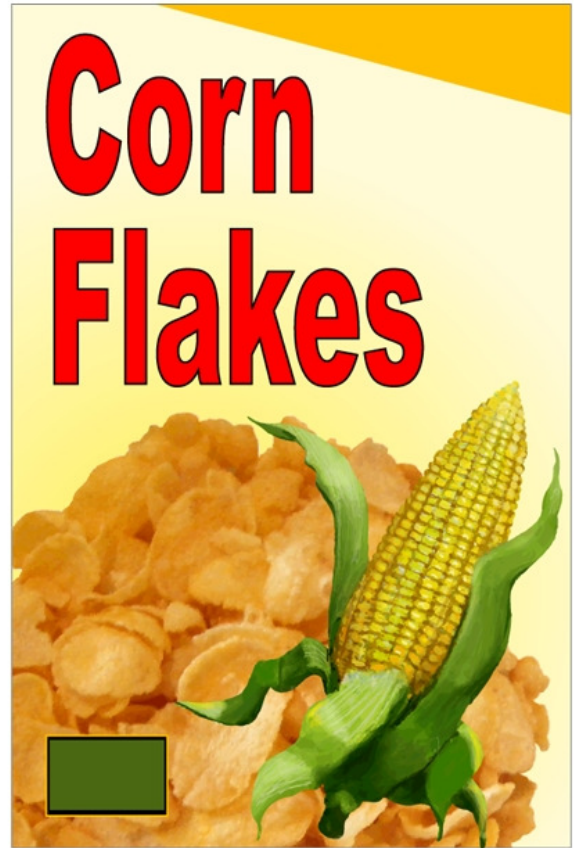
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Freeze dried coffee

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Ground coffee

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Loose Chinese tea

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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:

- making choices
- planning

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A4 size and then laminated, so that it can be used by participants at their cooking stations.

This version of the resource can only be obtained from the Chronic Disease website and is licensed and distributed using the Australia – Personal Licence -A0-6/2015

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    - the payment of the cost of having the goods repaired; or
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