

Good Choices – meat, fish & veggy (Protein)

* Cook all meat & fish for safety reasons

Sushi rolls



Tinned tuna

Prawns



Tofu



Salmon



Boiled chicken

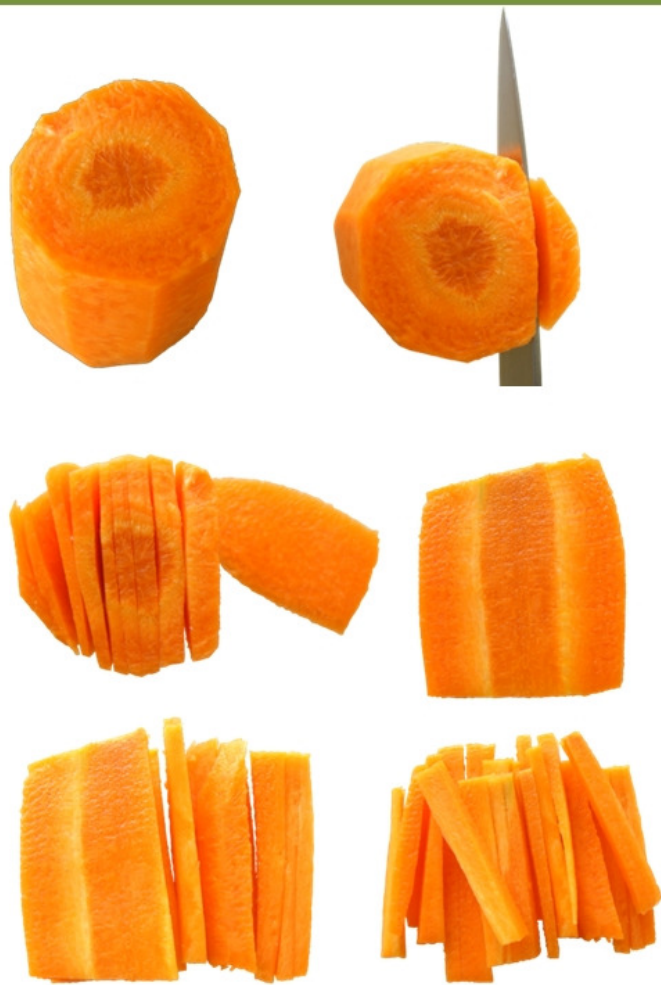


Boiled egg



Fresh tuna

Good Choices – (Vegetable preparation)



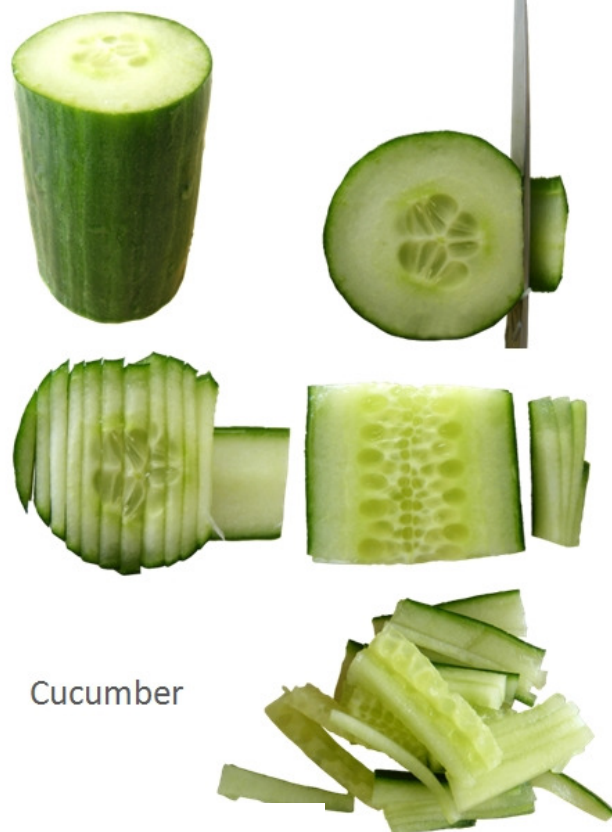
Carrots



Celery



Spring onion



Cucumber

Good Choices – (Vegetables)

Carrot



Spring onion



Celery



Radish



Cucumber



Tomato



Mushroom



Cabbage



Bean sprouts



Watercress



Choices – (Cereal)

*Sushi or jasmine rice are used for sushi rolls



Add 1 cup
sushi or
jasmine
rice



Add 2 cups
of water



Bring to
the boil



Turn down
heat and
cover with
lid



The water
will be
absorbed as
the rice
cooks



Rice is cooked
when all the
water is
absorbed



Choices – (Sushi roll extras)



Tinned tuna



Soy sauce



Pickled ginger

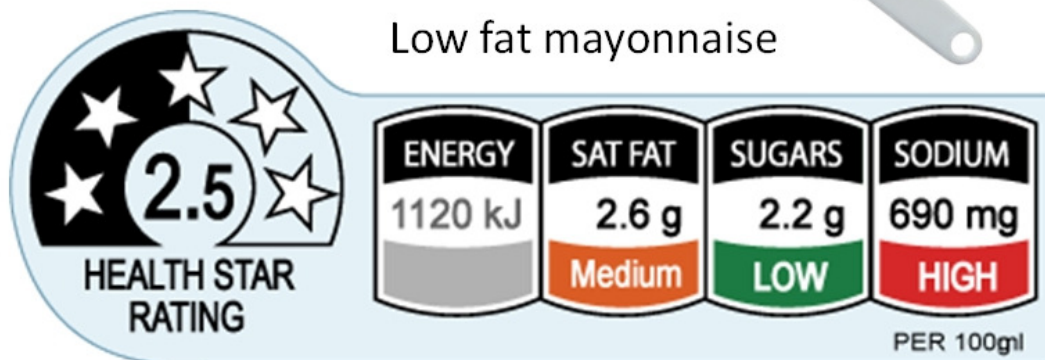


Wasabi

* Check the saturated fat, sugar & salt



Low fat mayonnaise



If you use only a small amount it is OK.

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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