

Ingredient Card



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Measure card



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breadcrumbs or
flour mix



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2 or 3 cloves of
chopped garlic

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Cooking steps



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Turn the frying pan
thermostat to **4**

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Pre-heat the
oven to
moderately hot
(180 degrees)

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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:

- 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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