

## Ingredient Card



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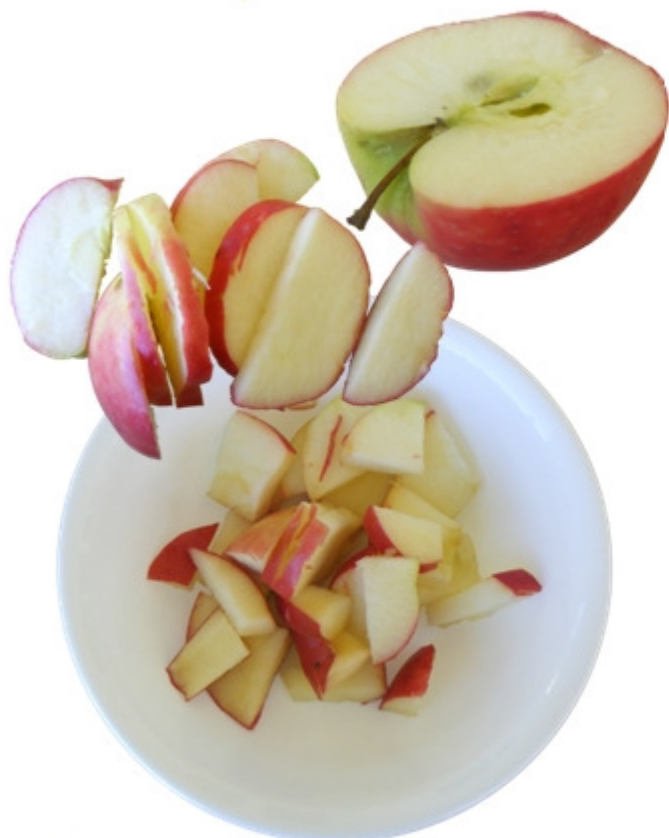


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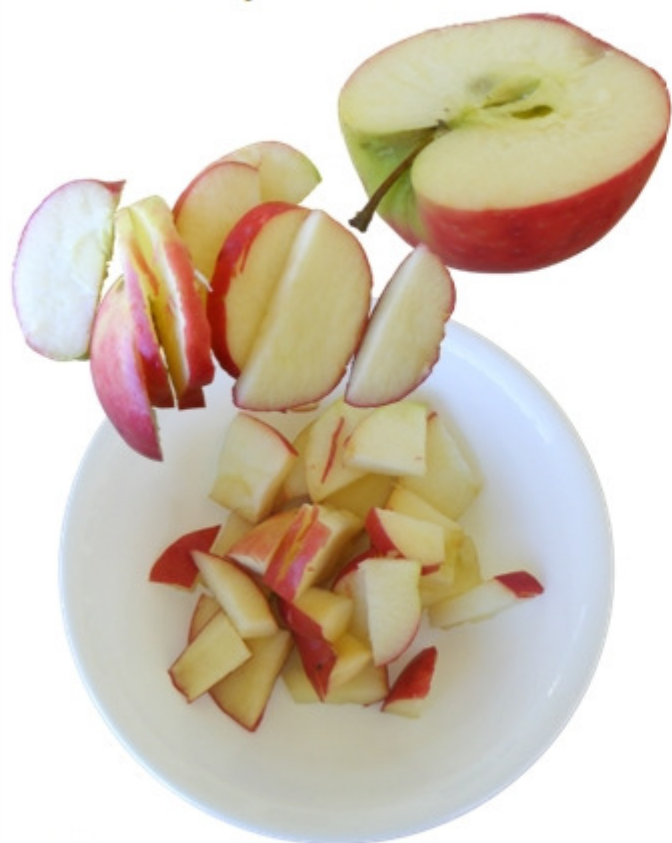


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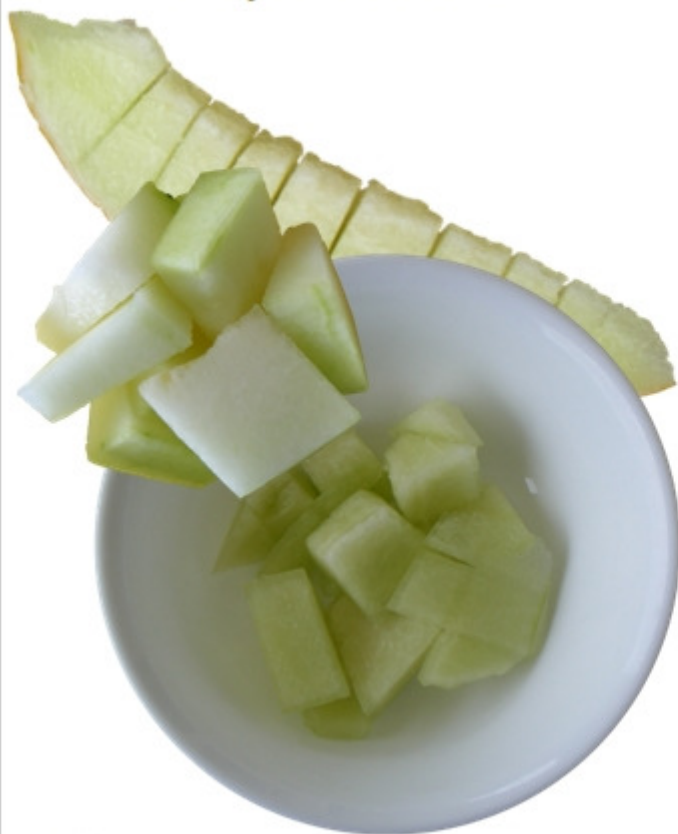


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## Health Professional Facilitator Information

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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 nutritional ideas

### **Target group:**

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

### **Notes:**

These cards are for the 3 picture recipes 'Fruit salad for one'

This resource is designed to be printed A3 size and then laminated.

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