

## Choices



Pear

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Tangelo

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Mandarin orange

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Lime

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Lemon juice

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Lime juice

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Green grapes

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Black grapes

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Rose grapes



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Strawberry



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Kiwi fruit



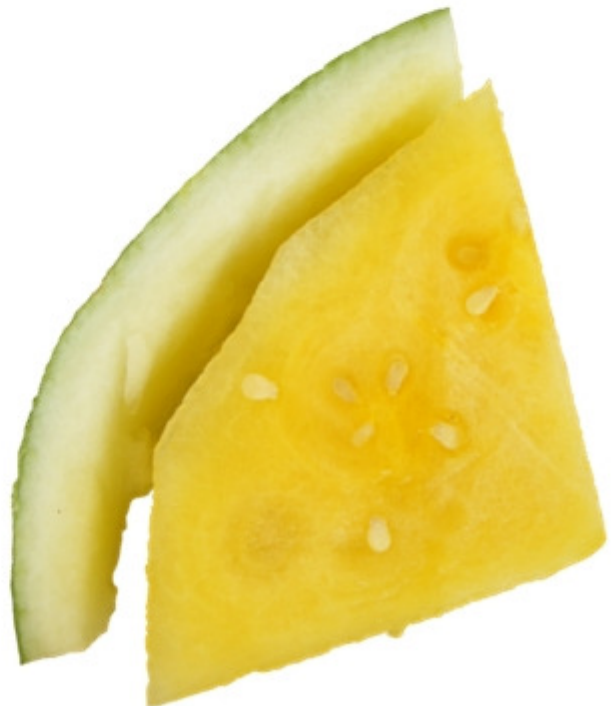
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Yellow watermelon



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### Casaba



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### Honey dew



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### Spanish



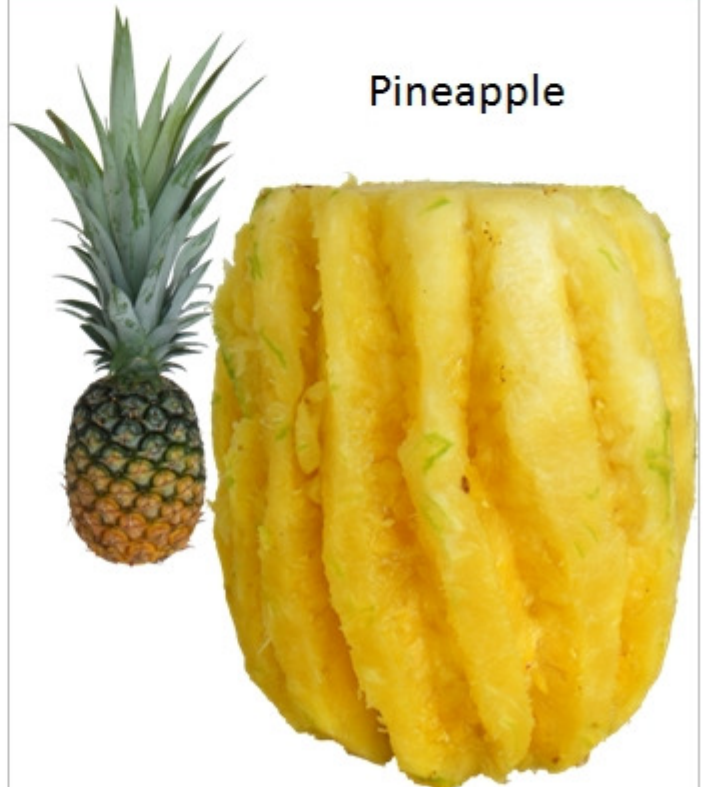
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### Pineapple



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### Nectarine



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### Apricot



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### Plum

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Tinned apricots

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Tinned fruit salad

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Tinned blackberries

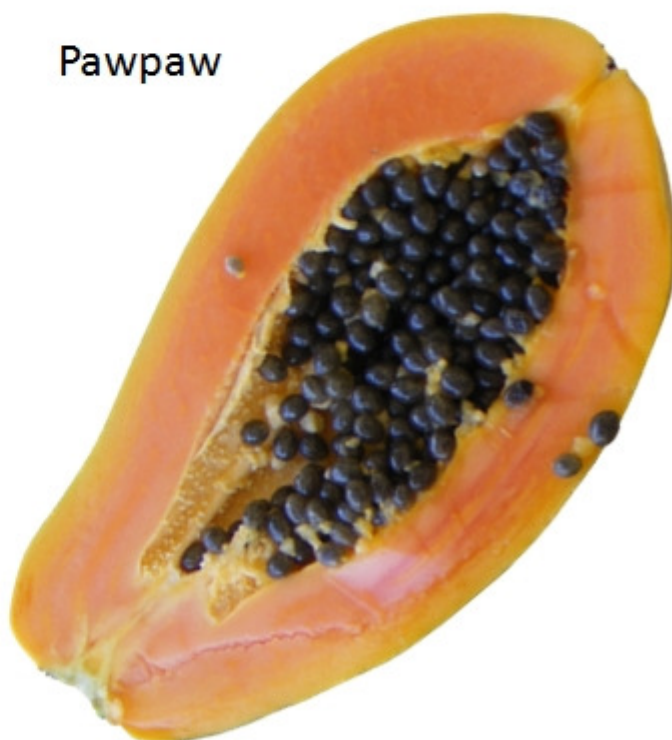
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Pawpaw



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Chico



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Lychee



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Forelle pear



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Longans

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Mango

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Star fruit

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Dragon fruit



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Sugar bananas

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Sugar banana



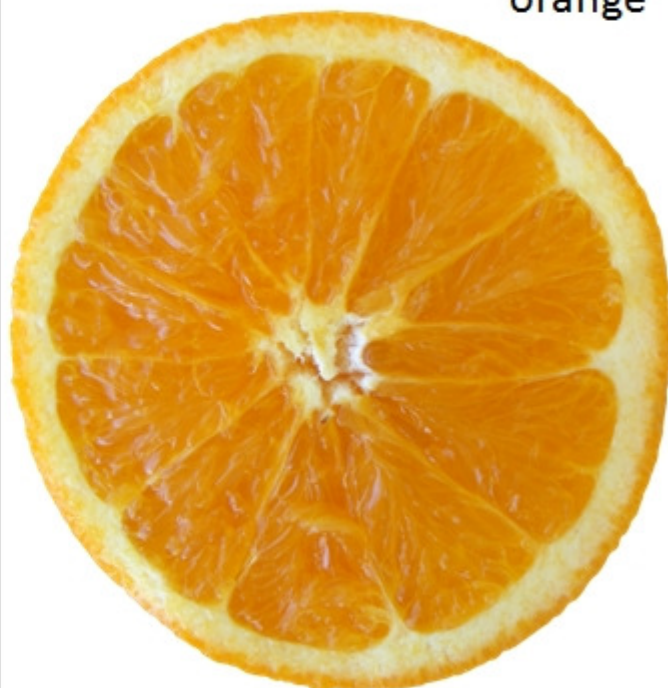
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orange



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Ladies finger



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Cavabdis



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Apple



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Passionfruit



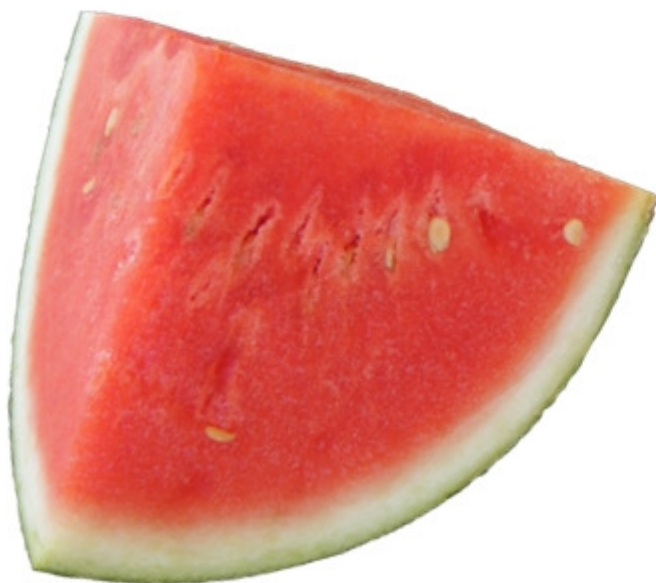
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Watermelon



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fig



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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.

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