

Food Prep – Making custard

1 Add 1 tablespoon of sugar



2 Add 2 tablespoons of custard powder



3 Add a small amount of milk



4 Mix into a smooth paste



5 Add remaining 2 cups of milk



6 Cover & microwave for 1 minute



7 Stir and put back into microwave



8 Continue to microwave stopping and stirring to stop it becoming lumpy



9 Makes 2 cups of custard



Food Prep – Powdered Milk – light

1 Light milk

To make 2 cups of light milk, mix one $\frac{1}{4}$ cup of full cream milk powder and one $\frac{1}{4}$ cup of skim milk powder with three $\frac{1}{2}$ cups of water



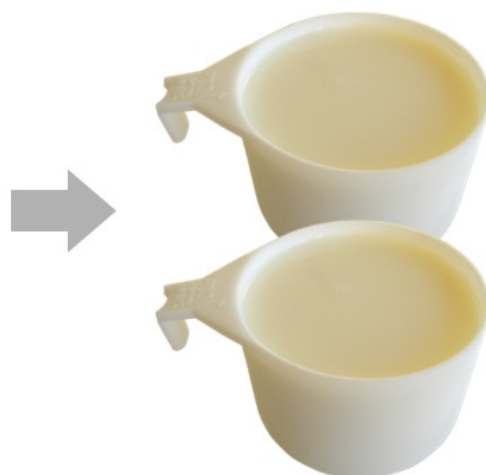
2 **1** quarter cup full cream milk **1** quarter cup skim milk



3 **3** half cups of water



4 **Makes**



2 cups light milk

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

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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