

Fruit wobbly



Ingredients



½ cup of yogurt



½ cup of tinned peaches



¼ cup of diet jelly



Equipment

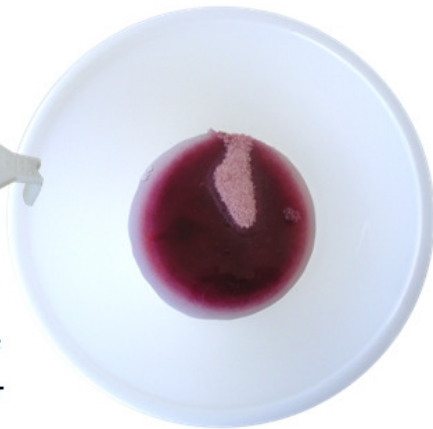


1

Prepare Jelly



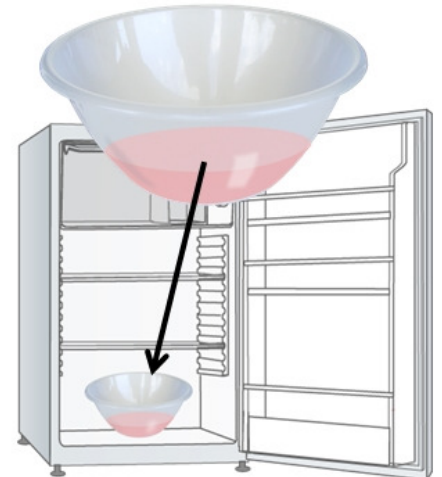
Add 1 cup of boiling water



Stir until dissolved



Add ¾ cup of cold water



Put in refrigerator until half set

2 Layer the jelly, yoghurt and peaches into the plastic cup



Good food plate



Serves in a fruit wobbly



1/2 serve of yoghurt



1/2 serve of fruit

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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