

Porridge - Feeds 1



Ingredients



$\frac{1}{2}$ cup milk



$\frac{1}{3}$ cup quick oats

1 tablespoon
of sultanas



1 teaspoon of sugar



Equipment



1 Put quick oats into
saucepan and add a
very small pinch of
salt



2 Add milk



3 Bring to the boil
while stirring



4 Stir until porridge
becomes thick



5 Empty porridge into a bowl



6 Add sultanas



7 Add fruit (Optional)



Good food plate



Serves in 1 bowl of porridge

½ serve of milk



(Approximately) 1 serve of cereal



½ serve dried fruit



1 of the 6 spoons of sugar allowed each day

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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