

Vegetable mug measures



Fried onions & garlic

Vegetable mug measures



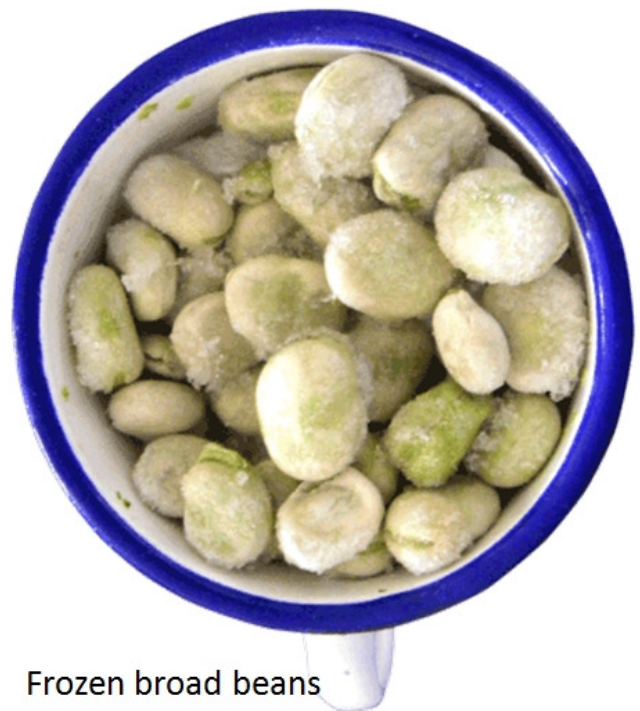
Fried onions & garlic

Vegetable mug measures



Frozen broad beans

Vegetable mug measures



Frozen broad beans

Vegetable mug measures



Broccoli

Vegetable mug measures



Broccoli

Vegetable mug measures



Squash

Vegetable mug measures



Squash

Vegetable mug measures



Frozen beans

Vegetable mug measures



Frozen beans

Vegetable mug measures



Cauliflower

Vegetable mug measures



Cauliflower

Vegetable mug measures



Brussel sprouts

Vegetable mug measures



Brussel sprouts

Vegetable mug measures



Bean sprouts

Vegetable mug measures



Bean sprouts

Vegetable mug measures



Carrots

Vegetable mug measures



Carrots

Vegetable mug measures



Peas

Vegetable mug measures



Peas

Vegetable mug measures



Chinese broccoli

Vegetable mug measures



Chinese broccoli

Vegetable mug measures



Capsicum

Vegetable mug measures



Capsicum

Vegetable mug measures



Pumpkin

Vegetable mug measures



Pumpkin

Vegetable mug measures



Tomatoes

Vegetable mug measures



Tomatoes

Vegetable mug measures



Borlotti beans

Vegetable mug measures



Borlotti beans

Vegetable mug measures



Salad

Vegetable mug measures



Salad

Vegetable mug measures



Cabbage

Vegetable mug measures



Cabbage

Vegetable mug measures



Mixed vegetables

Vegetable mug measures



Mixed vegetables

Vegetable mug measures



Kidney beans

Vegetable mug measures



Kidney beans

Vegetable mug measures



Zucchini

Vegetable mug measures



Zucchini

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:

- Making food choices for a family
- Budgeting
- Portions
- Healthy food which prevents sickness

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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