

## 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)



Food groups



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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