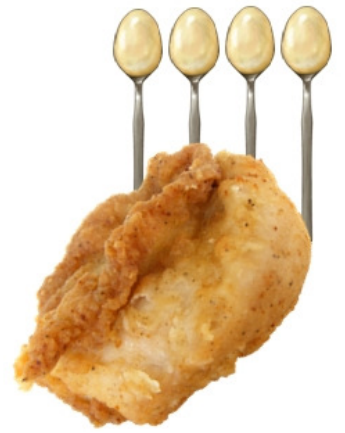


Fat in your food

Don't
add too
much
fat



Hidden fat



Steamed chicken

Hidden fat



Fried chicken

Hidden fat



Meat pie

Hidden fat



Sausage roll

Hidden fat



Muffin

Hidden fat



Instant noodles

Hidden fat



Milk chocolate

Hidden fat



Soft serve ice cream

Hidden fat



Burger with extra cheese & bacon

Less fat



Burger with salad vegetables

Hidden fat



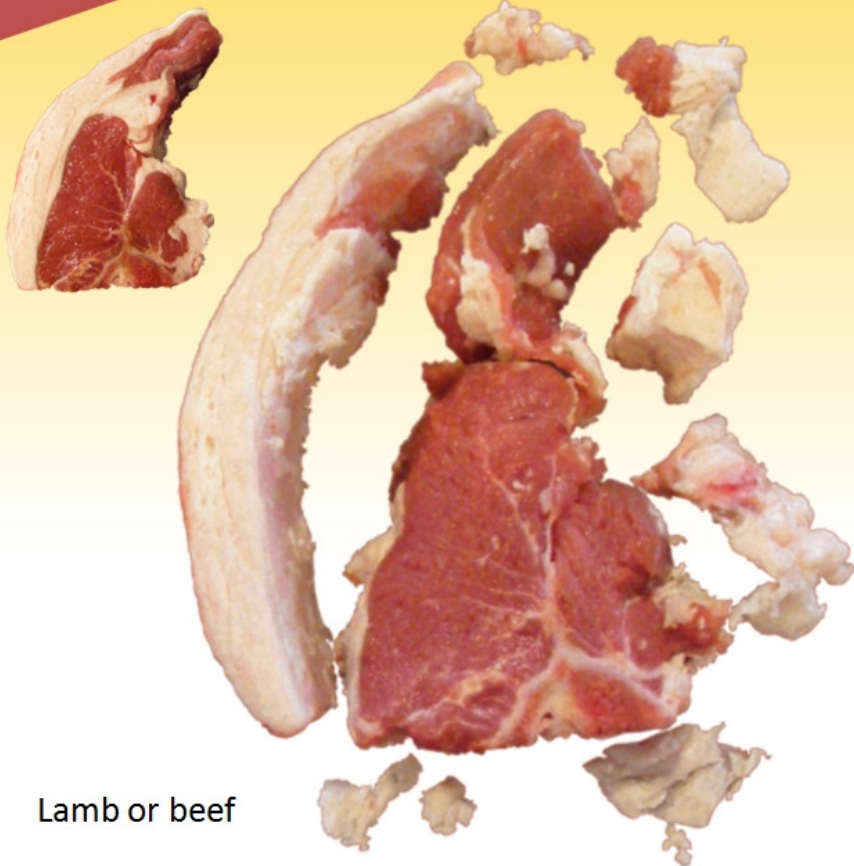
Deep fried sweet potato chips

Less fat



Sprayed & baked sweet potato chips

Remove fat



Lamb or beef



Chicken



Corned beef – tinned meat



Fried food is not healthy



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

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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