

COOKING DEMONSTRATION TEMPLATE

Facilitators/staff, parents, carers or children may want to choose a healthy recipe to try at group session or service that is not included in the list of recipe options. Use this template to write recipe details, including healthy eating messages.

Recipe title:

Preparation time: _____ Freezing: _____ Makes: _____

Equipment

Ingredients

Shopping list

Steps

How to modify the recipe: _____

Key messages: _____