## ACTIVITY

## 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:		





The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts *Healthy Eating and Active Play at Playgroup manual* and case studies, and the NSW Ministry of Health *Munch and Move* program and Local Health District resources.

