

Healthy Cooking and Eating

How to use this board:

- Point to the symbols to share a message with someone
- You can talk while you point at the symbols
- If someone cannot point, you can read out the words as you point and they can say yes or no

<p>I have a question</p> 	<p>not, don't, can't</p> 	<p>measure</p> 	<p>equipment</p>  <p>(turn over)</p>	<p>more</p> 	<p>I don't know, I'm not sure</p> 
<p>I'm looking for</p> 	<p>want, need</p> 	<p>flip</p> 	<p>ingredients</p>  <p>(turn over)</p>	<p>finished</p> 	<p>I need a break</p> 
<p>I need help</p> 	<p>chop</p> 	<p>open</p> 	<p>drink</p> 	<p>apron</p> 	<p>Be careful!</p> 
<p>I, me, my, my turn</p> 	<p>cut</p> 	<p>wash</p> 	<p>dishes</p> 	<p>sponge, tea towel</p> 	<p>something's wrong</p> 
<p>you, your, your turn</p> 	<p>drain</p> 	<p>clean</p> 	<p>hands</p> 	<p>bin</p> 	<p>something else</p> 

YES



NO



Equipment

Appliances	Utensils	
oven 	stirring spoon 	measuring cup
toastie machine 	tongs 	measuring spoon
electric frypan 	spatula 	chopping board
fridge 	bowl 	knife
	plate 	cutlery
	serving platter 	spoon

Ingredients

Vegetables		Fruit	Meat, Fish	Other	
onion 	sweet potato 	banana 	tuna 	milk 	wrap
tomato 	baby spinach 	apple 	fish 	cheese 	bread
capsicum 	carrot 	strawberry 	beef 	yoghurt 	oil
broccoli 	peas 	watermelon 	chicken 	rice 	herbs
cabbage 	pumpkin 	grapes 	mince 	noodles, pasta 	pepper
cauliflower 	zucchini 	sultanas 	ham 	egg 	tinned fruit / vegetables