



OUR GREATEST RECIPES

BY

(class name)




MY GREATEST RECIPE _____

(pupil's name)



(recipe title)

 _____ person/s

 _____ mins

 _____ mins

WHAT MAKES MY RECIPE GREAT:

INGREDIENTS:

PROTEIN:

OTHERS:

VEGETABLES:

CARBOHYDRATES:



HOW TO MAKE MY MEAL:



TIPS AND TRICKS



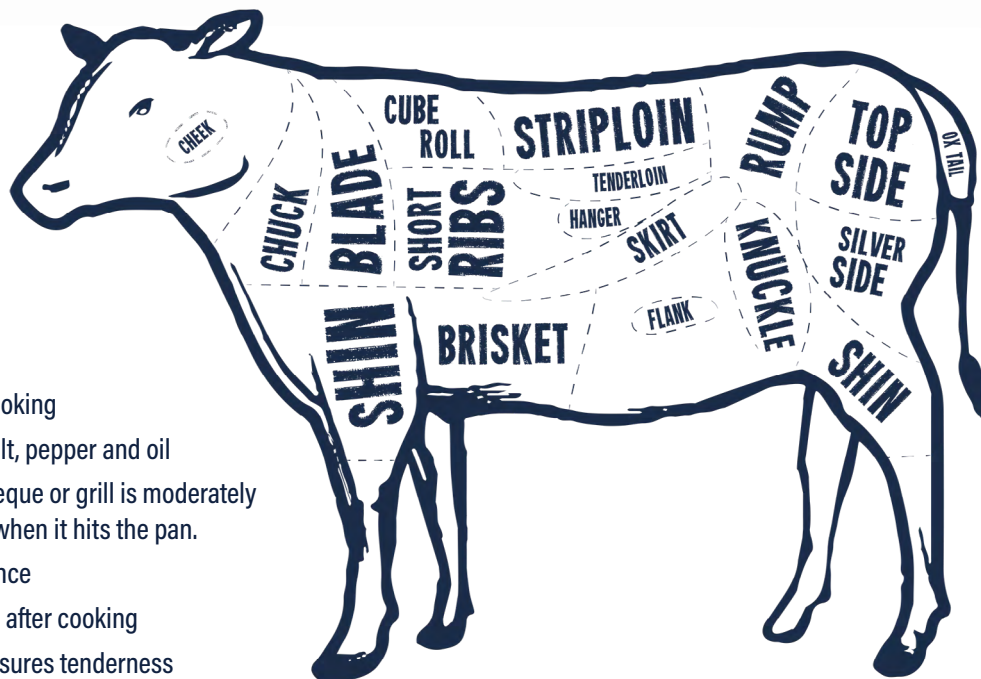
BEEF CUTS

Different cuts of beef are useful for different meals.

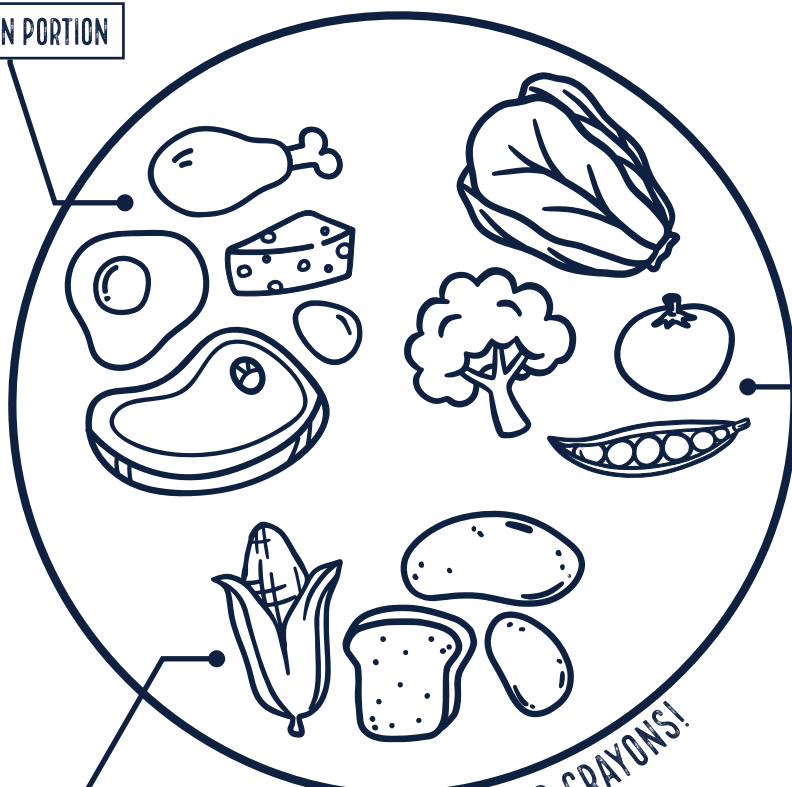
To find out more, click on the cow or go to www.australianbeef.com.au/know-your-meat/beef-cuts/

KEEP THESE IN MIND!

- Pat-dry your beef steaks before cooking
- Lightly season your steaks with salt, pepper and oil
- Add the steaks only after the barbeque or grill is moderately hot. You want your steak to sizzle when it hits the pan.
- Do not flip your steak more than once
- Always rest steaks for 3-5 minutes after cooking
- Slice beef across the grain, this ensures tenderness



PROTEIN PORTION



CARBOHYDRATE PORTION

A BALANCED MEAL

It's important to eat a balanced diet to make sure our body gets everything it needs.

Eat foods with protein, carbohydrates and colourful veg every day to get all your nutrients and ensure your body grows and develops well.

VEGETABLE PORTION

REMEMBER:

- Always wash your hands before you touch food and start cooking
- Always ask an adult to help when using sharp knives
- Never touch a hot pot or pan!