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Section 1

Background Information

• Introduction to Good Quick Tukka
• The aim & objectives of Good Quick Tukka
• The ‘Pass On’ concept
• Benefits of the program
Introduction

Welcome to the Good Quick Tukka program manual! This manual is designed to provide you with some simple and useful resources that will be helpful to run your Good Quick Tukka program. Resources covered in this manual include:

• Key steps to preparing and running the program
• Some hints and practical tips to promote enjoyable, social and interactive learning
• Quick and nutritious recipes that you could use during the program

This manual also provides you with the background to the Good Quick Tukka program and explains a key element of this program - the ‘Pass On’ concept.

The Good Quick Tukka program

Good Quick Tukka is a cooking education program inspired by Jamie Oliver’s Ministry of Food, which believes that ‘anyone can learn how to cook something - all they have to do is give it a try.’ Participants in the program will be able to learn cooking skills and build confidence in their cooking ability.

The Good Quick Tukka target group

Aboriginal and Torres Strait Islander people who have limited cooking skills or would like to develop more confidence in cooking are the main focus of Good Quick Tukka. Some groups are easier to access including:

• Young people
• Young mums
• Support groups (e.g. Diabetes support group)
• Staff at the workplace
The aim of Good Quick Tukka

To teach Aboriginal and Torres Strait Islander people basic cooking skills and pass these skills on to others. As a result, the program hopes to increase the number of meals being prepared at home among Aboriginal and Torres Strait Islander people in Queensland.

Main objectives of Good Quick Tukka

• To engage Aboriginal and Torres Strait Islander children, young people and adults
• To increase participants’ confidence and skills in food preparation and cooking
• To explore cooking techniques and different foods
• To enhance participants’ social experiences and enjoyment of food by creating a fun and relaxed environment during the program

Structure of Good Quick Tukka

The resources in this manual are designed for a Good Quick Tukka program which has 1 cooking session per week for 10 weeks. It is good to run 1 cooking session per week to help the participants remember the skills. Sometimes this may not be possible, so you may wish to run the program in a different way (e.g. only 5 cooking sessions or 1 cooking session every fortnight) and this is fine.

There is no set number of participants - teaching 1 person to cook is better than nothing! Think about what facilities, resources and equipment you have, and this will help you decide how many participants you would like.

You do not have to run this program alone. You may want to get someone to help facilitate the program with you, in case you cannot make it to a cooking session, or you have a lot of participants.
The Pass On Concept - What is Pass On?

Pass On is sharing the skills and recipes that participants learn in a session to family and friends. Participants in this program are encouraged to go home from a session and pass the recipes on to two people by cooking the meal in front of them and then sitting down together to eat it. Ideally, these two people will then teach two other people. Pass On doesn’t just have to happen at home - you can pass on recipes at work, at community expos, on picnics and even out camping.

Why Pass On?

The main purpose of Pass On is to actively engage participants and community members in cooking to improve their cooking skills and create a sense of ownership over the program. By encouraging the community to take control of passing on knowledge and recipes, you can inspire more people to be involved in cooking their own meals at home. Sometimes participants may not have the time or money to pass on recipes at home so you may want to discuss with your participants that it is not compulsory to pass on, but encouraged. Also encourage them to have proof of the pass on, e.g. taking a photo on their mobile so they can win a prize.
Benefits of implementing Good Quick Tukka

There are many benefits in running Good Quick Tukka in your community. Some of the main benefits include:

• Gets the whole family and the community involved
• The program is flexible, and can be run in a way that suits your organisation
• The program can be adapted to a variety of settings (e.g. Diabetes support groups)
• The program can be incorporated into other programs
• Provides simple, quick and nutritious recipes
• The program is suitable for people on a budget

As with any health-promotion program, you may experience some difficulties while running Good Quick Tukka, such as financial problems, lack of facilities or trouble recruiting participants. This manual is designed to help you overcome these difficulties.

If you have any questions or would like guidance and support to run the Good Quick Tukka program, please contact the Nutrition Coordinator at QAIHC:

Phone: (07) 3328 8500
E-mail: nutrition@qaihc.com.au
Section 2

Setting up a Good Quick Tukka Program

• Steps to set up your Good Quick Tukka program
• Frequently Asked Questions
Steps to set up your Good Quick Tukka Program

There are 4 steps to follow when setting up your Good Quick Tukka program.

1 Organise a venue - Find a venue where you can hold cooking classes. Your building may have a room, but if it does not then some community centres and town halls may be available for hire. You will be working with fire and sharp knives, so make sure to ask if there are any rules or safety procedures that you must follow. Your local council may have information on their website.

2 Organise a cooking session time - Choose a day of the week and a time that you would like to run your cooking sessions. However many cooking sessions you plan to run, remember that you might need to make adjustments for holidays or work commitments.

3 Recruit your participants - You may choose to run this program with a pre-existing group within your community. If you plan to form a new group, now is the time to create some publicity. For example, you may want to write a brief article for a newspaper or newsletter. There are also some flyers provided in this manual that you can put up around your community (Appendix A).

4 Organise your equipment - Find out whether all of the cooking equipment you need is available at your venue. If you do not have everything, you may need to buy something, bring some equipment from your home or ask the participants to bring their own equipment from home. A list of cooking equipment required for the suggested recipes is included in this manual (Appendix B).

Frequently Asked Questions

Q: Who can be a participant in the Good Quick Tukka program?

A: Almost anyone can participate in Good Quick Tukka. This includes clients or staff members at Community Controlled Health Centres and pre-existing community groups, such as diabetes, mothers, men’s or youth groups. Children and adolescents are also able to participate in Good Quick Tukka.

Q: Do you have to run Good Quick Tukka in a kitchen?

A: No, you can run Good Quick Tukka almost anywhere, so long as there is enough space for your participants. Although a kitchen is preferable, the suggested Good Quick Tukka recipes do not require an oven, so if you have access to a portable stove and running water then you can use training rooms or outdoor areas. Wherever you decide to run Good Quick Tukka, remember to consider food safety. See Appendix C for important food safety information.

Q: Is Good Quick Tukka just about cooking?

A: No, Good Quick Tukka teaches people the skills to cook healthy, affordable meals at home, but there is more to healthy eating than just knowing how to cook! You also need to know what to eat, so it’s a good idea to include nutrition information into the program if you can. Your Community Controlled Health Service may have a Nutritionist or Dietitian, alternatively you may be able to invite one from another organisation who can come along one week to talk to the participants about healthy eating, or you yourself may like to provide some information (refer to Appendix K for useful links). Talk to your participants and see what they already know about nutrition and what they would like to learn - this will help you decide what to talk about if you choose to include nutrition information in your program.
Section 3

Running a Good Quick Tukka Cooking Session

• How to prepare for a cooking session
• Steps to run a Good Quick Tukka cooking session
• Frequently Asked Questions
• Steps to run a Good Quick Tukka community ‘Pass On’ session
How to prepare for each cooking session

The day before the cooking session:

• Contact your participants to confirm that they are able to come
• Work out how many pairs or groups you will have
• Choose 2 recipes to cook - you will need to do this for the first cooking session, but for the rest of the cooking sessions, it is a good idea to let the participants choose. It is recommended to cook the recipe marked * as it introduces new tastes/cooking methods, etc. You may also like to cook the recipe before the session as a trial run.
• Create a shopping list - each pair or group should cook a recipe which serves 4 to 6 people
• Buy your ingredients and store them safely (Appendix C has food safety information)
• Make sure that there are enough cooking utensils for everyone

The day of the cooking session:

• Photocopy the recipes so that everyone has a copy for themselves and a spare to give to a friend or family member
• Photocopy evaluation forms for each participant (at their first and last cooking sessions), consent forms for each new participant and an ‘Activity Log Sheet’ for you to fill out at each session (Appendix E)
• Conduct the Food Safety Audit for facilitators (the form can be found in Appendix D)
• Make sure that all the ingredients and equipment are easily available
Steps to run a Good Quick Tukka cooking session

Welcome everyone

Introduce yourself and point out the location of the fire exits, bathrooms etc. You may also want the participants to introduce themselves to break the ice.

Explain the background behind your Good Quick Tukka program

Explain why you started this program and what you aim to achieve in each cooking session.

Distribute evaluation forms Sheet (see Appendix E for these forms).

If it is the first cooking session, you must get all of your participants to fill out a brown evaluation form and participant consent form. Make sure any new participants fill out this form at their first cooking session. At the last cooking session all participants must fill in the brown evaluation form.

Remember food safety

Ensure everyone washes their hands to reinforce the importance of food safety.

Get cooking!

You may want to demonstrate some common skills to the whole class (e.g. chopping an onion) or simply let the pairs or groups of participants start. Guide your participants through their recipes - they may need your help with certain steps.

Clean as you go

Encourage your participants to wash up as they go so it’s not all left until the end.

Enjoy the meal!

Once the participants have finished cooking, sit down and eat the 2 different meals together. As the facilitator, complete the Activity Log Sheet.

Finish up

Congratulate the participants and encourage them to pass on the recipes. Encourage them to document their ‘Pass on’ on their mobile phone or invite them to be part of the Facebook ‘Good Quick Tukka’ Group (See Appendix E).

Decide, as a group, the recipes you will make in the next cooking session.
Frequently Asked Questions

Q: Why should I break my participants into pairs or groups?
A: Breaking your participants into pairs or groups will encourage them to interact with each other, and will make the session easier for you to manage. It also means that you will need less ingredients and equipment. Make sure that everyone gets to practise each cooking skill (e.g. chopping, grating) during the cooking session.

Q: Can the participants take their meals home?
A: Participants should eat together at the end of each cooking session so they can try the 2 meals and have a yarn. However, sometimes there will be left-over ingredients and meals which participants can take home (try to ensure appropriate containers and an esky with ice bricks for transport).

Q: How can I encourage my participants to pass the recipes on?
A: At the end of each cooking session, encourage your participants to pass on the skills and recipes they have learnt to their friends and family at home. If you have money in your budget, offering an incentive may encourage them. Some examples of incentives include cooking equipment, cookbooks, fruit and vegetable baskets and supermarket vouchers. The incentives can be given weekly or at the end of the program. Evidence of the pass on can be a photo on their mobile phone or the Good Quick Tukka Group on Facebook (see Appendix E)

Q: What are all these evaluation forms?
A: It is important to evaluate your Good Quick Tukka program to see if it was successful and to decide whether you should run the program again. Please read all of the information in Appendix E, as this provides you with specific details about evaluation.

Q: What happens during the final cooking session?
A: During the final cooking session, each participant should cook a meal for 2 or 3 of their family and friends. By doing this, they can pass on one of the recipes from the program that they liked. Let them know about this cook-up during their first cooking session, so that they have some time to think about who they might like to bring.
Steps to run a Good Quick Tukka community ‘Pass On’ session

Choose a recipe

Choose a recipe that is simple and easy to cook. A quick recipe such as the one cup pancakes or Bush Beef Stir Fry will allow for more people to participate during the session. If there are no cooking facilities, recipes such as Tzatziki dip can be prepared that don’t require cooking. (Recipes listed in Section 4)

Set-up ingredients

Set up enough ingredients for each participant that you expect to cook during the session (see following steps to determine how many participants you expect). It is preferable if each participant has their own workstation and own ingredients for one serve.

First demonstration

The facilitator demonstrates how to cook the recipe to 2 participants. These 2 original participants then move to their workstations.

Second demonstration

Two new participants watch a cooking demonstration from each of the 2 original participants (a total of 4 new participants will be watching). The 4 new participants then move to their workstations.

Third demonstration

The 4 participants who watched the demonstration by the original 2 participants then hold their own demonstrations. Each participant again shows 2 new participants. At this stage, 2 participants will have finished, 4 participants will be demonstrating and 8 participants will be watching.

Repeat demonstrations

This process is repeated as many times as possible within the timeframe and resource allocation.

* Encourage them to share their experiences on Facebook Good Quick Tukka Group

www.facebook.com/goodquicktukka
Section 4

Good Quick Tukka Recipes

- Recipe criteria
- Suggested recipe list for Good Quick Tukka
Recipe Criteria

Any recipe that fits all of the following criteria is suitable to cook in your Good Quick Tukka program.

Each Good Quick Tukka recipe must:

- Be prepared and ready to eat in under 30 minutes
- Cost less than $15 for 4-6 serves, preferably less than $10
- Be prepared with common household equipment and ingredients
- Be low in fat, salt and sugar where possible
- Contain at least 1 serve of vegetables or fruit per serve
- 1 serve of vegetables is equal to half a cup of cooked vegetables, 1 cup of salad vegetables or 1 medium potato.
- 1 serve of fruit is equal to 1 medium piece of fruit, 2 smaller pieces of fruit or 1 cup of chopped or canned fruit.

This manual provides 3 examples of recipes for weeks 1-9 of the Good Quick Tukka program which only require a stove to cook. It is suggested that you choose just 2 recipes to cook each week. You need to make sure that at the end of sessions 1-9, you and your participants decide what to cook the following week so that you have time to buy the ingredients. The recipes marked * are suggested as they introduce participants to some new tastes and cooking methods but any recipes can be used if they fit the criteria.

Remember it is recommended that participants bring in their own recipes if possible - make sure that they follow the criteria above! You may need to modify the recipes to make them fit the criteria. If your Community Controlled Health Service does not have access to a Dietitian or Nutritionist to modify recipes so that they are healthier, you can use the recipe modification table (see Appendix G), use seasonal fruits and vegetables when they are at their best (see Appendix H) and add extra herbs and spices for more flavour (see Appendix I).
Suggested Recipes for the Good Quick Tukka Program

The recipes marked * are suggested as they introduce participants to some new tastes and cooking methods but any recipes can be used if they fit the criteria.

**Week 1 - Eggs**

- Mushroom, Capsicum & Cheese Omelette
- Curried Egg Sandwich
- *Poached Eggs & Vegetable Fritters

**Week 2 - Side Dishes & Light Meals**

- Fried Rice
- Coleslaw
- Potato & Ham Salad
- *Three Bean Salad (this can be prepared with the poached chicken in Week 6)

**Week 3 - Soup**

- Minestrone Soup
- Pumpkin Soup
- *Curried Lentil Soup
- Fish Soup

**Week 4 - Pasta**

- *Pasta & Tuna Salad
- Pasta with Simple Tomato Sauce
- Creamy Pasta

**Week 5 - Mince**

- Meat & Vegetable Rissoles
- Spaghetti Bolognaise
- Chop Suey

**Week 6 - Fish & Chicken**

- Chicken Peanut Satay
- Poached Chicken & Three Bean Salad
- *Steamed Fish
**Week 7 - Curries & Stews**

- Beef Mince & Vegetable Curry
- *Golden Hotpot

**Week 8 - Stir-Fries**

- Bush Beef Stir-Fry
- Chicken & Vegetable Stir-Fry
- Stir-Fried Vegetables

**Week 9 - Breakfast & Sweet Treats**

- One Cup pancakes
- *Creamy Rice
- French Toast with Fruit

**Week 10 - Group Cook-Up**

- Participants show-case their skills by cooking a meal for family & friends using the recipes previously cooked or new recipes or each person can cook a recipe of their own to share with the group.

**Recipes to use at Community Days**

This includes Three Bean Salad (Week 2), Bush Beef Stir Fry (Week 8) and One Cup Pancakes (Week 9)

- Tzatziki Dip
- Sushi
Mushroom, Capsicum & Cheese Omelettes  Serves 4

METHOD

1. Slice the capsicum and mushrooms into thin slices. Grate the cheese.

2. Melt half of the margarine in the pan and cook the capsicum and mushrooms until they soften.

3. Drain the vegetables on some paper towel and cover.

4. Crack the eggs into the bowl. Add the salt and pepper. Beat the eggs together with a fork.

5. Melt the rest of the margarine in the pan. When it starts to bubble, pour half of the eggs into the pan and move the pan around to evenly spread out the eggs.

6. When the edges of the omelette start to firm, spoon half of the vegetable mixture onto one half of the omelette and top with half of the cheese.

7. Carefully ease around the edges of the omelette with a spatula and fold the omelette in half. After a minute or so, carefully slide the omelette onto a plate and cut in half.

8. Repeat steps 5 - 7 with the remaining ingredients.

9. Serve each half omelette on a separate plate.

INGREDIENTS

- 8 eggs
- Salt and pepper
- 3 teaspoons of margarine
- 1 small red capsicum
- 200g mushrooms
- ½ cup low-fat cheddar cheese

EQUIPMENT

- Chopping knife
- Chopping board
- Grater
- Large frying pan
- Teaspoon, Tablespoon
- Spatula
- Paper towel
- Small bowl
- Fork
- Cup

TUKKA TIPS!

• Low fat cheese makes the dish healthier
Curried Egg Sandwiches

METHOD

1. Fill the saucepan with enough water to cover the eggs.

2. Cover the saucepan and bring the water to boil. Gently lower the eggs into the water.

3. Cook the eggs for about 10 minutes. To test if they are cooked, remove an egg from the water and spin it on the table - if it spins on its tip then it is hard-boiled.

4. Cool the eggs under running water and peel them when cool.

5. Place the eggs into a bowl and mash with a fork. Add the curry powder and mayonnaise (you may want to add extra to your taste).

6. To make the sandwiches, divide the egg mixture and salad vegetables among 4 slices of bread. Top each with a second slice of bread and cut in half to serve.

INGREDIENTS

3 Eggs
Salt and pepper
3 teaspoon Curry Powder
3 teaspoons of low-fat mayonnaise
8 slices of bread (wholemeal or multigrain)
4 cups of salad vegetables of choice (lettuce, cucumber, carrot etc)

EQUIPMENT

Saucepan
Teaspoon
Fork
Spoon
Knife
Chopping Board

• Spin eggs to test if they are well-cooked. (Soft eggs spin at a 45 degree angle)
• Choose wholemeal and multigrain bread to eat more fibre
Poached Eggs & Vegetable Fritters

METHOD

1. Fill the saucepan with water (enough to cover the egg) and bring to the boil.

2. Peel the potato and carrot and grate them into a colander. Cut the ends off the zucchini and grate them into the Colander.

3. Push down the vegetable mixture in the colander to squeeze out as much liquid as possible. Return to the bowl and add a pinch of salt and pepper.

4. Heat the oil and margarine in the frying pan and spoon 2 large portions of the vegetable mixture into the pan. Use the back of the spoon to pat the mixture down and cook for a few minutes on each side until crisp.

5. Repeat with the rest of the mixture (should make 8 fritters). Transfer the fritters to a plate covered with foil to keep warm.

6. Crack the egg into the bowl.

7. Into the saucepan add the vinegar and a few pinches of salt into the water. Stir the water to create a whirlpool

8. Slide the egg into the centre of the whirlpool and cook for 2-3 minutes (semi-soft yolk) or 3-4 minutes (firm-set yolk), without stirring.

9. Using a slotted spoon, transfer the egg to some paper towel to drain for a minute. Repeat with the remaining eggs, refreshing the water if necessary.

10. Serve a poached egg on 2 fritters.

INGREDIENTS

4 eggs
1 large potato
1 large carrot
2 large zucchinis
Salt and pepper
1 tablespoon of canola oil
2 teaspoons margarine
1 tablespoon vinegar

EQUIPMENT

Cutting Knife  Spoon
Cutting board  Saucepan
Grater  Slotted Spoon
Colander  Foil
2 bowls
Large frying pan
Spatula

TUKKA TIPS!

- Choose margarine instead of butter
- Poached eggs can be served with salad

Serves 4
Side Dishes & Light Meals
Fried Rice

**INGREDIENTS**
- 2 ½ cups of long grain rice
- 250g (1 ½ cups) lean ham
- 250g (1 cup) frozen peas and corn
- 1 onion
- 1 small red capsicum
- 2 raw eggs
- 1 carrot
- 1 tablespoon soy sauce
- 1 tablespoon vegetable oil
- 1 tablespoon oyster sauce (optional)

**EQUIPMENT**
- Chopping board
- Large Knife
- Large bowl
- Frying pan or wok
- Table spoon
- Wooden spoon

**METHOD**

1. Cook the rice with water in a pot by following the directions on the package.
2. Chop vegetables and gather all ingredients
3. Fry onions and garlic in oil with capsicum, carrot, peas and corn
4. Beat eggs together in a bowl and add eggs and ham to the vegetables
5. When eggs cooked, stir through the cooked rice and sauces. Serve.

**TUKKA TIPS**
- Add more vegetables including fresh, frozen or canned vegetables
- You can use any other leftover cooked meats or chicken
- A splash of olive oil and lemon juice (fresh or bottled) can be used instead of salad dressing

Acknowledgement Source
Kukumbat gudwan Daga ‘Really Cooking Good Food’
Coleslaw

METHOD

1. Chop apples, grate carrots and shred cabbage.

2. Toss apples in lemon juice to prevent browning.

3. Mix together mayonnaise, milk and sugar to form a dressing.

4. Toss dressing through cabbage, carrots and apples. (Spring onion, red or green capsicum or nuts may be added to vary this basic salad)

INGREDIENTS

2 red or green apples
2 teaspoons lemon juice
¾ medium cabbage
3 medium carrots, peeled
3 tablespoons low fat mayonnaise
3 tablespoons low fat milk
1 teaspoon sugar

EQUIPMENT

Chopping board
Large knife
Large bowl
Small bowl
Tablespoon
Teaspoon
Mixing spoon
Vegetable peeler
Grater

Serves 6

Acknowledgement
Deadly Tucker Cookbook-Nth Metro Area Health Service, Public Health Unit

Source
Adapted from Food Cents Cookbook, Health Department of Western Australia 1997

• Add more vegetables
• Use low fat mayonnaise and low fat milk to make it healthier
METHOD

1. Prepare eggs using the hard boiled method. Cool eggs in cold water and remove the shells.
2. Cut eggs into small pieces.
3. Boil the potatoes until they are soft. Cool under running water and then cut into bite size pieces.
4. Dice the ham and capsicum.
5. Gather all ingredients into a bowl with the potatoes and eggs.
6. Add mayonnaise and mustard.
7. Mix all ingredients together and serve.

INGREDIENTS

- 5 (1 kg) potatoes
- 1 small red capsicum
- 250g (1 ½ cups) lean ham
- 2 hard boiled eggs
- ½ cup mayonnaise (low fat)
- ½ tablespoon seeded mustard

EQUIPMENT

- Large pot
- Large knife
- Large bowl
- Large mixing spoon

TUKKA TIPS:

- Add more vegetables
- Use low fat mayonnaise to make the dish healthier

Acknowledgement Source
Kukumbat gudwan Daga ‘Really Cooking Good Food’
Three Bean Salad

METHOD

1. Chop vegetables.
2. Combine all ingredients and place in a salad bowl.

INGREDIENTS

- 1 can (440g) three bean mix
- ½ onion, peeled
- ½ capsicum, seeds removed
- 1 stick celery
- 1/4 cup no-oil salad dressing
- black pepper to taste

EQUIPMENT

- Chopping board
- Large knife
- Cup measure
- Mixing spoon
- Salad bowl

Serves 6

• Add more vegetables, cooled pasta or tinned fish to make more of a meal
• A splash of olive oil and lemon juice (fresh or bottled) can be used instead of salad dressing

Acknowledgement
Deadly Tucker Cookbook-Nth Metro Area Health Service, Public Health Unit
Soup
**Minestrone Soup**

**Serves 10**

**METHOD**

1. Chop vegetables and gather all ingredients.

2. Place in a pot with oil, tomatoes, beans and garlic. Fry until soft.

3. Add water to cover and bring to the boil.

4. Turn heat down to low and add pasta,

5. Simmer until the pasta is soft.

6. Transfer soup into a bowl and serve.

**INGREDIENTS**

- 2 onions
- 2 carrots
- 1 bunch of celery
- 2 zucchinis
- ½ cabbage
- 400g (1 can) 4 bean mix
- 800g (1 can) chopped tomatoes
- 1 tablespoon minced garlic
- 500g pasta shells
- 1 Litre of water
- 1 tablespoon vegetable oil

**EQUIPMENT**

- Large knife
- Chopping board
- Large pot
- Wooden spoon
- Large bowl

**TUKKA TIPS!**

- Choose whole meal pasta to make the dish healthier
- Choose no added salt canned tomatoes

**Acknowledgement Source**

Kukumbat gudwan Daga ‘Really Cooking Good Food’
Pumpkin Soup

METHOD

1. Chop the onion. Peel the pumpkin and potato and cut into equal-sized cubes. Crush the garlic with the back of the knife or use a garlic crusher.

2. Heat oil in a large pot and cook the onion and garlic over low heat until onion becomes soft.

3. Add the pumpkin, potato and stock to the pot and bring to the boil.

4. Reduce the heat and simmer the vegetables for 15-20 minutes or until the pumpkin is tender.

5. Remove the pot from heat and season with salt and pepper.

6. Mash the pumpkin and potato until desired texture.

7. Return to heat if desired and add yoghurt to serve

INGREDIENTS

- 1 medium brown onion, chopped
- 1 teaspoon minced garlic or 1 clove garlic, crushed
- 1 tablespoon canola oil
- 750g pumpkin, peeled and cubed
- 1 large potato, peeled and cubed
- 4 cups vegetable or chicken stock
- ¼ cup low-fat natural yoghurt

EQUIPMENT

- Chopping board
- Vegetable peeler
- Large knife
- Large pot
- Wooden spoon
- Cup measure
- Potato masher (optional)
- Garlic crusher (optional)

TUKKA TIPS!

- If the soup is too thick, add a little low-fat milk to make desired consistency.
- Replace yoghurt with ¼ cup low fat coconut milk for added flavour.
- Add one cup of red lentils when adding the vegetables to make a healthier dish.

Serves 5

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Curried Lentil Soup

INGREDIENTS
2 teaspoons vegetable oil
1 small onion, finely diced
1 tablespoon grated or finely chopped ginger
2 cloves of garlic, chopped
1 teaspoon of ground turmeric
1 teaspoon of ground coriander
1 teaspoon of ground cumin
1 litre of vegetable stock
1 potato, scrubbed & cut into 1cm pieces
1 cup red lentils, uncooked
1 carrot scrubbed & cut into 1cm pieces
½ cup fresh coriander leaves, finely chopped - optional
2 tablespoons low fat natural yoghurt - optional

EQUIPMENT
Large knife
Chopping board
Medium saucepan
Wooden spoon
Small bowl
Tablespoon
Teaspoon
Cup measure
Grater (optional)

METHOD
1. Heat oil in saucepan over medium heat
2. Sauté onion, garlic and ginger for 2 minutes or until onion has softened
3. Add spices and cook for another minute
4. Pour in the stock and bring to boil
5. Add the carrot, potato and lentils and simmer for 15 minutes or until lentils are soft
6. Mix the fresh coriander and yoghurt in a separate bowl
7. Serve the soup with a spoon of the coriander yoghurt (optional)

TUKKA TIPS!
• Use 3 teaspoons of curry powder if you don’t have the spices in your cupboard.
• Buy the jars of minced garlic and ginger if you can’t buy fresh.
• Use low salt veggie stock cubes if you have no stock.

Serves 8
Fish Soup

METHOD

1. Chop fish into chunks. Chop vegetables.

2. In a large saucepan add all ingredients.

3. Add enough water to cover fish.

4. Cover and cook on low heat until vegetables are soft.

5. Spoon into bowls and serve hot.

INGREDIENTS

2 fresh fish fillets cut into chunks
½ chopped fresh chili (optional)
1 teaspoon minced garlic or 1 garlic glove, crushed
1 teaspoon crushed ginger (optional)
1 chopped onion
1 peeled and chopped carrot
1 sticks sliced celery
1 cup diced sweet potato
1 cup shredded cabbage
1 chopped zucchini
1 can (400g) tin chopped tomato (reduced salt)
2 cups water, extra water if needed

EQUIPMENT

Large knife
Vegetable peeler
Chopping board
Wooden spoon
Large saucepan with lid

Serves 4

• Have fish twice a week for your heart health
• Add more fish and vegetables for more people

Acknowledgement: Source: Living Strong Cookbook, Qld Health 2008
Pasta
Pasta & Tuna Salad

METHOD

1. Prepare eggs using hard boiled method. Allow eggs to cool and remove shells.
2. Cut eggs into quarters.
3. Put pasta into a large pot with plenty of boiling water and boil until soft.
4. Drain tuna and mash with a fork.

5. Chop up vegetables.
6. Drain the pasta and place in a serving bowl. Stir in the olive or canola oil and vinegar or lemon juice.
8. Put the egg slices on top and serve.

INGREDIENTS

- 375g macaroni or pasta tubes (penne)
- 2 eggs
- 2 large tomatoes
- 185 g canned tuna, in water
- 12 pitted black olives (optional)
- 1 green capsicum
- 2 teaspoons olive oil or canola oil
- 2 teaspoons of vinegar or lemon juice
- 1 small bunch basil, chopped (optional)

EQUIPMENT

- Large saucepan
- Small bowl
- Fork
- Large knife
- Chopping board
- Teaspoon
- Large bowl
- Can opener
- Serving spoons

TUKKA TIPS!

• Add more pasta for more people
• Choose canned tuna in water to lower the salt content

Acknowledgement: Deadly Tucker Cookbook-Nth Metro Area Health Service, Public Health Unit

Source: Adapted from 101 Festive Food Cents$ Recipe & Gift ideas, Health Department of Western Australia 1995
Pasta with Simple Tomato Sauce

Serves 4

INGREDIENTS
1 tablespoon canola oil
1 brown onion, chopped
2 teaspoon minced or 2 garlic cloves, crushed
1 large can (800g) diced tomatoes
1 tablespoon tomato paste (low salt)
½ teaspoon sugar
Salt & black pepper
400g dried penne pasta

EQUIPMENT
Large frying pan
Large saucepan
Large knife
Chopping board
Can opener
Wooden spoon
Teaspoon
Tablespoon
Garlic crasher (optional)

METHOD

1. Chop onion.

2. Heat the oil in a large frying pan over medium heat.

3. Add the onion and cook, uncovered, stirring often, for 3 minutes or until it softens slightly.

4. Add the tomatoes and tomato paste. Then increase heat to high and bring to the boil.

5. Reduce heat to medium and simmer, uncovered, stirring often, for 6-7 minutes or until the sauce reduces and thickens slightly.


7. Meanwhile, cook the pasta in a large saucepan of salted boiling water until soft. Drain and return to the pan.

8. Add the sauce to the pasta and combine. Serve immediately.

TUKKA TIPS!

• Choose low salt or no added salt tomato paste and tinned tomatoes
• Choose wholemeal pasta to make the dish healthier
Creamy Pasta

INGREDIENTS
500g dried pasta (penne)
350g lean ham
3 sticks of celery, finely chopped
1 ½ onions, finely chopped
1 ½ tablespoons canola oil
1 ½ tablespoons plain flour
1 ½ cups chicken or vegetable stock
1 small can creamed corn
¾ cup evaporated skim milk
3 teaspoons fresh basil or 1 teaspoon dried basil (optional)
Black pepper

EQUIPMENT
Frying pan
Large pot
Chopping board
Large knife
Can opener
Tablespoon
Teaspoon
Mixing spoon

METHOD

1. Fill a pot with plenty of water and bring the water to the boil.

2. Add pasta to the boiling water and stir. Allow for 10 minutes for pasta to cook or until tender and drain into a colander.

3. Meanwhile, finely chop lean ham, onion and celery.

4. Put onion and celery in the frying pan and sauté lightly in oil.

5. Add flour and stir for 1 minute. Then gradually add the stock and cook until the sauce boils and thickens.

6. Add chopped ham, creamed corn, skim milk, basil (optional) and black pepper. Heat gently.

7. Toss the sauce through hot pasta and serve.

Acknowledgement: Deadly Tucker Cookbook-Source: Adapted from 101Festive Food Cents$ Recipe and Gift Ideas, Health Department of Western Australia 1997

• More vegetables can be added.
• Choosing lean ham makes the dish healthier.
• If you have no evaporated milk, thicken skim milk with some cornflour
Mince
**Meat & Vegetable Rissoles**

**INGREDIENTS**
- 500g low fat mince
- 2 potatoes
- 2 carrots
- 2 onions
- 1 small capsicum
- 1 egg
- 2 tablespoons flour
- 1 tablespoon vegetable oil

**EQUIPMENT**
- Frying pan
- Chopping board
- Grater
- Large knife
- Small bowl
- Cup measure
- Serving spoon
- Tablespoon

**METHOD**

1. Peel and grate potatoes, carrots and onions. Chop capsicum finely.

2. Mix all ingredients (except the flour) in a bowl, so they stick together.

3. Take small handfuls of the meat and vegetables and roll into balls.

4. Roll the balls in a little bit of flour.

5. Heat fry pan, put small spoonful of oil in the bottom.

6. Cook rissoles until brown on both sides or place on the BBQ until brown.

**Serves 6**

- Add more potatoes, carrots and onions for more people
- Use sweet potatoes instead of potatoes for a more diabetes friendly meal

Acknowledgements: Deadly Tucker Cookbook, Source: Adapted from Good Tucker for All Who Care, C’wealth Dept. of Human Services & Health, and Kimberley Public Health Unit, WA 1996. Contributed by Margaret Mippy (Djarindjin Meals on Wheels)
Spaghetti Bolognaise

METHOD

1. Put a large saucepan of hot water on to boil (rapid bubbles).

2. Place 440g spaghetti in saucepan of boiling water, stir sometimes. Boil for 10 to 15 minutes until tender.

3. Peel and chop onion finely.

4. Cook chopped onion and 1 teaspoon minced garlic in 2 teaspoons of oil for 2 minutes.

5. Add 500g mince, cook and stir to stop from sticking for about 8 minutes till brown.

6. Add to the mince, 1 tin of tomatoes chopped in their tin and the juice, the tomato paste and a sprinkle of pepper. Simmer and stir sometimes until spaghetti is ready.

7. Wash tomatoes and lettuce. Slice tomatoes, and arrange on plates with lettuce.

8. Serve spaghetti and spoon meat sauce on top.

INGREDIENTS

1 medium onion
1 teaspoon minced garlic
2 teaspoons canola oil
500g lean mince
440g tin tomatoes
2 Tablespoons tomato paste
1 teaspoon basil (optional)
1 teaspoon parsley (optional)
Pepper
400g spaghetti
2 medium tomatoes
4 lettuce leaves

EQUIPMENT

Large knife
Chopping board
2 large saucepans
(1 with lid)
Wooden spoon
Can opener
Teaspoon
Tablespoon

TIPPS!

• Add more vegetables to make more sauce.
• Add canned kidney beans or lentils for a healthier dish and more fibre
• If lean mince is expensive, then buy the regular one, dry fry, and then drain off the oil

Acknowledgements: Source - The Cookbook - Qld Health 1994
Chop Suey

**METHOD**

1. Fry the mince and onions in the oil or margarine until brown.
2. Add the water, soup mix and rice.
3. Leave to cook while chopping the vegetables.
4. Add the vegetables and pepper.
5. Cook with the lid off until the vegetables are tender, stirring occasionally. You may have to add more water.

**INGREDIENTS**

- 500g low fat mince
- 3 table spoons canola oil or margarine
- 3 cups water
- ¾ packet of chicken noodle soup (salt reduced)
- ¾ cup of uncooked rice
- 4 ½ cups of cabbage, chopped finely
- 3 carrots, peeled and sliced
- 1 large onion chopped
- Pepper

**EQUIPMENT**

- Large pot
- Chopping board
- Large knife
- Cup measure
- Serving spoon
- Tablespoon

**Serves 6**

• If lean mince is expensive, then buy the regular one, dry fry, and then drain off the oil
• Add more vegetables and rice for more people

Acknowledgement: Deadly Tucker Cookbook, Source: Adapted from Quick Cheap & Healthy Meals, Noarlunga Health Services, SA, 2000.
Fish & Chicken
METHOD

1. Chop chicken into strips. Chop capsicum into strips and chop onion into large chunks.
2. Heat 1 teaspoon oil in frying pan. Stir fry chicken until brown.
3. Remove chicken and put into a bowl covered with foil to keep warm.
4. Heat another teaspoon of oil and cook vegetables until onion is soft.
5. Return chicken to pan. Add satay sauce and peanut butter. Add enough boiling water until sauce is smooth and slightly thick. Can add more satay sauce and peanut butter depending on personal preference.
6. Simmer for 5 minutes.
7. Serve with noodles or rice and some green vegetables (broccoli or beans).

INGREDIENTS

- 2 teaspoons vegetable oil
- 400g chicken breast
- 1 small red capsicum
- 1 small onion
- ¼ cup satay sauce from a bottle
- 2 tablespoons of peanut butter (preferably crunchy)
- Boiling water
- Rice or noodles and broccoli or green beans (to serve)

EQUIPMENT

- 2 chopping boards
- 2 knives
- Frying Pan
- Mixing Spoon
- Cup measure
- Teaspoon
- Tablespoon
- Foil

TUKKA TIPS!

- Can add more vegetables for more people
Poached Chicken & Three Bean Salad

INGREDIENTS
3 chicken breast fillets (without skin and bone)
2 cups of chicken stock (low fat and reduced salt) or water
2 teaspoons dried herb mixture (optional)

EQUIPMENT
Large knife
Chopping board
Large pot with lid
Cup measure
Teaspoon
Slotted spoon

METHOD
1. Add two cups of chicken stock or water in a large pot.
2. Put chicken breast fillets in the pot and bring to boil.
3. Quickly reduce to low heat, partly cover and simmer the chicken breast for 10 minutes.
4. Turn off heat and allow chicken to remain in hot water for 15 minutes.
5. Meanwhile prepare the three bean salad (recipe can be seen in salad section).
6. Slice chicken and serve with salad.

TUKKA-TIPS!
- Poached chicken can be served with any salads
- If using chicken stock, choose the low fat and low salt stock

Serves 4
**METHOD**

1. Cut fish fillet into 4 pieces. Slice carrots, snow peas / beans, fresh ginger and red capsicum.

2. Put fish in a large bowl; pour soy sauce and wine (optional) over fish. Top with ginger and carrot.

3. Fill large pot with water to a depth of 2-2.5 cm.

4. Put the bowl of fish into pot, cover and cook on high heat until water boiled. Then turn to medium heat.

5. Cook fish for 10 minutes, add beans/snow peas and capsicum to the fish, cover and continue to cook for 5-6 minutes or until fish flakes and vegetables are tender.

6. Remove bowl from pot, can be served with other salad or cooked vegetables and rice.

**INGREDIENTS**

- 750g fish fillets, cut into 4 pieces
- 1 teaspoon crushed ginger or 1 slice fresh ginger cut into sticks lengthways
- 2 carrots, peeled and cut into sticks lengthways
- 1 cup of green beans or snow peas, sliced
- ½ red capsicum, sliced
- 2 tablespoon soy sauce
- 2 tablespoons white wine (optional)

**EQUIPMENT**

- Large knife
- Chopping board
- Tablespoon
- Vegetable peeler
- Large bowl
- Large pot with lid (can put the bowl in)

• Have fish twice a week for your heart health
Curries & Stews
**Beef Mince and Vegetable Curry**

**METHOD**

1. Chop vegetables and gather all ingredients into a large bowl.

2. Dry fry (do not add oil) the beef mince in the pot or frying pan until brown.

3. Transfer beef mince to large bowl, leave meat juice in the pot or frying pan.

4. Add onion, carrots, and potatoes in the pot and stir until soft.

5. Add browned beef mince and frozen vegetables in the pot.

6. Add garlic, ginger (optional) and curry powder and stir.

7. Add some water just to cover the top of the beef and bring to boil. Stir through corn flour and then turn heat down low and simmer for 10 minutes.

8. Serve with rice, pasta or bread.

**INGREDIENTS**

- 500 grams beef mince
- 1 onion
- 2 carrots
- 2 potatoes
- 500g (1 packet) frozen vegetables
- 2 teaspoons minced garlic or 2 garlic gloves, crushed
- 2 teaspoons crushed ginger or fresh ginger (optional)
- 2-3 teaspoons curry powder
- 2 teaspoons corn flour
- 1 tablespoon vegetable oil (optional)

**EQUIPMENT**

- Large knife
- Chopping board
- Large pot or frying pan
- Wooden spoon
- Cup measure
- Teaspoon
- Table spoon
- Large bowls

**TUKKA TIPS!**

- Dry fry the mince so you do not need extra cooking oil
- Plain flour can be used instead of corn flour
- Add a can of kidney beans or 3 bean mix to make it healthier

**Serves 6**

Acknowledgement Source: Kukumbat gudwan Daga ‘Really Cooking Good Food’
Golden Hotpot

METHOD

1. Chop vegetables.

2. Cook (microwave, steam or boil) onion, carrot, capsicum and celery until tender. Drain.

3. Add chopped lean ham, corn, baked beans, tomato and chili powder. Combine well and heat through. Add parsley just before serving (optional).

4. Add noodles to a large pan of boiling water. Cook for 2 minutes. Drain and serve with vegetables and ham.

INGREDIENTS

1 ½ onions
½ capsicum
2 carrots, peeled
3 sticks celery
1 can (420g) baked beans
1 can (420g) corn kernels
1 can (440g) tomatoes, mashed
¼ teaspoon chili powder
3 packets low-fat 2 minute noodles
½ cup chopped parsley (optional)

EQUIPMENT

Large pot
Large pan
Chopping board
Large knife
Can opener
Cup measure

Acknowledgement Deadly Tucker Cookbook Nth Metro Area Health Service
Public Health Unit, Dept of Health, WA 2009
Source: Adapted from Food Cents$ Cookbook, Health Dept WA 1997

• Can add more tomatoes and canned beans
• Can use pasta noodles instead of 2 minutes noodles
Stir-Fries
Bush Beef Stir Fry

INGREDIENTS
Canola oil spray
1 onion, diced
1 teaspoon minced garlic or 1 crushed garlic clove
1 tablespoon of crushed ginger
750g lean beef cut into strips
1 sliced red capsicum
1 sliced green capsicum
1 bunch broccoli
2 large peeled and sliced carrots
1 cup sliced mushrooms
1 cup of snow peas or green beans
1 sliced zucchini
2 tablespoons water
1 tablespoon corn flour
1 teaspoon sugar or honey
1 tablespoon sweet chili sauce
3 Tablespoons salt reduced soy sauce
Steamed rice or noodles to serve with

EQUIPMENT
1 fry pan or wok
Large knife
Chopping board
Vegetable peeler
Tablespoon
Teaspoon
Cup measure
Wooden spoon
1 large bowl

METHOD
1. Lightly spray pan or wok with oil and cook onion, ginger and garlic on medium heat for 2 minutes.

2. Add beef strips and cook until slightly brown all over.

3. Add red capsicum, green capsicum, broccoli, carrot, mushroom, snow peas and zucchini and cook for 3 minutes.

4. In a bowl mix water, cornflour, soy sauce, sugar or honey and sweet chilli sauce.

5. Pour this mixture over the meat and vegetables. Stir and simmer for 5 minutes.

6. Serve with rice or noodles.

Acknowledgement: Source
Living Strong Cookbook 2008 - Qld Health

TUKKA TIPS!
• Can use frozen or tinned vegetables if fresh vegetables are not available
• Other types of meat such as chicken (skin removed) or kangaroo can be used instead of beef
**Chicken & Vegetable Stir Fry**

**METHOD**

1. Chop up vegetables into stir-fry sized pieces. Crush garlic using the back of the knife or use a garlic crusher.

2. Heat oil in pan and brown garlic and onion.

3. Chop chicken into strips. Add chicken into pan and brown.

4. Add remaining vegetables and soy sauce. Cook until chicken is tender and vegetables are cooked but firm.

5. Serve with rice.

**INGREDIENTS**

- 1 tablespoon canola oil
- 2 tablespoons minced garlic or crushed garlic cloves
- 1 large onion, finely chopped
- 500g chicken fillets
- ¼ cabbage
- 1 large carrot
- ½ red capsicum
- 2 tablespoons salt reduced soy sauce
- 2 cups cooked rice

**EQUIPMENT**

- Large knife
- Chopping board
- Garlic crusher
- Tablespoon
- Wooden spoon
- Large pot, wok or fry pan

**Serves 6**

- Remove the skin from chicken before cooking
- Choose salt reduced soy sauce to make the dish healthier

Acknowledgement: Deadly Tucker Cookbook Nth Metro Area Health Service

Public Health Unit, Dept of Health, WA 2009, Source: Adapted from Fruit & Veg Cookbook, Mid Nth Coast Aboriginal Health Partnership, NSW 2001
Stir-Fried Vegetables

INGREDIENTS
150g broccoli, chopped
1 onion, diced
2 teaspoons minced garlic or 2 garlic cloves, crushed
1 green capsicum, seeded and sliced
1 red capsicum, seeded and sliced
½ tablespoon canola or vegetable oil
1 teaspoon salt or salt reduced soy sauce

EQUIPMENT
Large fry pan or wok
Wooden spoon
Tablespoon
Teaspoon
Large knife
Chopping board
Garlic crusher (optional)
Large bowl

METHOD
1. Heat oil in a large frying pan or a wok over medium high heat.
2. Stir fry broccoli and garlic for 2-3 minutes.
3. Stir in onion, red and green capsicum and cook about 3 minutes until the capsicum is tender but still crisp.
4. Serve (can serve with steamed rice or noodles).

• Add more vegetables for more people
• Make sure there is plenty of rice

Serves 4
**METHOD**

1. Crack your egg into a large bowl.
2. Add the flour and milk
3. Beat everything together until the batter is smooth.
4. Heat oil/margarine in a non-stick pan over medium heat.

5. Pour one ladle of batter into the pan, flip when bubbles appear in the centre of the pancake and cook until golden brown.

**INGREDIENTS**

1 egg
1 cup of low fat milk
1 cup of self-raising flour
Margarine/oil
2 bananas, sliced
250grams of yoghurt

**EQUIPMENT**

One large bowl
Large knife
Chopping board
Non-stick frypan
Whisk/Fork
Ladle
Teaspoon
Cup measure (any cup can be used as long as it is the same cup used for the flour and milk)

**TUKKA TIPS!**

- ¼ cup of sultanas can be added to the dry mixture to make more flavours
- Use ½ wholemeal and ½ white flour to add more fibre
- Plain flour can be used to make crepe style thin pancakes

Acknowledgements: Source - Jamie Oliver’s Ministry of Food
Creamy Rice

Serves 4

**METHOD**

1. Combine all ingredients in a saucepan.
2. Bring to the boil stirring occasionally.
3. Reduce heat and simmer gently for half hour stirring occasionally.
4. Serve hot or cold with fresh or tinned fruit.

**INGREDIENTS**

- 1 cup dry rice
- 1 ¼ cups milk powder
- ¼ cup sugar
- 4 cups water
- 2 teaspoons vanilla essence

**EQUIPMENT**

- Cup measure
- Teaspoon
- Mixing spoon
- Large saucepan

**TUKKA TIPS!**

- Add more rice for more people
- Use skim milk powder to lower the fat content
- If using fresh milk, use 1 ¼ cups of skim milk and no water

Acknowledgement: Deadly Tucker Cookbook

French Toast with Fruit

METHOD

1. Beat the egg and milk together in the bowl.

2. Heat the frying pan over a medium heat.

3. Dip 1 piece of bread at a time in the egg mixture to evenly coat.

4. Lightly spray the pan with oil, then add the bread and cook in batches for 2-3 minutes on each side, or until golden.

5. Transfer to a plate and serve with fresh or canned fruits.

INGREDIENTS

1 large egg
¼ cup milk (low fat)
2 slices of bread (multigrain or wholemeal), halved
Cooking oil spray
Fresh or Canned Fruit to serve

EQUIPMENT

Small bowl
Fork
Tongs
Small frying pan

TUKKA TIPS!

• Use low fat milk to make the dish healthier
• Buy fruits in season and canned fruits are good alternatives for the fresh ones

Serves 1
Recipes to use at Community Days

Suggestions include the:
Three Bean Salad
Bush Beef Stir Fry and
One Cup Pancakes
**METHOD**

1. Cut off the ends of the cucumber and grate or dice finely
2. Squeeze out excess liquid from the cucumber with paper towels.

3. Mix yoghurt, garlic and mint into a small bowl.
4. Stir in cucumber into the yoghurt mixture.
5. Serve with some cut up carrot and celery sticks or wholegrain crackers

**INGREDIENTS**

1 Lebanese Cucumber
1 cup of low fat yoghurt
2 cloves of garlic crushed or 2 teaspoons of minced garlic
4 teaspoons of chopped mint or 2 teaspoons of dried mint

**EQUIPMENT**

Bowl
Teaspoon
Knife
Chopping board
Grater (optional)
Cup
Paper towel

---

**TUKKA TIPS!**

- Tzatziki can be used as a dip with curry, just remove the garlic
- It can be used as a sauce or salad dressing
- It can be stored in the fridge for 2 days

Recipe from Healthy Food Fast © State of Western Australia 2011, reproduced with permission.
METHOD
1. Cut the cucumber and carrots into thin strips
2. Lay the nori sheet, rough side facing upwards on the sushi mat
3. Take a handful of cooked rice and spread it thinly onto the nori sheet with your hands and leave a 2cm strip at the top, clear of rice
4. Place some fish, carrot and cucumber strips across the edge on the rice closest to you.
5. Wet edges of the nori roll with water and starting at the end closest to you, use the mat to roll sushi, pressing tightly as you go.
6. Cut the roll up into 6-8 pieces.

INGREDIENTS
- 1 Cucumber
- 1 Carrot
- Low fat mayonnaise
- 2 cups of cooked rice
- Tinned salmon or tuna
- 4 nori sheets

EQUIPMENT
- Sushi mats
- Chopping board
- Knife
- Spoon

Serves 4
• Serve with low salt soy sauce
• Great to eat when you have leftovers of rice
• Any fillings can be used

Further information can be found at:
Section 5

Appendix

• A: Promotional flyers
• B: Suggested Equipment List
• C: Food safety essentials
• D: Food safety audit for facilitators
• E: Evaluation tools
• F: Certificate of Participation
• G: How to make recipes healthier
• H: Seasonal fruit and vegetable guide
• I: Herb and Spice Chart
• J: Cutting Techniques
• K: Useful Web links
Appendix A: Template for Promotional Flyers

If you are planning on recruiting new participants to your Good Quick Tukka program, you may like to place some promotional flyers in highly visible areas (e.g. the waiting room at your local health service, at the local shop) to promote the program and encourage people to attend.

On the next 2 pages are templates for promotional flyers. Simply photocopy the page in the size that you would like and add your own information and logo in the ‘For more information:’ box.

If you would like to make changes to this flyer, you can access the file on the attached Good Quick Tukka facilitator manual CD. If you no longer have this CD, you can contact nutrition@qaihc.com.au for a copy.
For more information:

- An enjoyable cooking class
- Learn new skills
- Make new friends
- Share with your families and friends: ‘Cook it up, Pass it on’
- Celebrate in your community: Tasty foods and a healthy lifestyle
Appendix B:

Suggested Equipment list for a Good Quick Tukka Program with 10 participants.

- 10 Knives for chopping- such as the Scanpan Spectrum Soft touch Santoku Knives and / or Plastic Lettuce Knives if cooking with young children
- 10 Chopping Boards (colored ones are good for food safety/hygiene)
- 10 Small Bowls
- 10 Large Bowls
- 10 Forks
- 10 Knives
- 5 Graters
- 5 Large Frying pans/Woks
- 5 Large Saucepans
- 5 Small Saucepans
- 5 Teaspoons
- 5 Tablespoons
- 5 sets of Measuring cups or 5 one litre Measuring Jugs
- 5 Spatulas
- 5 Wooden Spoons (for stirring)
- 5 Colanders
- 5 Slotted Spoons
- 5 Potato Mashers
- 5 Soup ladles
- 5 Vegetable Peelers
- 5 Can openers
- 5 sets of Tongs
- 5 Garlic Crushers (optional)
- 5 Portable Gas Cookers and Gas Canisters
- First Aid Kit
Appendix C: Food Safety Essentials

Food safety is essential - you and your participants must take care when purchasing, storing and preparing foods to prevent food poisoning. Below are some simple, but important tips that you need to remember when running Good Quick Tukka. When conducting community Pass On cooking sessions, make sure you contact your local council to see if there are any food safety regulations that you must also follow.

**Food purchasing**
- Purchase foods and ingredients from a reliable supplier.
- Do not purchase foods in dented cans or broken packaging (e.g. broken seals).

**Food storage**
- Store raw and cooked foods separately.
- Put raw meat, fish and chicken into covered containers and store them on the lowest shelves in the fridge. This will prevent them from dripping onto other foods and contaminating them.
- Put leftover cooked foods in covered containers and store them in the fridge or freezer.
- Thaw frozen foods in the fridge for 24 hours. Do not thaw foods on the kitchen bench or in water. If a fridge is not available, use an esky with ice. Some microwaves can also be used.
- Cover foods to keep insects and pests off them.
- Never re-freeze foods that have already been frozen once.

**Shelf life of foods**
- **‘Use By’ Date:** Do not eat this food after this date, as it will not be safe to eat.
- **‘Best Before’ Date:** You can eat the food after this date; however it will have lost some of its taste and nutrients.
- Bread will show a ‘baked on’ date if it should be eaten within 1 week of baking.
- Foods that have a shelf life of two or more years (e.g. canned soup) do not have to show a ‘best before’ date. However, it is best to eat these foods within 2 years of buying them.

**Keep the kitchen clean:**
- Keep clean all surfaces and equipment that comes into contact with food.
- Prevent pests and animals coming into the kitchen.

**Food preparation**
- Avoid cooking if unwell, and remember to cover cuts and infections on hands.
- Keep hands clean: Wash hands and nails thoroughly with warm running water and soap. Dry hands thoroughly.
- Wash your hands after preparing raw meat, sneezing, coughing, going to the toilet, handling rubbish or touching animals.
- Wash fruit and vegetables to be eaten raw under running water.
• Keep uncooked food separate from cooked food and food to be eaten raw.

• Use clean equipment: this includes chopping boards, it is a good idea to get a different coloured chopping board for different foods (eg. red for red meat, blue for chicken, green for vegetables).

• If only one chopping board is available, make sure it is cleaned well with hot soapy water between preparing different foods.

• Keep animals and pests away from the cooking and storage areas.

• Put food scraps into a covered bin which is emptied regularly.

Food cooking

• **Keep hot food hot:** serve hot food as soon as possible. It should be kept at, or above 60°C. Reheat food as quickly as possible until steaming hot.

• **Keep cold food cold:** keep food in the refrigerator at 5°C or less as much as possible.

• Refrigerate or freeze food that is to be prepared well in advance.

**Cook high risk foods thoroughly**

• Cook thoroughly foods such as: mince, burger patties, sausages, seafood and chicken.

There are some quick simple food safety videos that can viewed at

Appendix D: Food Safety Audit for Facilitators

It is recommended that facilitators conduct this audit before, during, and after running a GQT session.

Facilitator: ___________________ Signature: ________________ Date: ______________

<table>
<thead>
<tr>
<th><strong>Purchasing</strong></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Are foods and ingredients purchased from a reliable supplier?</td>
<td></td>
<td></td>
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<tr>
<td>• Are high risk foods transported to the session at an appropriate temperature?</td>
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<thead>
<tr>
<th><strong>Personal Hygiene</strong></th>
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<tbody>
<tr>
<td>• Are hands thoroughly washed and dried before cooking?</td>
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<tr>
<td>• Are paper towels and a bin provided at the hand basin?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Are all cuts or scratches on hands covered?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Are unwell food handlers advised not to handle any food?</td>
<td></td>
<td></td>
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<table>
<thead>
<tr>
<th><strong>Food handling and storage</strong></th>
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<tbody>
<tr>
<td>• Are all cold high-risk foods kept in a fridge (below 5°C) or in an esky with ice bricks?</td>
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<tr>
<td>• Are all hot high risk foods kept hot (above 60°C) until serving?</td>
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<tr>
<td>• Are all utensils cleaned between preparing different foods (especially raw and cooked foods)?</td>
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</tr>
<tr>
<td>• Are all raw foods stored below cooked foods in the fridge or in an esky?</td>
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<tr>
<td>• Are all prepared foods eaten immediately?</td>
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<table>
<thead>
<tr>
<th><strong>Cleaning and sanitising</strong></th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>• Are all utensils cleaned thoroughly and stored appropriately?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Are benches and stoves cleaned after use?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Is the food preparation area protected from pests entering?</td>
<td></td>
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</table>
Appendix E: Evaluation Tools

The aim of Good Quick Tukka is to increase the number of meals being prepared at home among Aboriginal and Torres Strait Islander people in Queensland. It is important to evaluate your sessions, to see if you have been successful in achieving this aim.

There are two official evaluation tools for the Good Quick Tukka program. Copies of these evaluation forms can be found over the next few pages. Simply photocopy the amount that you require.

1. **Pre and Post Program Evaluation Forms** (7 pages): These forms should be completed by participants in the first week and the last week of the program.

2. **Activity log sheet** (2 pages): This form should be completed by the facilitator during each session. Some of the information can be collected from the answers on the participants’ evaluation form. It may be helpful to fill this form out while the participants are cooking and eating, as some of the questions ask for examples of verbal comments.

   Participants must also fill out a consent form and given a copy of the Participant Information Sheet at the beginning of their first session. Copies of these forms can also be found on the next few pages.

3. **Facebook Page**: Encourage everyone to become a member of the ‘Good Quick Tukka’ group on Facebook so they pass on their recipes and experiences.

   Find us on Facebook, www.facebook.com/goodquicktukka and encourage everyone to post a message

4. **Mobile Phone Photos**: Encourage everyone to take a photo of a Good Quick Tukka meal cooked at home so they can show everyone the next week.
Thank you for your or your child’s interest in participating in this project. If you have any questions while reading this information sheet please do not hesitate to get in touch with one of the contacts listed below.

This project is being conducted in collaboration with the Queensland Aboriginal and Islander Health Council (QAIHC) - Preventative Health Team, health services and organisations such as:

- Brisbane Aboriginal & Torres Strait Islander Community Health Service (Ph: 3240 8900)
- Inala Indigenous Health Service (Ph: 3275 5333)
- Kalwun Health Service (Ph: 5526 1112)
- Yulu Burri Ba Health Service (Ph: 3409 9596)
- Goolburri Health Advancement Corporation (Ph: 4632 0338)
- Dunwich State School and Secondary Department. (Primary Ph: 3409 6333, Secondary 3409 6344)
- Kambu Medical Service (Ph: 3202 2222)

**Project Contacts**

- Dr Katie Panaretto, Population Health Medical Officer, QAIHC (Ph: 3328 8500)
- Lynette Anderson, Chronic Disease Coordinator, QAIHC (Ph: 4755 2522)
- Debbie Chen, Nutrition Coordinator, QAIHC (Ph: 3328 8500)

**What is the aim of the Good Quick Tukka Project?**

The aim of the project is to increase the number of meals being prepared at home, which incorporate vegetables or fruit, among Aboriginal and/or Torres Strait Islander people.

**Why is it being done?**

The QAIHC Preventative Health Team has been set up to help promote healthy lifestyles in Aboriginal and Torres Strait Islander populations in Queensland. The philosophy of the project is to have fun gathering, preparing and consuming nutritious meals whilst reigniting the passion of food and getting people cooking. It is hoped the skills learnt or developed will be transferred into the home environment so people increase the amount of meals being prepared which incorporate vegetables and fruit.

**How will this be done?**

QAIHC representatives and project advocates in each of the health services listed above will hold cooking classes with staff and other interested community members. Participants attending the cooking classes will each be encouraged to practice making the recipe so they are comfortable enough to facilitate their own cooking class with other staff and/or interested community members. The learnt skills and knowledge is passed on and so the chain continues.

There are incentives to reward efforts and encourage further participation. The more people that confirm you have demonstrated cooking skills to, the greater the reward.

Evidence based messages and evaluation will be built into the project at various stages. Recipes will include fruit and vegetables, with the menus to reflect the Australian Dietary Guidelines. Safe handling of food techniques and encouragement of other national and state social marketing campaigns such as the Australian Governments ‘Measure up’ campaign will be integrated into the project.
Your involvement

The time you or your child invests in this project can vary. Examples are listed below. Completing a questionnaire in writing before and after the project (or given time of 12 months from beginning of project).

- Voluntarily ‘blog’ on to web site and download resources
- Participating in the cooking workshops to ‘Pass Along’ the knowledge and skills
- Making comments to the project team, and detailing to whom you have passed the knowledge and skills
- Participating in interviews at the end of project to investigate the success of the project
- Potentially have photos/ video images used in the recording process of the project
- Document participation in project in a visitor’s book
- If desired and where possible, build and/or acquire skills and knowledge by working with the project team

Key anticipated benefits of this project include the following:

- Enhance food preparation skills
- Increased confidence and willingness to try new vegetables and fruit
- Increase knowledge of Dietary Guidelines for Australians
- Community engagement
- Strengthen organisational networks and partnerships outside the health sector and between QAIHC, its member services and the community to conduct health promotion activities
- Increased ability to prepare and cook food which incorporates vegetables and fruit in the home
- Increase skills and access to sourcing healthy food items
- Increase the amount of serves of vegetables and fruit being consumed by Aboriginal and/or Torres Strait Islander people
- Increase the data that exists for food security issues for Aboriginal and/or Torres Strait Islander communities
- And the longer-term benefits may contribute to a decline in burden of disease through sustained healthy lifestyle behaviour

Risks

Risks in the project are minimal. Blogs on the internet site are voluntary as confidentially can not be guaranteed due to information being able to be viewed by the general public. Adopting safe behaviour practices in preparing, cooking and storing food will minimise any physical risk. By participating in this project, you are aware that procedures to protect your confidentiality have been put in place. This ensures that in any external reporting on the project findings, specific names will not be identified. Results and debriefing are not likely to occur on an individual basis, but through organisational or group feedback and/or information sessions.

Withdrawal

Your participation or your child’s participation in this project is voluntary. You, or your child, are at any time able to withdraw from the project if you choose to, without retribution. Should you or your child wish to withdraw from the project any information that has been collected about you or your child will not be used.

Feedback

This study has been cleared by one of the human ethics committees of the University of Queensland in accordance with the National Health and Medical Research Council's guidelines. You are of course, free to discuss your participation or your child’s participation in this study with project staff (contactable on 07- 3328 8500 or 07- 4721 0744). If you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Officer on 3365 3924.
Good Quick Tukka: Cook it, Plate it, Share it Project

*Participant consent form*

I consent to participate in the “Good Quick Tukka: Cook it, Plate it, Share it” Project undertaken and lead by Dr Katie Panaretto, Lynette Anderson & Debbie Chen from the QAIHC Preventative Health Team. The particulars of which, including details of the potential to have surveys, photographic images, interviews and group session at a later date has been explained to me and also outlined in the participant information sheet.

I ________________________________ (print your name),

understand that by signing this form I agree to take part in this project and that:

- I have read and understood the contents of the ‘Participant Information Sheet’
- The project staff have given me a full explanation of the procedures and risks involved
- I have been given the opportunity to ask questions about the project and these have been answered to my satisfaction
- Every attempt has been made to limit risk to my involvement in this project
- All the information I provide is completely confidential. Any information relating to this project will be stored in locked filing cabinets and in password protected documents
- I can stop participating in the project at any time, for any reason without consequence, and any information I have provided prior to this will not be used
- The results of the project will be made available to me in an information session, and I may not receive any individual feedback

I agree to take part in this project and give my consent of my own free will.

**Participant signature:** ________________________________

**Witness signature:** ________________________________

Print Name: ________________________________

Print Name: ________________________________

Date: _________________

Date: _________________
Good Quick Tukka: Cook it, Plate it, Share it Project

Student Participation Consent Form

I consent to my child/children participating in the “Good Quick Tukka: Cook it, Plate it, Share it” Project undertaken and lead by Dr Katie Panaretto, Lynette Anderson & Debbie Chen from the QAIHC Preventative Health Team. The particulars of which, including details of the potential to have surveys, photographic images, interviews and group session at a later date has been explained to me and also outlined in the participant information sheet.

I ____________________________ (students name),
understand that by signing this form I agree to take part in this project.

I ____________________________ (guardian name),
understand that as legal guardian/parent of child/children under 18yrs of age I have given signed consent for my child to participate in the Good Quick Tukka project and that:

• I have read and understood the contents of the ‘Participant Information Sheet’

• The project staff have given me a full explanation of the procedures and risks involved

• I have been given the opportunity to ask questions about the project and these have been answered to my satisfaction

• Every attempt has been made to limit risk to my involvement in this project

• All the information I provide is completely confidential. Any information relating to this project will be stored in locked filing cabinets and in password protected documents

• I can stop participating in the project at any time, for any reason without consequence, and any information I have provided prior to this will not be used

• The results of the project will be made available to me in an information session, and I may not receive any individual feedback

I agree for my child/children’s participation in this project.

Student’s signature: ____________________________

Parent/Guardian signature: ____________________________

Students Name: ____________________________

Parent/Guardian Name: ____________________________

Date: ____________

Date: ____________
This survey is being conducted to gain information with regard to the Good Quick Tucker cooking program. Your honest response is important to us. This information will contribute to continuous quality improvement of the program and potentially contribute to support program recognition and future funding.

Your responses are confidential and will remain anonymous.

1. Your name:

2. What is your age in years?

3. What is your postcode?

4. Gender:
   - Male
   - Female

5. How many persons (including yourself) in each of the following age ranges live in your household?
   - 0-4 years
   - 5-14 years
   - 15-18 years
   - 18-24 years
   - 25-34 years
   - 35-44 years
   - 45-54 years
   - 55-64 years
   - 65+ years

6. Do you consider yourself a single parent?
   - Yes
   - No

7. Were you born in Australia?
   - Yes
   - No

   If no, in which country were you born?
8. Do you identify as Aboriginal or Torres Strait islander?
- Yes, Aboriginal
- Yes, Torres Strait Islander
- Yes, Aboriginal and Torres Strait Islander

Other (please specify)

9. Do you speak a language other than English at home?
- Yes
- No, English only.

If yes, please specify

10. Have you been diagnosed with a chronic disease or have any associated risk factors such as (please indicate which are relevant):
- Diabetes
- Heart problems
- High blood sugar levels
- High blood cholesterol
- High blood pressure

Other (please specify)

11. How did you hear about the program?

12. What is the main reason for you enrolling in this program?

13. How confident do you feel about following a basic recipe?
- Not at all confident
- Somewhat confident (I might need some help)
- Confident (I can do this on my own)
- Extremely confident (I could teach someone else)
14. How confident do you feel about preparing a dish from a recipe which you have not tried before?

- Not at all confident
- Somewhat confident (I might need some help)
- Confident (I can do this on my own)
- Extremely confident (I could teach someone else)

15. In a normal week, how often do you prepare a meal from basic ingredients?

- Daily
- 4-6 times a week
- 2-3 times a week
- Once a week
- Less than once a week
- Never

16. Do you like preparing food that is good for you?

- I enjoy it a lot
- I enjoy it a little
- Unsure
- I do not enjoy it at all

17. Do you believe it is difficult to prepare meals that are good for you?

- Yes
- Sometimes
- No

If yes or sometimes what are the difficulties? (eg. time, cost, know how, motivation)

18. Do you intend to change your eating habits over the next 6 months?

- No - I am not at all intending to change my eating habits.
- Maybe - I am considering making some changes to my eating habits.
- Yes - I intend to make some changes my eating habits.
- Yes - I have already made positive changes to my eating habits and I intend to maintain these changes.

If yes or maybe, what do you intend to change?
19. How many serves of vegetables do you USUALLY eat each day? This includes fresh, frozen and tinned vegetables. A ‘serve’ is half a cup of cooked vegetables or 1 cup of salad vegetables.

- I don’t eat vegetables
- 1 serve or less/day
- 2 serves/day
- 3 serves/day
- 4 serves/day
- 5 serves/day
- 6 or more serves/day
- Don’t know
- Refuse to answer

20. How many serves of fruit do you USUALLY eat each day? This includes fresh, dried, frozen and tinned fruit. A ‘serve’ is 1 medium piece or 2 small pieces of fruit, or a cup of diced pieces. For dried fruit consider the equivalent amount of reconstituted fruit e.g. a serve is 4 apricot halves or 1.5 tablespoons of sultanas.

- I don’t eat fruit
- 1 serve or less/day
- 2 serves/day
- 3 serves/day
- 4 serves or more/day
- Don’t know
- Refuse to answer

21. How often, on average do you eat take-away or ‘fast foods’ (such as fish and chips, hamburgers, fried chicken, pizza, sausage rolls, meat pies)?

- Never
- Once a fortnight or less
- Once a week
- 2-4 times a week
- 5-7 times a week
- Refuse to answer

22. How often do you eat ready prepared meals bought from the supermarket that you just have to heat up and eat?

- Never
- Once a fortnight or less
- Once a week
- 2-4 times a week
- 5-7 times a week
- Refuse to answer
This survey is being conducted to gain information with regard to the Good Quick Tucker cooking program. Your honest response is important to us. This information will contribute to continuous quality improvement of the program and potentially contribute to support program recognition and future funding.

1. Your name:

2. How confident do you feel about following a basic recipe?

   - Not at all confident
   - Somewhat confident (I might need some help)
   - Confident (I can do this on my own)
   - Extremely confident (I could teach someone else)

3. How confident do you feel about preparing a dish from a recipe which you have not tried before?

   - Not at all confident
   - Somewhat confident (I might need some help)
   - Confident (I can do this on my own)
   - Extremely confident (I could teach someone else)

4. In the last week, how often did you prepare a meal from basic ingredients?

   - Daily
   - 2-3 times a week
   - Less than once a week
   - 4-6 times a week
   - Once a week
   - Never

5. Do you like preparing food that is good for you?

   - I enjoy it a lot
   - I enjoy it a little
   - Unsure
   - I do not enjoy it at all
6. Do you believe it is difficult to prepare meals that are good for you?

- Yes
- Sometimes
- No

If yes or sometimes what are the difficulties? (eg. time, cost, know how, motivation)

7. What part of the program has helped you the most?

8. Is there anything that you feel should be improved if the program ran again?

9. Overall, how did you enjoy the program?

- I enjoyed it a lot
- I enjoyed it a little
- Unsure
- Did not enjoy it

Any further comments welcome:
10. Do you intend to change your eating habits over the next 6 months?

☐ No - I am not at all intending to change my eating habits.
☐ Maybe - I am considering making some changes to my eating habits.
☐ Yes - I intend to make some changes my eating habits.
☐ Yes - I have already made positive changes to my eating habits and I intend to maintain these changes.

If yes or maybe, what do you intend to change?

11. How many serves of vegetables do you USUALLY eat each day? This includes fresh, frozen and tinned vegetables. A ‘serve’ is half a cup of cooked vegetables or 1 cup of salad vegetables.

☐ I don't eat vegetables
☐ 1 serve or less/day
☐ 2 serves/day
☐ 3 serves/day
☐ 4 serves/day
☐ 5 serves/day
☐ 6 or more serves/day
☐ Don’t know
☐ Refuse to answer

12. How many serves of fruit do you USUALLY eat each day? This includes fresh, dried, frozen and tinned fruit. A ‘serve’ is 1 medium piece or 2 small pieces of fruit, or a cup of diced pieces. For dried fruit consider the equivalent amount of reconstituted fruit e.g. a serve is 4 apricot halves or 1.5 tablespoons of sultanas.

☐ I don't eat fruit
☐ 1 serve or less/day
☐ 2 serves/day
☐ 3 serves/day
☐ 4 serves or more/day
☐ Don’t know
☐ Refuse to answer

13. How often, on average do you eat take-away or ‘fast foods’ (such as fish and chips, hamburgers, fried chicken, pizza, sausage rolls, meat pies)?

☐ Never
☐ Once a fortnight or less
☐ Once a week
☐ 2-4 times a week
☐ 5-7 times a week
☐ Refuse to answer

14. How often do you eat ready prepared meals bought from the supermarket that you just have to heat up and eat?

☐ Never
☐ Once a fortnight or less
☐ Once a week
☐ 2-4 times a week
☐ 5-7 times a week
☐ Refuse to answer
Activity Log Sheet

Date:_________ Facilitator’s Name:_________________________  

<table>
<thead>
<tr>
<th>Name of Participant who cooked last week’s recipe</th>
<th>Number of people in the past week that the participant gave or cooked the recipe to, or gave cooking advice to.</th>
<th>Evidence of this (e.g. photo on mobile, facebook)</th>
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Number of people who attended:

<table>
<thead>
<tr>
<th>Males:_________</th>
<th>Females __________</th>
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</thead>
</table>

Participants aged:

<table>
<thead>
<tr>
<th>Number:</th>
</tr>
</thead>
<tbody>
<tr>
<td>19 years of less</td>
</tr>
<tr>
<td>20-29 years</td>
</tr>
<tr>
<td>30-39 years</td>
</tr>
<tr>
<td>40-49 years</td>
</tr>
<tr>
<td>50-59 years</td>
</tr>
<tr>
<td>60-69 years</td>
</tr>
<tr>
<td>70 years or older</td>
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</tbody>
</table>

Number of Participants who are:

<table>
<thead>
<tr>
<th>Aboriginal</th>
<th>Torres Strait Islander</th>
<th>Aboriginal and Torres Strait Islander</th>
<th>Non Indigenous</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>
What was cooked today?

Where was this held?

What comments did the participants say about today’s session? Please document examples of verbal comments.

What were the new foods they tried today?

What food did they like and why?

What food didn’t they like and why?

Did they try new cooking techniques?

Other comments by participants?

Facilitator comments

What worked well?

What didn’t work well?

What would you do differently next time?

Other comments by facilitators?
Appendix F: Template for Certificate of Participation

At the end of your final session of the program, you should give certificates to each of the participants to acknowledge their involvement in Good Quick Tukka.

On the next page is a template for a certificate of participation. Simply photocopy the page for each participant and write:

• The participant’s name
• The location where the program took place
• The date of the final session
• Your signature

If you would like to make changes to this certificate, you can access the file on the attached Good Quick Tukka facilitator manual CD. If you no longer have this CD, you can contact nutrition@qaihc.com.au for a copy.
Certificate of Participation

This certificate is awarded to

____________________________________

for participating in the Good Quick Tukka Program at

____________________________________

COOK IT, PLATE IT, SHARE IT

GOOD QUICK TUKKA

QAIHC
Queensland Aboriginal and Islander Health Council

Date

Facilitator
### Appendix G: How to Make Recipes Healthier

Source: Adapted from the Living Strong Facilitators Manual, Ways to Reduce fat, sugar and salt in recipes, Queensland Health, 2008

<table>
<thead>
<tr>
<th>Replace this:</th>
<th>With this:</th>
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</table>
| Butter, shortening, margarine or oil when frying to stop food from sticking | • Use spray oil for baking or use non-stick pans  
• Lightly coat meat in oil rather than putting oil in the pan |
| Shortening, butter, margarine or solid fat in baking | • Use fruit puree (e.g. apple sauce or mashed banana) to replace half of the butter or other fat |
| Regular mayonnaise or salad dressing | • Use reduced-fat or 100% fat-free dressing  
• Use avocado as a spread |
| Cream | • Use evaporated skim milk, yoghurt, light cream cheese or low fat whipping cream |
| Full-cream milk | • Use skim milk, evaporated skim milk, fat free or plain soy milk with calcium |
| Full-cream cheese | • Use reduced-fat cheese |
| Full-cream yoghurt | • Use low-fat yoghurt |
| Fatty cuts of meat | • Buy less meat or buy leaner cuts of meat  
• Pan-fry mince and scoop out melted fat |
| Meat | • Add legumes and lentils to meat dishes  
• Try adding lentils to your spaghetti sauce or red kidney beans to your mince |
| Salt | • Cook foods without salt, taste and only add salt if needed  
• Go easy on soy sauce |
| Seasoning salt or spice mixes with salt | • Use salt-free seasoning and spice mixes  
• Use herbs, spices, chilli, lemon juice, or vinegar to flavour food instead of salt |
| Sugar | • Cinnamon, vanilla and almond extract can be added to give the impression of sweetness.  
• Replace sugar with an artificial sweetener  
• Use dried fruit, which is naturally sweet  
• Most muffin and cakes work well using just half of the sugar in the recipe |
| Fruit in syrup | • Use fruit in natural juice  
• Rinse fruit in syrup before eating |
| Vegetables and fruit | • Add extra vegetables and fruit to recipes such as adding carrots to spaghetti sauce  
• Leave the skin and peel on where you can |
| Frozen or canned vegetables | • Choose frozen vegetables without sauces  
• Choose ‘no added salt’ or ‘reduced salt’ canned goods |
| White flour | • Replace half of the white flour with wholemeal flour |
| White bread | • Use multigrain, wholegrain or wholemeal bread |
## Appendix H: Seasonal Fruit & Vegetable Guide

Source: Adapted from Vegetarian Victoria, Seasonal Foods in Australia, www.vegetarianvictoria.org.au

This is a general guide only. For more detailed information go to: http://www.brisbanemarkets.com.au/cms/fresh-tastes-seasonal-guides/view-category.html
## Herb & Spice Chart

### Herbs & Spices

<table>
<thead>
<tr>
<th>Herbs &amp; Spices</th>
<th>Appetizers</th>
<th>Soups</th>
<th>Salads &amp; Dressings</th>
<th>Vegetables</th>
<th>Egg &amp; Cheese</th>
<th>Meat &amp; Sauces</th>
<th>Poultry and Fish</th>
<th>Fruit Desserts</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Spice (Ground)</td>
<td>Cocktail Meatballs</td>
<td>Asparagus, Carrot, Chicken, Mirepoix, Pea, Spinach, Tomato</td>
<td>First Salad, Spinach, French Dressing</td>
<td>Beefsteak, Carrots, Spinach, Squash, Chives, Pickles</td>
<td>Beetroot, Carrots, Cream Cheese, Spreads, Cheese Sauces</td>
<td>Baked Ham and Veal, Meat Loaf, Port Roast, Barbecue Sauce, Marinated Meats</td>
<td>P attractive Chicken, Turkey, Potted or Steamed Fish, Shellfish, Fruit Salds</td>
<td>Apple Pie, Cherries, Banana, Plum Pudding, Fruit Salds</td>
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<tr>
<td>Basil Leaves</td>
<td>Mint Pesto, Pesto Chicken</td>
<td>Minestrone, Tomato, Zucchini</td>
<td>Pesto, Tomato, Salad Dressing, Oil and Vinegar Dressings for Green Salads</td>
<td>Capsicums, Eggplant, Peas, Potatoes, Tomatoes, Zucchini</td>
<td>Chinese Sausages, Chinese Eggs, Cheese Sauces</td>
<td>Beef Casserole, Lamb Chops, Pork and Veal Stufteings, Tomato and Pasta Sauces</td>
<td>Chicken Cakes, Cheese, Chicken Cakes, Savoury Chicken, Fish Cakes, Plum Pudding, Marinated Dishes</td>
<td>Bread, Crackers</td>
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<tr>
<td>Black Pepper</td>
<td>Oils, Vegetable Juices</td>
<td>Most Soups, Especially Lentil</td>
<td>Most Vegetables, Especially Potatoes and Steamed Vegetables, Fried Rice, Pasta, Pickles</td>
<td>Most Egg Custards, Cottage Cheese</td>
<td>All Meals Especially Casserole Sauces, Mostly Sauces, Mostly Sauces</td>
<td>Most Chicken and Fish Dishes, Especially Pastrami Fish</td>
<td>Fish Pie, Sausage, Grilled or Fried or Savoury Fish, and Fish Cakes, Bread, Muffins, Scones</td>
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<tr>
<td>Cayenne Pepper</td>
<td>Oils, Tomato Juice</td>
<td>Cocktail</td>
<td>Chowglass, Onions, Tomato</td>
<td>Capsicums, Green Capsicums, Pickles, Chutney</td>
<td>Chilli con Carne, Chicken, Pot Roast, Barbecue Sauce, Spaghetti Sauce</td>
<td>Fish Pies, Baked or Grilled or Fried or Savoury Fish, Pasta, Pasta, Pasta</td>
<td>Fish Pie, Sausage, Grilled or Fried or Savoury Fish, Pasta, Pasta, Pasta</td>
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<tr>
<td>Chives</td>
<td>Oils</td>
<td>Spinach, Squash, Sweet Potatoes, Indian Rice, Vegetables, Tomatoes,</td>
<td>Fried Chicken, Fish Casseroles</td>
<td>Chicken or Turkey Pies, Turkey or Turkey Pies, Roast Duck, Roast Hams, Baked Fish</td>
<td>Most Meals Especially Casserole Sauces, Most Meals Especially Casserole Sauces, Most Meals Especially Casserole Sauces</td>
<td>Most Fish and Rice Dishes, Most Fish and Rice Dishes, Most Fish and Rice Dishes</td>
<td>Sliced Fish, Sliced Fish, Sliced Fish, Fish Casseroles, Fish Casseroles, Fish Casseroles</td>
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<tr>
<td>Cinnamon</td>
<td>Oils, Spices</td>
<td>Spiced Nuts</td>
<td>Chicken, Pork, Italian Salads</td>
<td>Capsicums, Paprika, Paprika, Pickled Vegetables, Rice</td>
<td>Pepperoni, Chicken, Cheese</td>
<td>Chilled Chicken, Roast Ham, Sweet and Sour Sauce</td>
<td>Apple Salad, Sultana Bananas, Chocolate &amp; Fruit Cakes, Scones, Doughnuts, Rice Pudding</td>
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<tr>
<td>Cloves (Ground and Whole)</td>
<td>Spiced Nuts, Hot or Iced Tea, Mulled Wine, Fruit Punch</td>
<td>Parsley, Mint, Thyme</td>
<td>Currants, Parsley, Currants, and Thyme</td>
<td>Capsicums, Pesto, Pasta, and Thyme Sauces, Mayonnaise Dressing</td>
<td>Cheese Slices, Cheese Sauces</td>
<td>Parmesan, Parmesan, Parmesan, Parmesan, Parmesan, Parmesan</td>
<td>Apple Salad, Sultana Bananas, Chocolate &amp; Fruit Cakes, Scones, Doughnuts, Rice Pudding</td>
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<tr>
<td>Coriander (Ground)</td>
<td>French Dressings, French Dressings</td>
<td>Cumin, Fennel, Caraway</td>
<td>Cumin, Fennel, Caraway, and Thyme Salads</td>
<td>Capsicum, Mint Chilli, Curry Vegetables, Curries, Pickles</td>
<td>Lentil and Bean Marinades, Lamb Kebabs, Meat Curi, Chilli con Carne, Other Mexican &amp; Thai Dishes</td>
<td>Lentil and Bean Marinades, Lentil and Bean Marinades, Lentil and Bean Marinades, Lentil and Bean Marinades, Lentil and Bean Marinades</td>
<td>Apple Salad, Sultana Bananas, Chocolate &amp; Fruit Cakes, Scones, Doughnuts, Rice Pudding</td>
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<tr>
<td>Cumin (Ground)</td>
<td>Spices,Eastern-style flavour</td>
<td>Cumin, Fennel, Caraway</td>
<td>Cumin, Fennel, Caraway, and Thyme Salads</td>
<td>Capsicum, Mint Chilli, Curry Vegetables, Curries, Pickles</td>
<td>Lentil and Bean Marinades, Lamb Kebabs, Meat Curi, Chilli con Carne, Other Mexican &amp; Thai Dishes</td>
<td>Lentil and Bean Marinades, Lentil and Bean Marinades, Lentil and Bean Marinades, Lentil and Bean Marinades, Lentil and Bean Marinades</td>
<td>Apple Salad, Sultana Bananas, Chocolate &amp; Fruit Cakes, Scones, Doughnuts, Rice Pudding</td>
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<tr>
<td>Dill Weed</td>
<td>Spiced Nuts, Hot or Iced Tea, Mulled Wine, Fruit Punch</td>
<td>Parsley, Mint, Thyme</td>
<td>Currants, Parsley, Currants, and Thyme</td>
<td>Capsicums, Pesto, Pasta, and Thyme Sauces, Mayonnaise Dressing</td>
<td>Cheese Slices, Cheese Sauces</td>
<td>Parmesan, Parmesan, Parmesan, Parmesan, Parmesan, Parmesan</td>
<td>Apple Salad, Sultana Bananas, Chocolate &amp; Fruit Cakes, Scones, Doughnuts, Rice Pudding</td>
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<tr>
<td>Garlic (Minced)</td>
<td>Oils</td>
<td>Garlic, Pepper, Salt</td>
<td>Most Soups, Especially Tomato</td>
<td>Capsicums, Green Beans, Peas, Zucchini</td>
<td>Sausage, Cheese, Cheese Sauce, Saffron</td>
<td>Beef and Lamb Casserole, Lamb and Veal Casserole, Saffron</td>
<td>Sliced Fish, Sliced Fish, Sliced Fish, Sliced Fish, Sliced Fish, Sliced Fish</td>
<td>Garlic Bread, Garlic Bread, Garlic Bread, Garlic Bread, Garlic Bread, Garlic Bread</td>
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<tr>
<td>Ginger (Ground)</td>
<td>Oils, Sweet and spicy with a lemon/citrus taste</td>
<td>Carrot, Ginger, Onion, Fish Chowder</td>
<td>Asian Style Dressings</td>
<td>Beefsteak, Carrots, Sweet Potatoes, Stir Fry, Oriental Rice, Chilli, Pickles</td>
<td>French Toast, Cream Cheese, Spreads and Dips</td>
<td>Spicy Fish, Baked Ham with Honey and Ginger Glaze, Beef, Cures, Barbecue Sauce</td>
<td>Crab Cakes, Turkey, Potted or Turkey, and Pork, Stufteings, Stufteings, Stufteings, Stufteings</td>
<td>Apple Salad, Sultana Bananas, Chocolate &amp; Fruit Cakes, Scones, Doughnuts, Rice Pudding</td>
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<tr>
<td>Marjoram Leaves</td>
<td>Spiced Nuts, Salads, Dips, Mayonnaise</td>
<td>Carrot, Mint, Carrot, and Thyme</td>
<td>Cumin, Fennel, Caraway, and Thyme Salads</td>
<td>Capsicum, Mint Chilli, Curry Vegetables, Curries, Pickles</td>
<td>Lentil and Bean Marinades, Lamb Kebabs, Meat Curi, Chilli con Carne, Other Mexican &amp; Thai Dishes</td>
<td>Lentil and Bean Marinades, Lentil and Bean Marinades, Lentil and Bean Marinades, Lentil and Bean Marinades, Lentil and Bean Marinades</td>
<td>Apple Salad, Sultana Bananas, Chocolate &amp; Fruit Cakes, Scones, Doughnuts, Rice Pudding</td>
<td></td>
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<tr>
<td>Mint Leaves</td>
<td>Spiced Nuts, Hot or Iced Tea, Mulled Wine, Fruit Punch</td>
<td>Mint, Peppermint, Dried Mint</td>
<td>Mint, Peppermint, Dried Mint</td>
<td>Mint, Peppermint, Dried Mint</td>
<td>Mint, Peppermint, Dried Mint</td>
<td>Mint, Peppermint, Dried Mint</td>
<td>Mint, Peppermint, Dried Mint</td>
<td>Mint, Peppermint, Dried Mint</td>
</tr>
<tr>
<td>Mixed Herbs</td>
<td>Spiced Nuts, Hot or Iced Tea, Mulled Wine, Fruit Punch</td>
<td>Parsley, Mint, Thyme</td>
<td>Parsley, Mint, Thyme</td>
<td>Parsley, Mint, Thyme</td>
<td>Parsley, Mint, Thyme</td>
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## Herb & Spice Chart

<table>
<thead>
<tr>
<th>Herbs &amp; Spices</th>
<th>Appetizers</th>
<th>Soups</th>
<th>Salads &amp; Dressings</th>
<th>Vegetables</th>
<th>Egg &amp; Cheese</th>
<th>Meat &amp; Sauces</th>
<th>Poultry and Fish</th>
<th>Fruit Desserts Baked Goods</th>
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<tbody>
<tr>
<td><strong>Mixed Spice</strong></td>
<td>Green chives</td>
<td></td>
<td></td>
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<tr>
<td><strong>Nutmeg</strong></td>
<td>Ground, sweet and quite spicy, with a distinctive flavour</td>
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<tr>
<td><strong>Onion</strong></td>
<td>Mixed with other use on Corn on the cob, Meatballs, Liver Pate, Egg Nog</td>
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<tr>
<td><strong>Oregano</strong></td>
<td>Leaves or Ground</td>
<td>Strong and aromatic with a pleasant slightly bitter undertone</td>
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<tr>
<td><strong>Paprika</strong></td>
<td>Hungarian Style</td>
<td>Stronger in colour, more pungent in flavour and aroma</td>
<td></td>
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<tr>
<td><strong>Parsley</strong></td>
<td></td>
<td>Agreeable taste and a pleasant, mild, delicate, Excellent Garnish</td>
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<tr>
<td><strong>Rosemary</strong></td>
<td>Leaves</td>
<td>Distinctive pine woody aroma with a fresh sweet flavour</td>
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<td></td>
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<tr>
<td><strong>Sage</strong></td>
<td>Rubbed</td>
<td>Very aromatic and slightly pungent, use sparingly</td>
<td></td>
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<tr>
<td><strong>Sesame Seed</strong></td>
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<tr>
<td><strong>Tarragon</strong></td>
<td>Leaves</td>
<td>Strong distinctive fresh anise flavour, use sparingly</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Thyme</strong></td>
<td>Leaves</td>
<td>Distinctive warm, aromatic, slightly pungent flavour</td>
<td></td>
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<tr>
<td><strong>Turmeric</strong></td>
<td>Golden</td>
<td>Colour, an earthy and pungent aroma, flavour resembles a mix of ginger and pepper, used as a substitute for saffron</td>
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<tr>
<td><strong>White Pepper</strong></td>
<td>Ground</td>
<td>Similar in flavour to Black Pepper, has a slightly musty flavour</td>
<td></td>
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</tbody>
</table>
Appendix J: Vegetable cutting techniques

1. Slicing vegetables: Slice vegetable with knife held at a 45 degree angle during slicing.

2. Chopped vegetables (relatively large pieces)
3. Julienned vegetables: cut vegetables into lengthwise strips

4. Grated vegetables: use a grater

5. Shredded cabbage

6. Crushing (e.g. ginger or garlic)
Appendix K

Useful Web links.

The Aboriginal and Torres Strait Islander Guide to Healthy Eating.
http://www.healthinfonet.ecu.edu.au/key-resources/promotion-resources?lid=14911

Go for 2 fruit and 5 veg campaign

Good Quick Tukka
www.facebook.com/goodquicktukka

Deadly Tucker Cookbook- Public Health Unit (North Metropolitan Area Health Service

Kukumbat gudwan daga ‘Really cooking good food’ The Fred Hollow Foundation
http://batchelorpress.com/books/kukumbat-gudwan-daga

Living Strong Cookbook- Queensland Health

Healthy Food Fast

Food Cents

Jamie Oliver’s Ministry of Food
http://www.jamieoliver.com/

The Flour Drum Cookbook

IBIS healthy lifestyle guide