

## WHERE TO FIND QUICK AND EASY COOKING SKILLS

Step-by-step photos of quick and easy cooking skills		
WHERE TO FIND	TOPIC	
<a href="https://www.islhd.health.nsw.gov.au/services-clinics/health-promotion/healthy-adults/quick-and-healthy-recipes/easy-food">https://www.islhd.health.nsw.gov.au/services-clinics/health-promotion/healthy-adults/quick-and-healthy-recipes/easy-food</a>  Easy-to-read tips about healthy living	Top 14 utensil essentials	
	Top 14 cooking terms	
	Easy mix and match meal ideas	
	PLUS more in development	
Short videos of quick and easy cooking skills		
WHERE TO FIND	TOPIC	TIME
<a href="https://www.facebook.com/foodbankwa/videos/how-to-read-a-recipe-foodbank-wa/1193078941131603/">ne-np.facebook.com/foodbankwa/videos/how-to-read-a-recipe-foodbank-wa/1193078941131603/</a>	How to read a recipe	2:25 min
<a href="http://healthier.qld.gov.au/guide/?type=cooking_skills">healthier.qld.gov.au/guide/?type=cooking_skills</a>	How to dice and chop garlic	37 sec
	How to dice an onion	35 sec
	How to chop a pumpkin	1:05 min
	How to steam veggies	54 sec
	How to stir-fry with oil	39 sec
	How to coat veggies in oil	35 sec
<a href="http://foodbank.org.au/WA/healthy-recipes/?state=wa">foodbank.org.au/WA/healthy-recipes/?state=wa</a>  then scroll down to: > Kitchen tips and tricks	How to grow your own spring onions	34 sec
	How to cut onions	28 sec
	How to cut lettuce	36 sec
	How to peel ginger	34 sec
	How to cut garlic	34 sec
	How to cut capsicum	30 sec
Healthy Cities Illawarra <a href="https://www.youtube.com/watch?v=nljPd8YgCUw">youtube.com/watch?v=nljPd8YgCUw</a>	How to chop onions	5:08 min
<a href="https://www.youtube.com/watch?v=LWiMLa2mW7A">youtube.com/watch?v=LWiMLa2mW7A</a>	Fridge safety	3:14 min
<a href="https://www.youtube.com/watch?v=xBcp-G0kDU4">youtube.com/watch?v=xBcp-G0kDU4</a>	Knife safety	5:40 min
<a href="http://vegetables.co.nz/downloads-and-orders/videos-and-teaching-resources/how-to-prepare/">vegetables.co.nz/downloads-and-orders/videos-and-teaching-resources/how-to-prepare/</a>	How to prepare a variety of vegetables and herbs 27 short videos from New Zealand	Variety
Websites about cooking skills		
<a href="https://www.bbcgoodfood.com/howto/guide/25-skills-every-cook-should-know">https://www.bbcgoodfood.com/howto/guide/25-skills-every-cook-should-know</a>		