



## Cooking Program

commUnity+ aims to run a Cooking Program which will be open to all Deer Park community members, and will include cooking demonstrations, education and tasting opportunities. Recipes and nutritional information will also be provided.

The purpose of the program is to deliver a cooking program that builds the capacity of the community to pursue a healthy lifestyle and enhance their confidence and skills required to prepare food and cook nutritious meals.

commUnity+ aims to engage a diverse range of people via an accessible and flexible program, but requires your input.

We would like your comments and/or feedback regarding which topics are of interest to you or suggestions for future cooking programs.

Please indicate below which of the following topics you may be interested in participating in:

- |  |   |  |
|--|---|--|
| Infant nutrition <input type="checkbox"/>                                    | Child nutrition <input type="checkbox"/>                                | Teen nutrition <input type="checkbox"/>        |
| Fussy Eaters <input type="checkbox"/>  | Help! My teen has become a vegetarian <input type="checkbox"/>          |  |
| Understanding the glycaemic index (GI) <input type="checkbox"/>              | Loving my heart <input type="checkbox"/>                                |  |
| Carbs – good or bad? <input type="checkbox"/>                                | Protein – the body's building blocks <input type="checkbox"/>           |  |
| Iron, Zinc and Vitamin B12 <input type="checkbox"/>                          | Supplements - do I really need them? <input type="checkbox"/>           |  |
| Phytochemicals for health <input type="checkbox"/>                           | Antioxidants – colour coding our health <input type="checkbox"/>        |  |
| What happens in my tummy? (understanding digestion) <input type="checkbox"/> |   |  |
| Kidneys – the body's water management plant <input type="checkbox"/>         |   |  |
| Start the day right (breakfast) <input type="checkbox"/>                     | Menu planning – being consumer wise <input type="checkbox"/>            |  |
| Weight management <input type="checkbox"/>                                   | Healthy body image <input type="checkbox"/>                             | Bone density for life <input type="checkbox"/> |
| Reducing my risk of cancer <input type="checkbox"/>                          | Teeth – putting the bite on your Dentist <input type="checkbox"/>       |  |
| Nutrition for successful aging <input type="checkbox"/>                      | The Good Oil on fats and cholesterol <input type="checkbox"/>           |  |
| Cooking for one <input type="checkbox"/>                                     | Reducing my risk of diseases <input type="checkbox"/>                   |  |
| Exercise and movement <input type="checkbox"/>                               | Go Veg! The benefits of a vegetarian lifestyle <input type="checkbox"/> |  |



If you have other suggestions of topics you think may be beneficial, please indicate:

Other  \_\_\_\_\_

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Any other comments: \_\_\_\_\_

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\_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please return completed survey forms to Michelle Burke – Community Development and Social Participation Coordinator at [mburke@comm-unityplus.org.au](mailto:mburke@comm-unityplus.org.au)