

To access the links to this research - please follow the instructions below

1. When you click on the links to the word documents listed below, please save the document first onto your computer rather than opening and working on it. This prevents the document corrupting and you losing information.

2. The videos will download automatically and you can stop and start whenever you like.

3. Download, save and read the Instructions for Previewing the Food Skills Rating Checklist first – please open in numerical order

1. The Instructions for Previewing Food Skills Rating Checklist is <http://tinyurl.com/7fszbp8>

2. Test Recipe <http://tinyurl.com/76zh7pw>

3. Food Skills Rating Checklist <http://tinyurl.com/7x9qxfn>

Food Skills Rating Checklist <http://tinyurl.com/6sz9fpb>

Food Skills Rating Checklist <http://tinyurl.com/7um7pba>

4. Video X <http://tinyurl.com/7u8w34s>

Video Y <http://tinyurl.com/7gm85mw>

Video Z <http://tinyurl.com/7bcgrijk>

5. Evaluation Checklist <http://tinyurl.com/7l5db7g>

If you have trouble accessing the links you could try accessing them via my blog

<http://foodskillsexpert.blogspot.com/>

After viewing of the video

5. Please ensure that *all* skills have been rated on each of the three copies of the Food Skills Rating Checklist.

6. Please complete the Evaluation of the Food Skills Rating Checklist Form.

7. Please return the three completed Food Skills Rating Checklists and the Evaluation of Food Skills Rating Checklist to Sandra sfordyce@mentonegirls.vic.edu.au

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