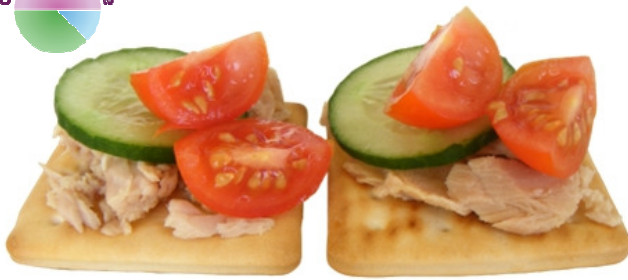
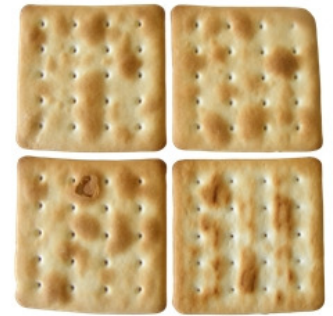


Tuna salad breakfast crackers

- Feeds 1

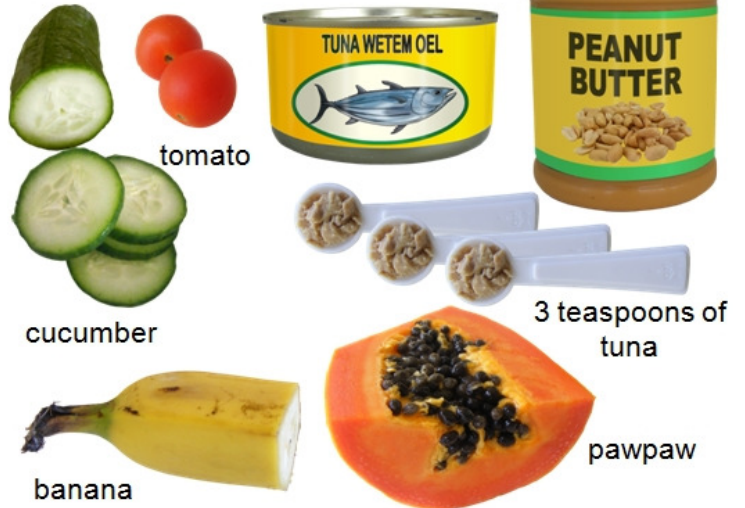


Ingredients



4 breakfast crackers

Equipment



tomato

cucumber

banana

3 teaspoons of tuna

pawpaw

Preparation

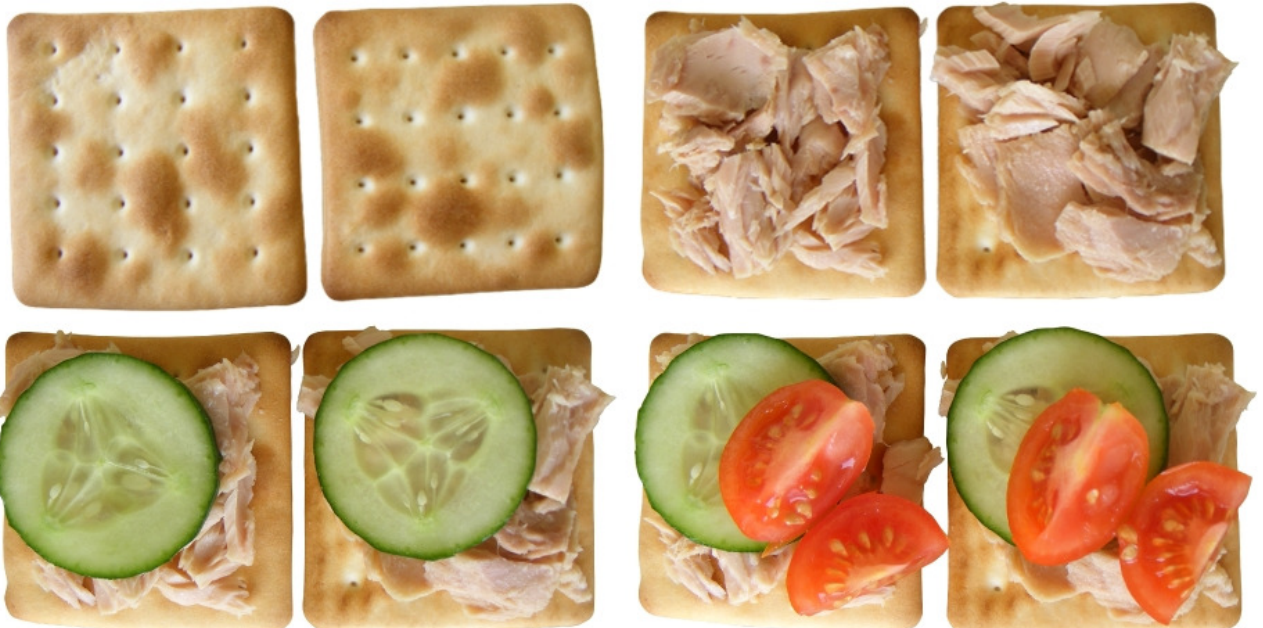
1
Slice the cucumber & tomato



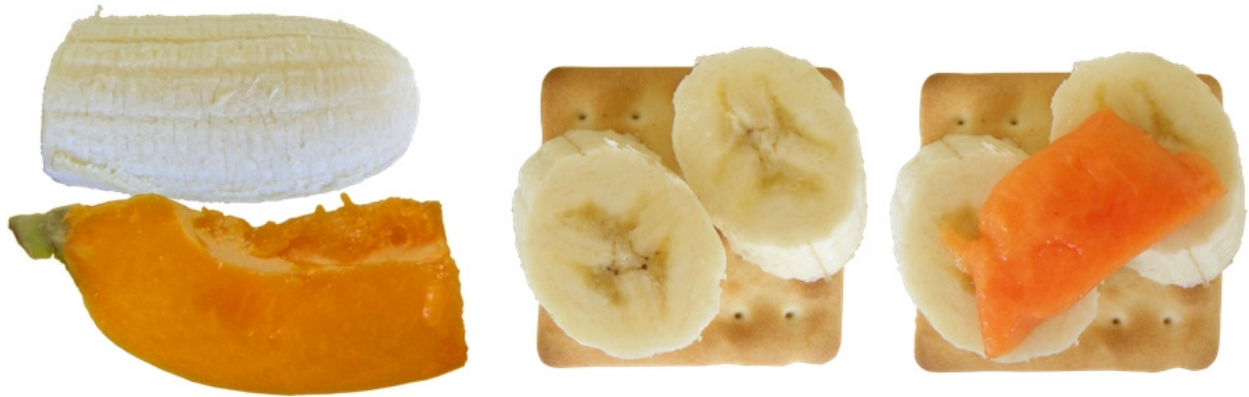
Drain the oil from the tinned tuna



2
Make 2 tuna salad breakfast crackers



3 Make 1 fruit salad breakfast crackers



4 Make 1 peanut butter & vegetable breakfast cracker



Good food plate

Energy



Protective

Body building



Serves in tuna salad breakfast biscuits



1 serve of breakfast crackers



1/2 serve vegetables



1/8 th serve of tinned tuna

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Solomon Islanders of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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