

# Eat together - Tasty lentil soup - Feeds about 6

## Ingredients



2 small sweet potatoes



1 large potato



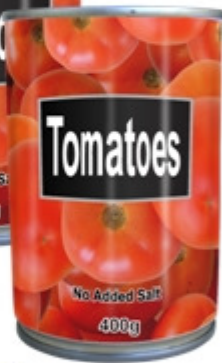
Wholemeal or wholegrain bread



½ packet of soup mix



2 tins of tomatoes



Curry powder



3 cloves garlic



2 onions



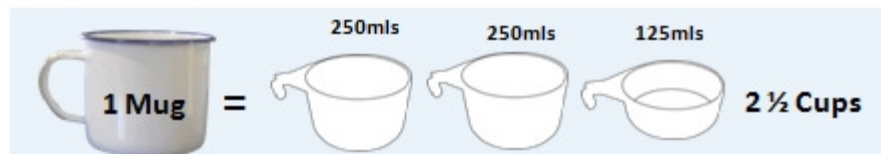
Small amount of oil



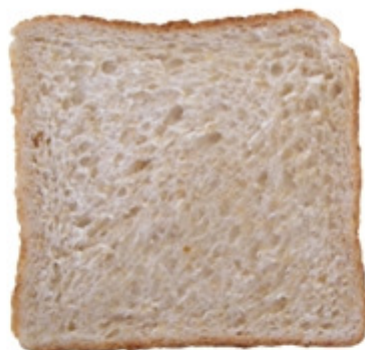
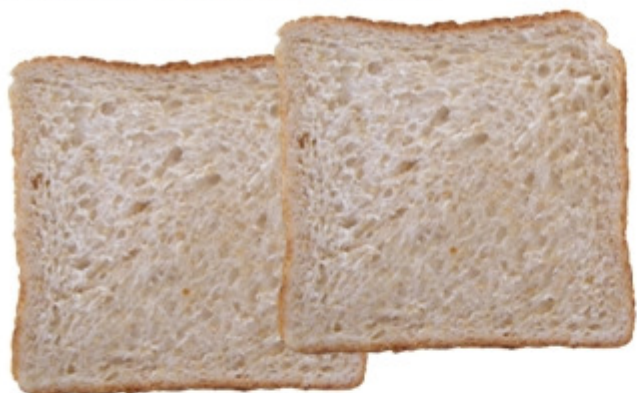
Optional - stock cube



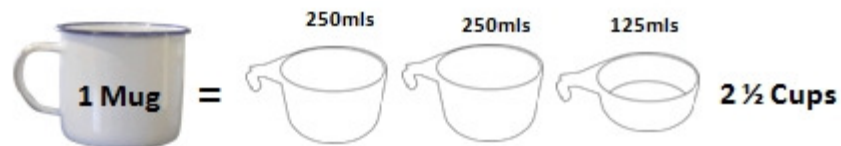
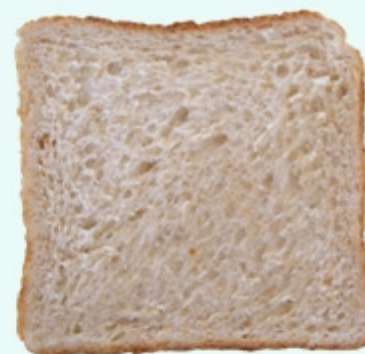
## Healthy Meal



Eat together - Tasty lentil soup

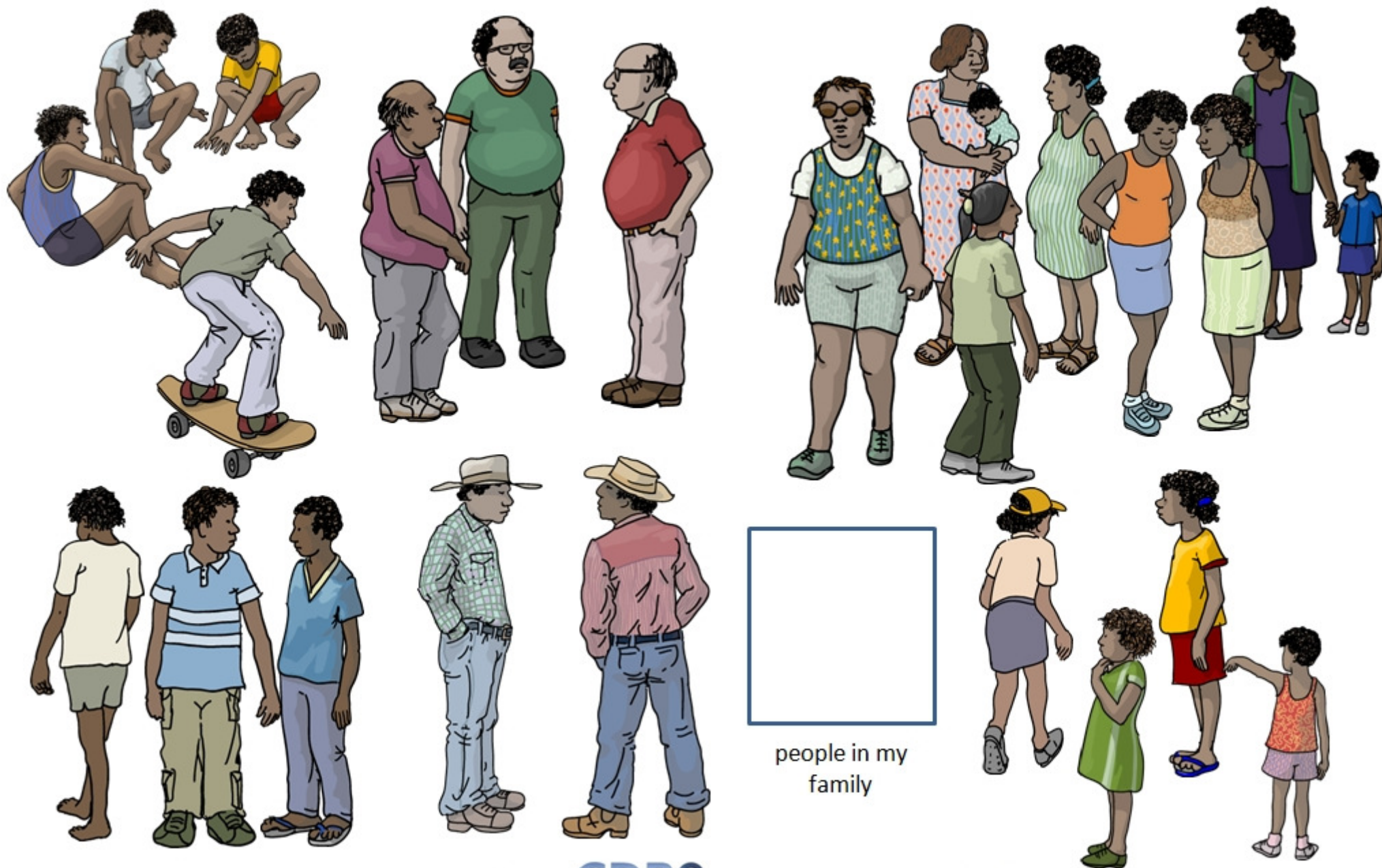


Child's portion





# Eat together - Tasty lentil soup – How big is your family?



people in my family

# Eat together - Tasty lentil soup – How much does it cost?

2 small sweet potatoes



1 large potato



Bread



½ packet of soup mix



2 tins of tomatoes



3 cloves garlic



2 onions



Curry powder



Optional - Stock cube



Small amount of oil





# Eat together - Tasty lentil soup – Where did you spend the most?

\$

\$

\$



Spend least



Usually most expensive



Try and spend most



## Eat together - Tasty lentil soup – How much salt?



There is salt in the bread



There is salt in some curry powders

Try and use “no added salt” tinned vegetables



1 stock cube = 732 mg of salt =  
2 ½ half teaspoons of salt  
Approx 122mg per person



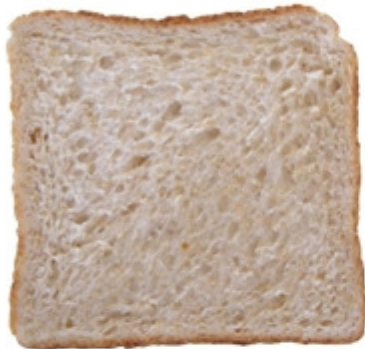
½ teaspoon = 284 mg of salt



Eat together - **Tasty lentil soup** – Does using a stock cube make a difference?

1 slice of bread  
and lentil soup

Sodium **71mgs**



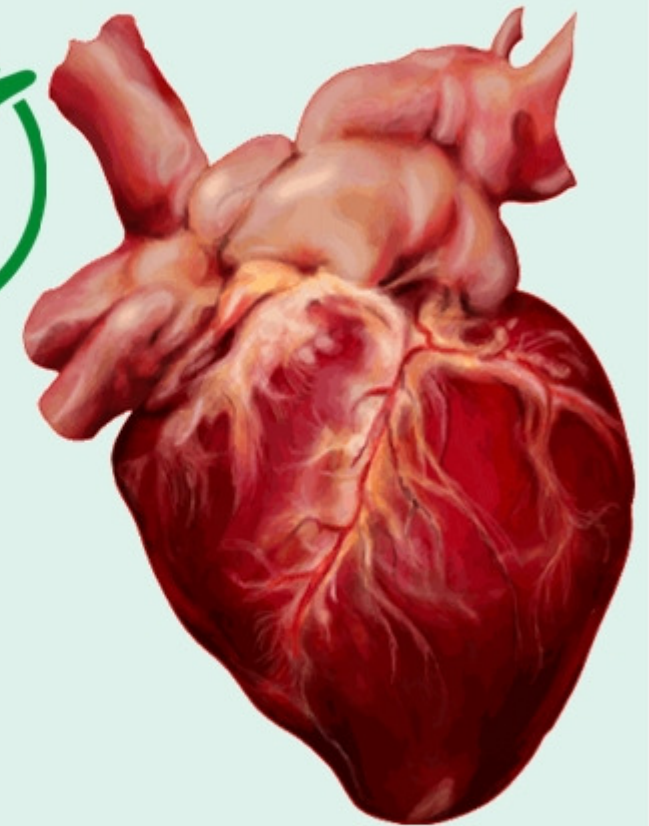
1 slice of bread and lentil  
soup made with 1 stock cube

Sodium **111mg**



Both are low salt (**120mg** of sodium per 100g)

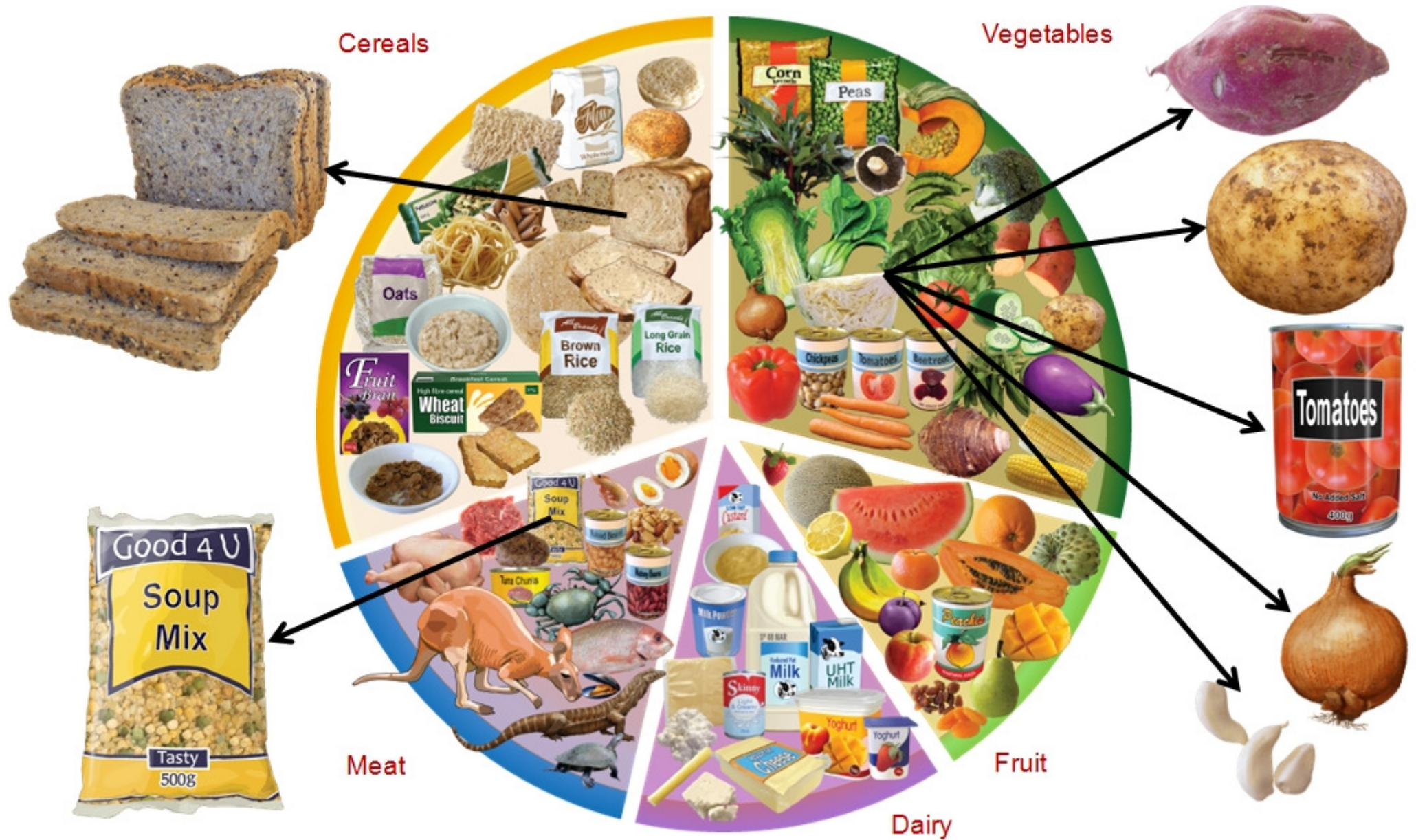
**Less** salt is good for your heart



Healthy amount of salt for an adult  
460–920mg/day



# Eat together - Tasty lentil soup – Which food groups?





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

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### Purpose of resource:

To provide simple pictorial information on a meal for a family and budgeting.

It can be used in a clinical or community setting. Including how to incorporate the dietary needs of someone with a chronic disease into the family setting.

### Target group:

This resource is designed for use with people who have some basic cooking skills and need to cater for a family or a group of about 6 people.

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