

# Egg sandwich



## Ingredients



1 teaspoon of pickle

1 boiled egg

Shredded lettuce

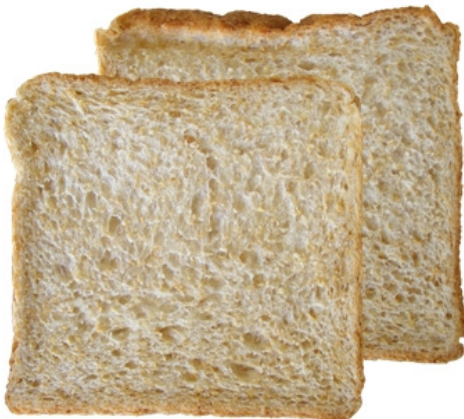
## Equipment



2 slices of wholemeal bread



1 Mash one hard boiled egg



2 Use 2 slices of bread



3 Spread the pickle on one slice



4 Spread the egg



5 Place the lettuce

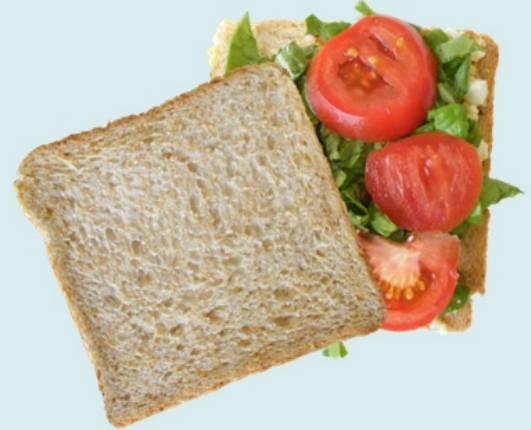


6 Cut into two



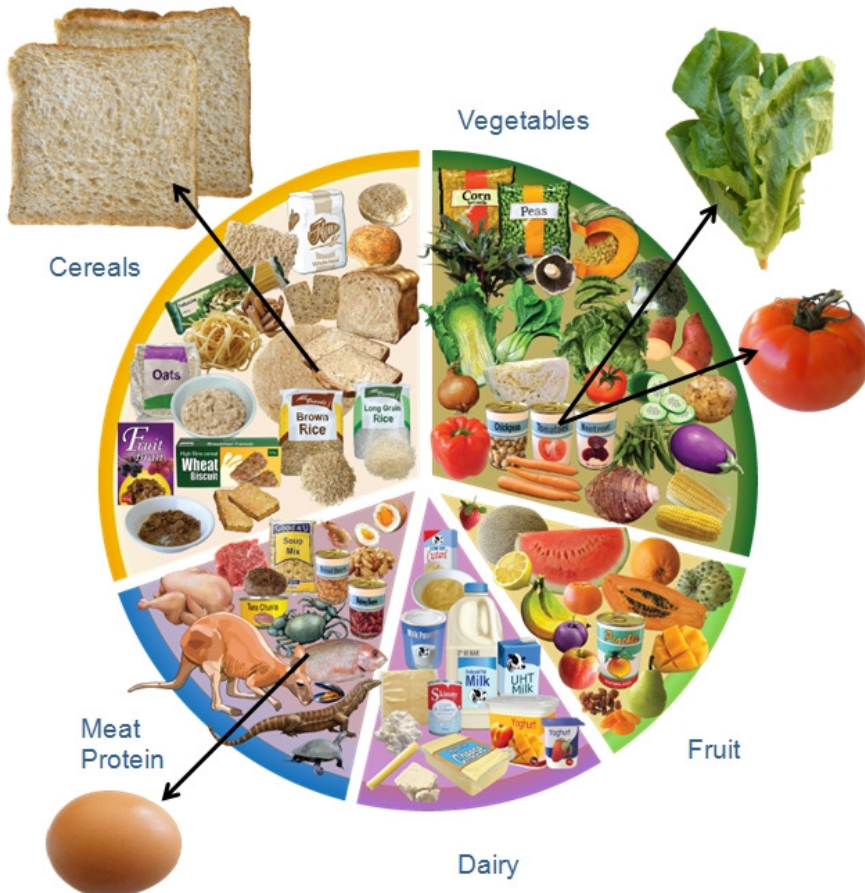
## School Lunch

You can buy a ready made sandwich or... you can make your own sandwich



Remember, the tomato can make the bread soggy

## Food groups



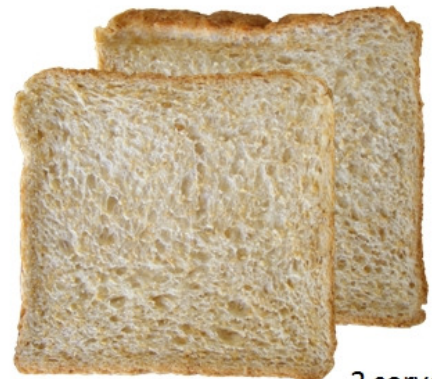
## Serves in 1 round of sandwich



1 serve of vegetables



½ serve of eggs



2 serves of bread

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 Australians of all ages.

### **Notes:**

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

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