

Meat & salad sandwich



Ingredients



1 teaspoon of chutney or sauce

1/4 cup of sliced tomato



1/2 shredded lettuce

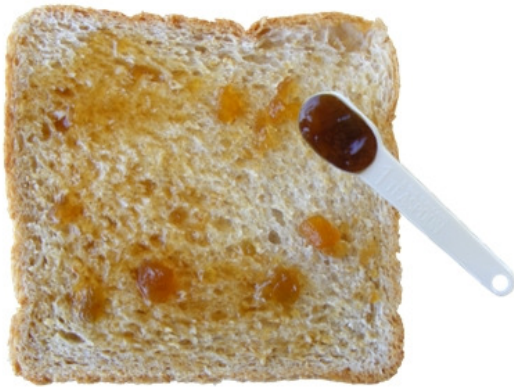


Ham



2 slices of wholemeal bread

Equipment



1 Spread the chutney or sauce on one slice



2 Add the ham



3 Add the salad (Tomatoes & lettuce)

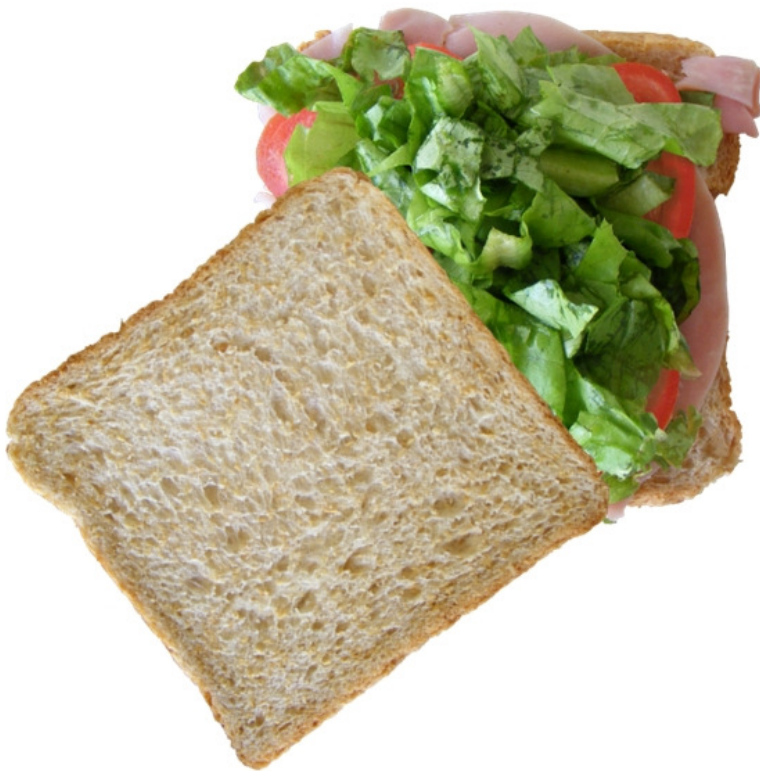


4 Slice

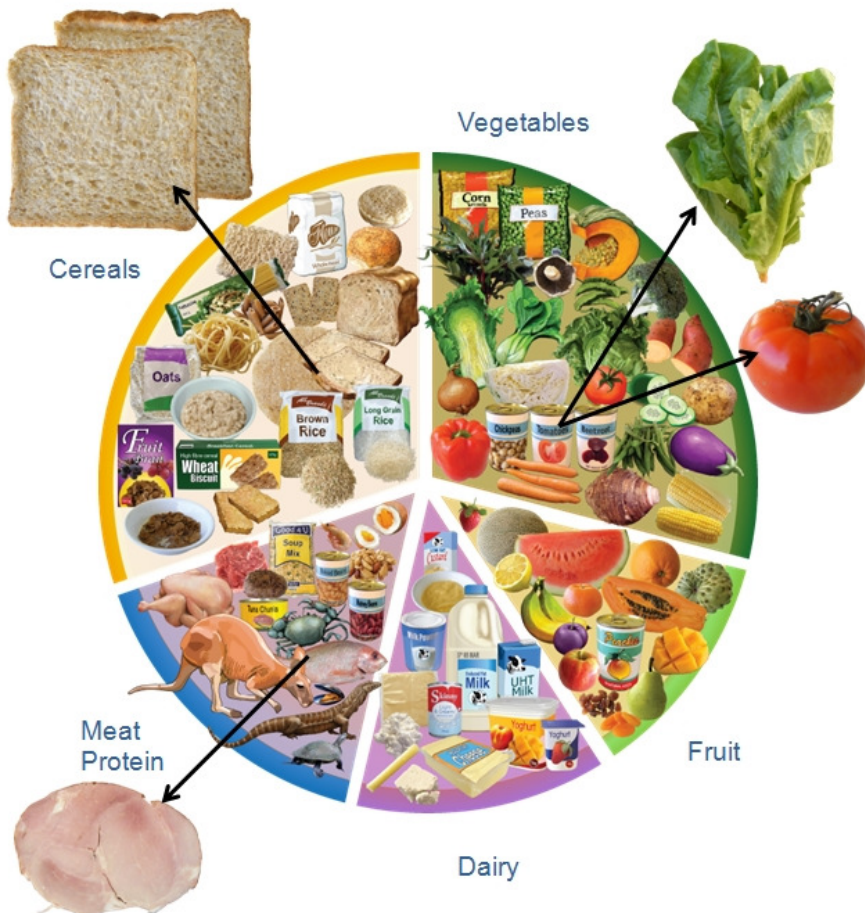
School Lunch

You can make your own sandwich

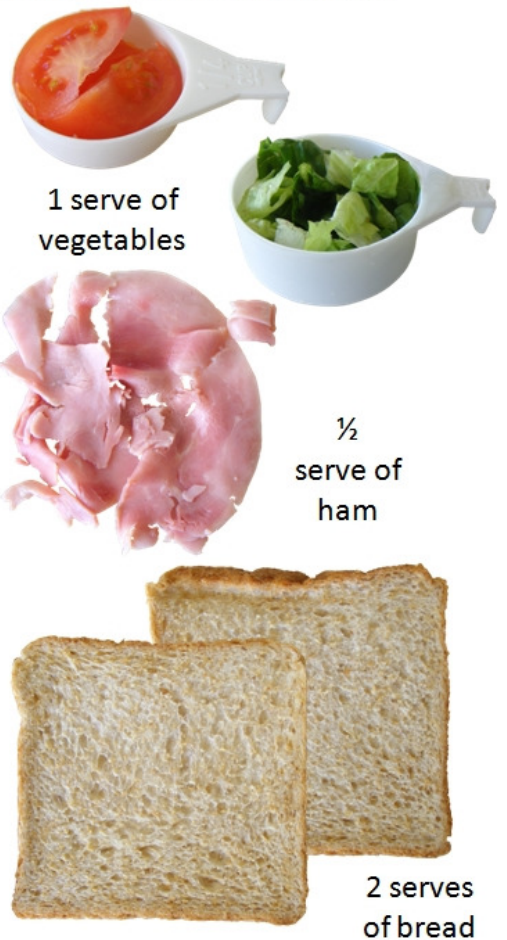
...or you can buy a ready made sandwich



Food groups



Serves in 1 round of sandwich



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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