

# Healthy hamburger



## Ingredients



1/4 cup fried onions



1/4 cup grated carrot



1/4 cup sliced cucumber



1/4 cup sliced tomato



1/2 cup lettuce



1/4 cup tinned beetroot



Bread roll – either wholemeal or multigrain



1 or 2 teaspoons of pickle or relish



1 cooked meat patty

## Equipment



1 Cut bread roll into 2



2 Spread the bottom piece of the roll with 1 or 2 teaspoons of pickle or relish



3 Place 1/2 cup of lettuce



4 Place 1/4 cup of grated carrot



5 Place 1/4 cup of fried onions





6 Place cooked meat patty



7 Place tinned beetroot



8 Place sliced cucumber



9 Place sliced tomato

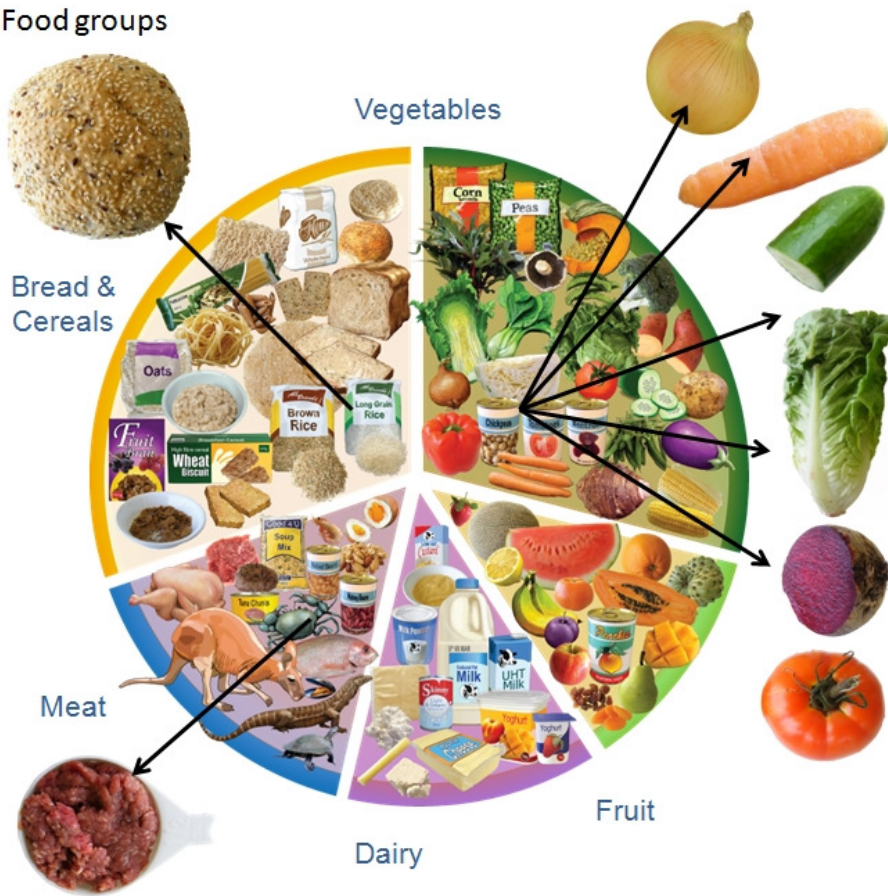


10 Place top of roll on top

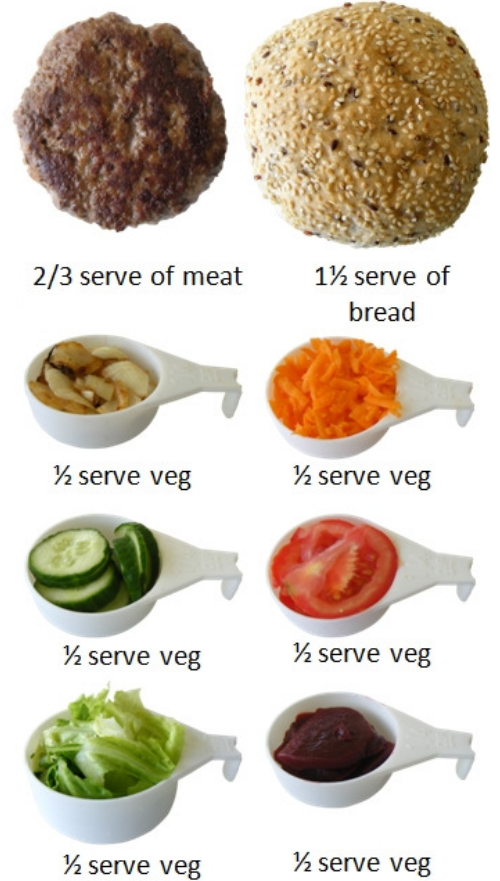


11 Gently push down

Food groups



Serves in healthy hamburger



Total 3 serves of vegetables

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

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

### **Key skills:**

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

### **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, so that it can be used by participants at their cooking stations.

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