

# Coleslaw – Feeds 2



**Ingredients**

- 2 cups shredded cabbage
- 1 cups of sliced apple
- ½ cup grated carrot
- ½ cup capsicum

**Equipment**

- 1 tablespoon milk
- 2 slices of toast
- 1 tablespoons vinegar
- 1 tablespoons light mayonnaise
- 2 cheese slices



**1** Add milk, vinegar & mayonnaise



**2** Mix...



... the dressing is smooth



**3** Add cabbage



**4** Mix with dressing



**5** Add apple





6 Mix



7 Add carrot



8 Add capsicum



9 Mix

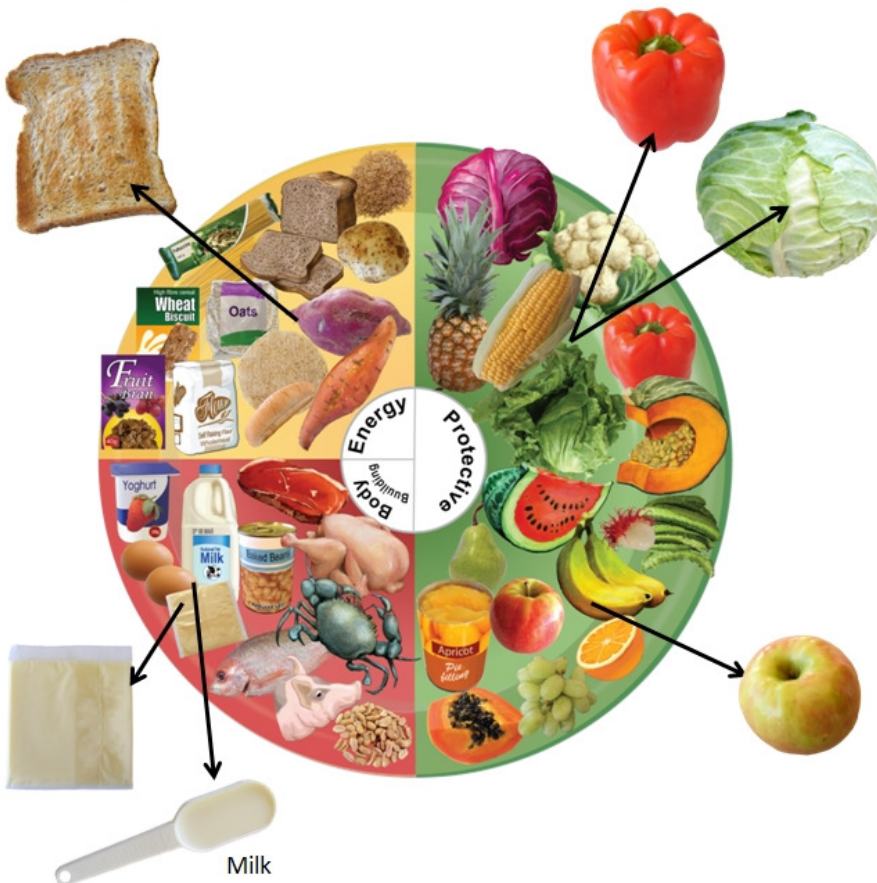


10 Place half the coleslaw on a plate



11 Serve with toast and cheese

Good food plate



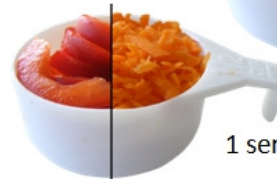
Serves for portion of coleslaw & cheese on toast



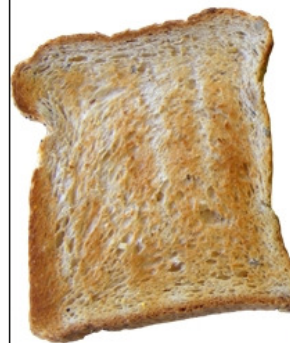
1 1/2 serves shredded raw cabbage



1/2 serve of fruit



1 serve of capsicum & carrots



1 serve of toast



3/4 serve of cheese

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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