

# Meat & salad sandwich



## Ingredients



1 teaspoon of chutney or sauce

1/4 cup of sliced tomato



1/2 shredded lettuce

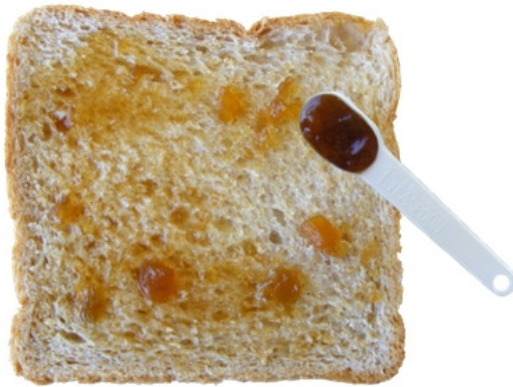


Ham



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)

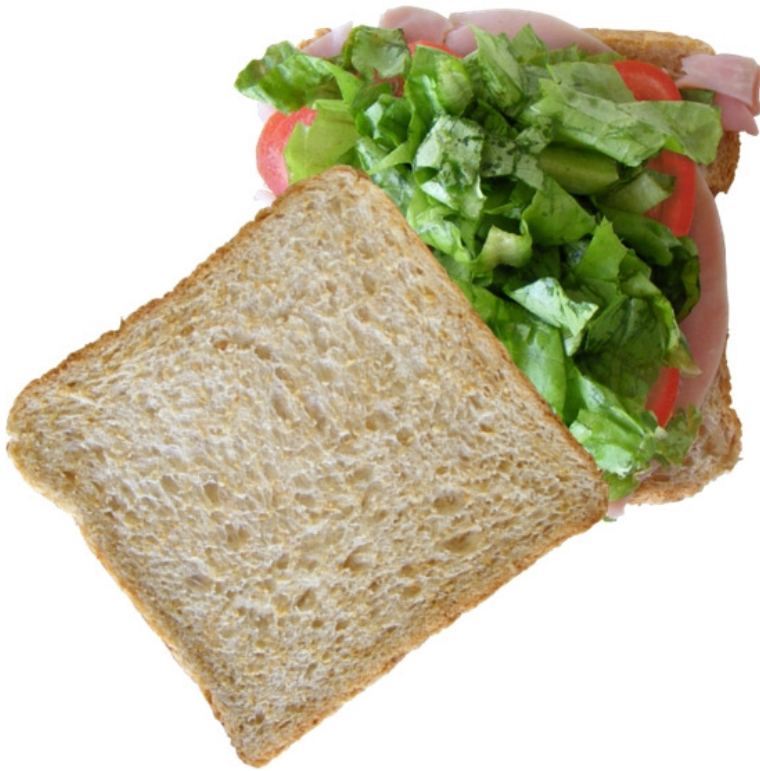


4 Slice

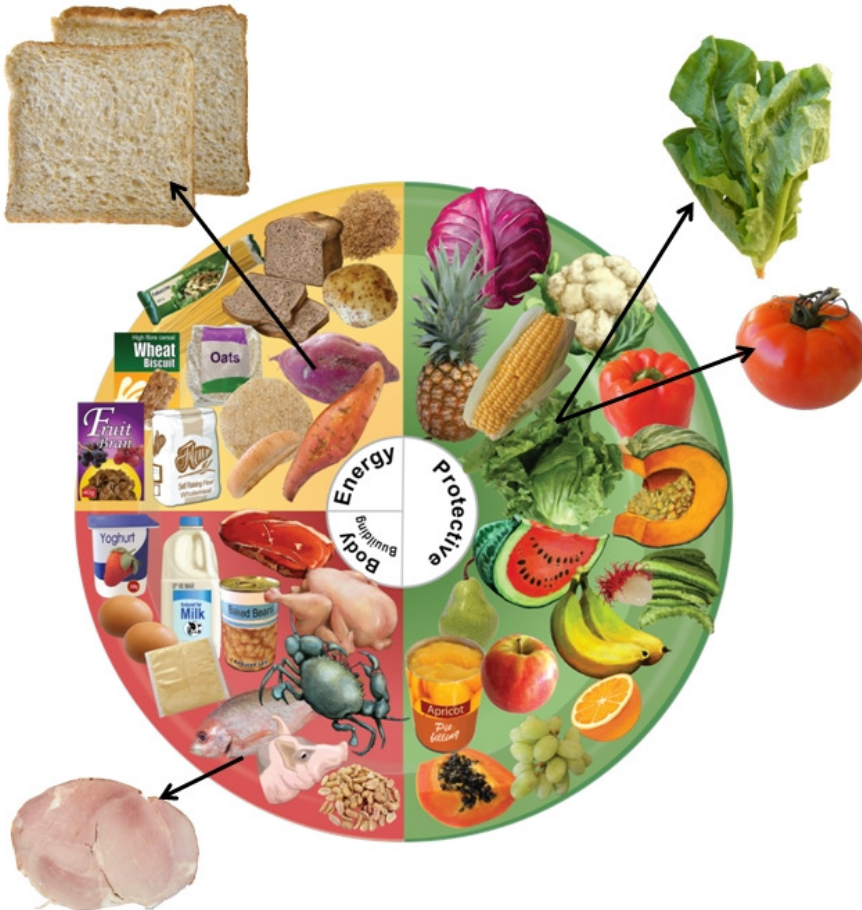
# School Lunch

You can make your own sandwich

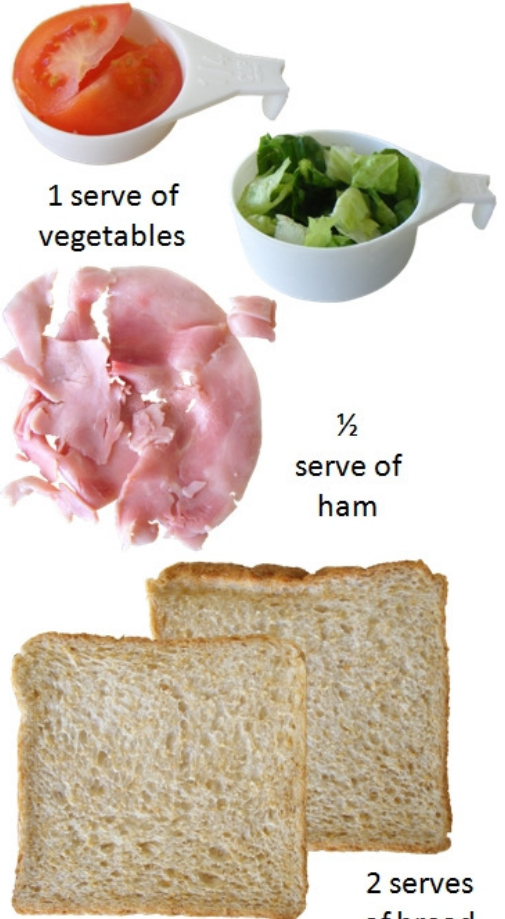
...or you can buy a ready made sandwich



## Good food plate



## Serves in 1 round of sandwich



1 serve of vegetables

½ serve of ham

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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