

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 pate



7 Place tinned beetroot



8 Place sliced cucumber



9 Place sliced tomato



10 Place top of roll on top



11 Gently push down

Good food plate



Serves in healthy hamburger



2/3 serve of meat

1 1/2 serve of bread



1/2 serve veg



1/2 serve veg



1/2 serve veg



1/2 serve veg



1/2 serve veg



1/2 serve veg

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 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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