

Wrap Pizza - fruit & vegetables

- Feeds 1



Ingredients



2 tablespoon of chopped ham



2 teaspoon of tomato past with herbs



1/4 cup of fruit



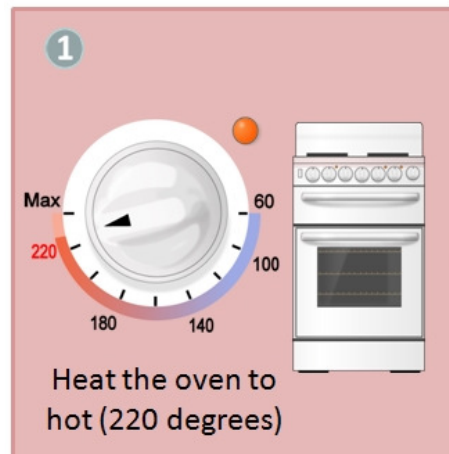
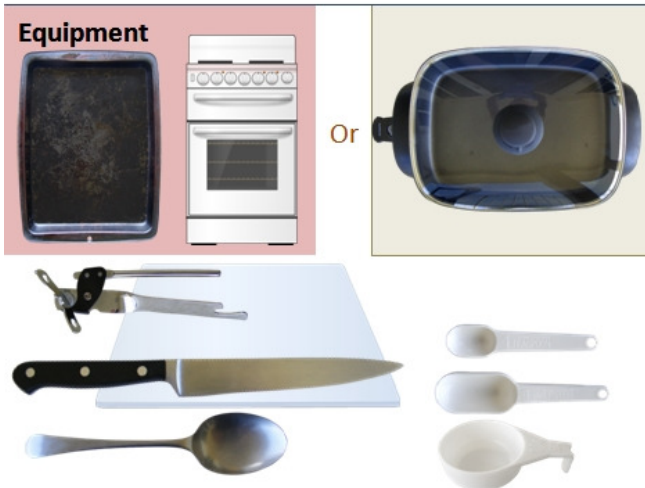
2 tablepoon of cheese



2 x 1/4 cup of vegetables



1 wholemeal wrap



2 Spread tomato puree on bread



3 Sprinkle herbs on top



4 Add vegetables and meat

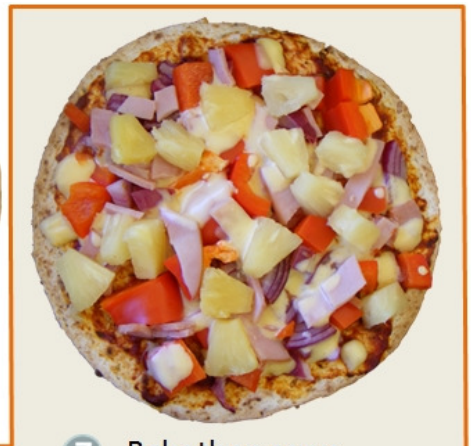




5 Add cheese



6 Add pineapple



7 Bake then serve



Cook for 5 - 10 minutes
(The time will depend upon the oven)

Or



Cover with lid and cook for about 6 minutes

Good food plate



Serves in 1 pizza



½ serve of vegetables



¼ serve of fruit



⅓ serve meat



⅔ serve of cheese



1 serve 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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