



Sandwich Face

INGREDIENTS

Serves 1

- 1 slice multigrain bread
- 1 slice low fat cheese
- 2 slices green capsicum
- 1 slice red capsicum
- 2 slices cucumber
- ¼ cup alfalfa sprouts
- ½ cherry tomato
- 2 sultanas



METHOD

1. Have an adult cut up each of the vegetables.
2. Place a slice of bread on the plate.
3. Place the cheese on top of the bread.
4. Arrange vegetables on the bread to make a face.

Tip:

Try other vegetables e.g. grated carrot hair or broccoli ears.



Happy Mealtimes!

- Eating with family and friends helps to make mealtimes fun.
- Mealtimes are a time to be together with our family.
- Mealtimes are a time to share stories with our family and friends.



For more recipes and nutrition information visit:

www.actnss.org