

# **Toastie Challenge**

We found that many of us during LOCKDOWN ran out of some food items and had to create meals with the food we had in the fridge/ freezer and pantry.

Your challenge is to work with a buddy and create a lunch meal using these lockdown staples below.

You will need to write up your own recipe beforehand and bring it to class to work from. You must set your recipe out using the correct method. Fill in the table below. (ask Mrs Ismail to help you get it in the correct order)

## **Create a Toastie using some of these foods:**

You will have the following foods available to you on the day...

- cheese
- onions
- parsley
- crushed pineapple
- spaghetti
- creamed sweetcorn
- sandwich bread
- Butter /margarine
- Ham
- Chicken
- Pizza sauce

Title:	?
Ingredients in order of use (with quantities):	?
Steps /Instructions:	?

## **PE and Health**

In your PE & H lessons work on finding out which foods are a healthy choice for us. How could we choose healthier ingredients for our Toasties. Consider different fillings, serving with salad, different types of bread or wraps. Create a healthy improved Toastie recipe.

<https://www.heartfoundation.org.nz/wellbeing/healthy-eating/eating-for-a-healthy-heart>

<https://www.heartfoundation.org.nz/shop/nutrition/docs/healthy-heart-visual-food-guide-a4-2016.pdf?1595711784>

<https://www.heartfoundation.org.nz/wellbeing/healthy-eating/nutrition-facts>