








Recipe Sheet: Cheese Sandwich



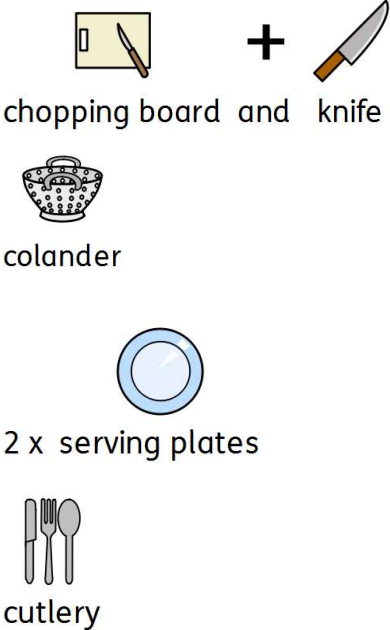


Portions: 2




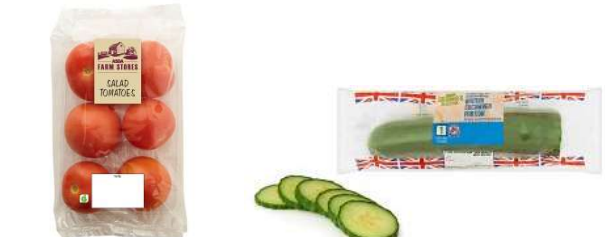




Shopping List:

Photo	Item
	4 slices of wholemeal brown bread
	2 slices of cheddar cheese
	2 tomatoes
	$\frac{1}{2}$ cucumber
	handful of lettuce
	$\frac{1}{2}$ red onion
	Margarine

Preparation:

Task	Photo
Get Apron and Hat	
Wash Hands	
Get equipment ready	 <p>chopping board and knife</p> <p>colander</p> <p>2 x serving plates</p> <p>cutlery</p>
Get ingredients ready	<ul style="list-style-type: none">• 4 slices of wholemeal brown bread• 2 slices of cheddar cheese• 2 tomatoes• $\frac{1}{2}$ cucumber• 1 handful of lettuce• $\frac{1}{2}$ red onion• Margarine

Recipe:

Photo	Task
	<p>Put two slices of bread on each serving plate and spread margarine on them.</p>
	<p>Wash the ½ cucumber and 2 tomatoes in the colander.</p>
	<p>Wash the lettuce and ½ red onion in the colander.</p>
	<p>Use the salad chopping board and knife to cut the ½ cucumber, red onion and 2 tomatoes into slices</p>
	<p>Add the sliced tomato, red onion and sliced cucumber to the bread</p>
	<p>Add the handful of lettuce to the sandwich</p>
	<p>Add one slice of cheese to each sandwich</p>
	<p>Serve each sandwich with 1 item of fruit and enjoy.</p>