

**Get up &
go!**



Healthy fillings

All recipes make 1 child-size portion (3-4-year-old)
Double the ingredients to make for an adult

Ingredients



- **Coronation chicken**
 - 1 – 2 small slices of cooked chicken, chopped
 - 1 teaspoon of raisins/sultanas (optional)
 - 1 pinch of mild curry powder to taste
 - 1 teaspoon of plain natural yogurt/lower fat mayo
 - Spinach or lettuce
- **Tuna or Hummus crunch**
 - 1 ½ tablespoons of tuna or hummus
 - 1 tablespoon of chopped pepper
 - 1 tablespoon of chopped spring onion
- **Cheese and carrot**
 - 2 tablespoons grated cheese
 - ½ medium carrot, grated
- **Hawaiian Heaven**
 - 1 tablespoon low fat soft cheese/cottage cheese
 - 1 tablespoon crushed pineapple.

Equipment

Bowl, chopping board, vegetable knife, tin opener, stirring spoon, bread knife and grater.

Method

For each recipe, place all the ingredients into a bowl, mix together and place in bread or top a jacket potato.

Handy tips

Note that 1 slice of bread is a portion for a 3-4-year-old.

Jacket potato similar size to child's clenched fist.

- Try different types of bread like pitta, wrap, bread muffins, baguette, chapatti and bagels or top your jacket potato.
- Add salad or vegetable sticks for a complete balanced meal.
- Try other tasty ideas like cheese and tomato, mashed boiled egg and cress, mixed bean and salad, chicken and salad.