

# Making Healthy Food

Here are some examples of making healthy meals for your breakfast.

## Egg Mayo Sandwich



### Ingredients

3/4 cup Lady's Choice

2 slices white bread

3 bunches of curly lettuce, washed and dried from excess water

2 pieces ripe salad toma-

### Steps

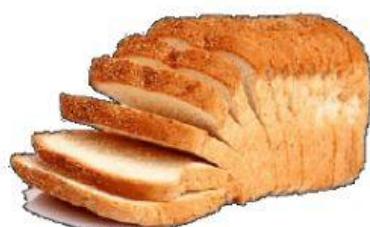
1. Combine boiled eggs and Lady's Choice Real Mayonnaise in a bowl.
2. Mix well. Season with salt, pepper, and sugar according to taste.
3. To add a healthy twist to Egg Sandwich, arrange 3-4 pcs of lettuce leaves on the bread.
4. Spread mixture over the lettuce, top with 1-2 slices of tomatoes then cover with another slice of bread.

## Activity 1

Name the food below by choosing the correct answer.

1

\_\_\_\_\_



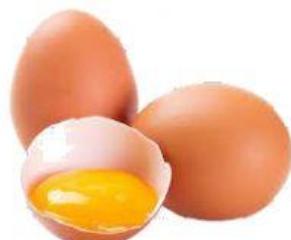
2

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3

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4

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5

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## Activity 2

Rearrange the steps of making egg sandwich below.

Spread mixture over the lettuce, top with 1-2 slices of tomatoes then cover with another slice of bread.

To add a healthy twist to Egg Sandwich, arrange 3-4 pcs of lettuce leaves on the bread.

Combine boiled eggs and Lady's Choice Real Mayonnaise in a bowl.

Mix well. Season with salt, pepper, and sugar according to taste.



Steps



1

2

3

4