

Making healthy food

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

Steamed crispy vegetables

Ingredients :

Carrot

Bean

Broccoli

Cauliflower

Water



Steps :

1. Cut each of the vegetables into small pieces.
2. Place the vegetables in a microwave safe container.
3. Pour fresh water over the vegetables so that it covers the bottom of the container.
4. Microwave on higher power for 3-5 minutes.

Name :



Activity 1

Name the food below by choosing the right answer.

1. _____



2. _____



3. _____



4. _____



5. _____



Activity 2

Rearrange the steps of making steamed crispy vegetables below.

Microwave on higher power for 3-5 minutes.

Cut each of the vegetables into small pieces.

Pour fresh water over the vegetables so that it covers the bottom of the container.

Place the vegetables in a microwave safe container.

steps:

1.

2.

3.

4.