Making Healty Food

Here are some example 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-

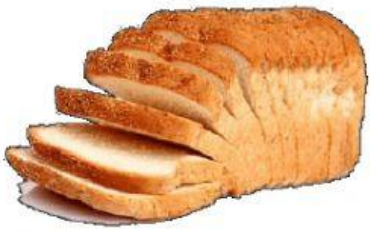
Steps

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.

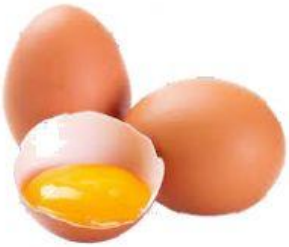
LIVEWORKSHEETS

Activity 1

Name the food below by choosing the correct answer.

1 _____ 

2 _____ 

3 _____ 

4 _____ 

5 _____ 

LIVEWORKSHEETS

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

LIVEWORKSHEETS