



EASY PLEASY HAM ROLLS

Here's a quick and easy health lunchbox option or after school snack; simple enough for children to make for themselves. Easy Peasy and very pleasy!



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; chop using bridge/claw appropriately; spread with a knife; garnish and decorate.

Equipment: Small bowl, chopping board, table knife.

Allergens*: Milk | May contain gluten (ham)

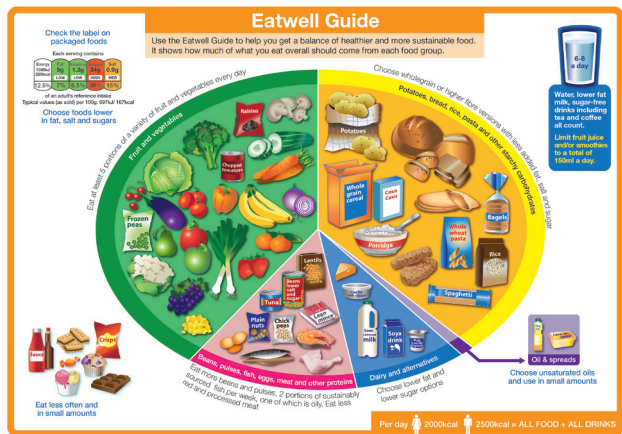
Ingredients (serves 2):

- 4 slices of ham
- 80 g reduced fat cream cheese
- Little gem lettuce

Method

1. Cut the ham slices in half.
2. Spread one side of each piece of ham with the cream cheese.
3. Roll the ham slices up and place them in a bowl.
4. Decorate the bowl with some little gem lettuce.
5. Easy Pleasy!

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

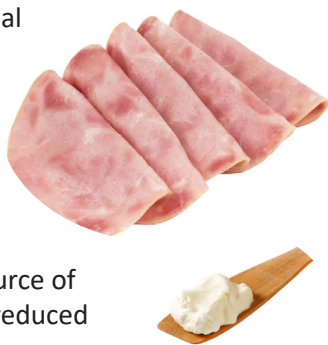


The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Easy Pleasy Ham Roll ...

Ham contains protein; essential for healthy growth and repair of our bodies. Ham is high in salt and is a form of processed meat. Try to eat these types of meat in smaller amounts.



Soft cheese is an excellent source of protein and calcium. Choose reduced fat varieties where possible.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins, minerals and antioxidants.

Energy, sugar, fat and salt per serving

Per 90g serving

ENERGY
352kJ / 84kcal

MED

FAT
2.8g

MED

SATURATES
1.4g

LOW

SUGARS
2.4g

MED

SALT
1.1g

% of an adult's reference intake

Typical values per 100g : Energy 640kJ / 152kcal

Notes

A traffic light system is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.