

Activity 17

Healthier Recipe

- Choose your favourite unhealthy meal and look up the recipe. Then using the Coles or Woolworths website look up food labels and alternatives that you could substitute or add to the recipe to improve the nutritional value, e.g. healthier pasta sauce, adding more veggies, substitute full cream for light milk.

Recipe Name:

Ingredients:

Equipment

Instructions:

Sample

What additions/substitutions did you make to improve the nutritional quality?
