

Multi-grain bread, tuna, lettuce, carrots, cucumber, cheese, tomato, avocado, red onion and parsley.

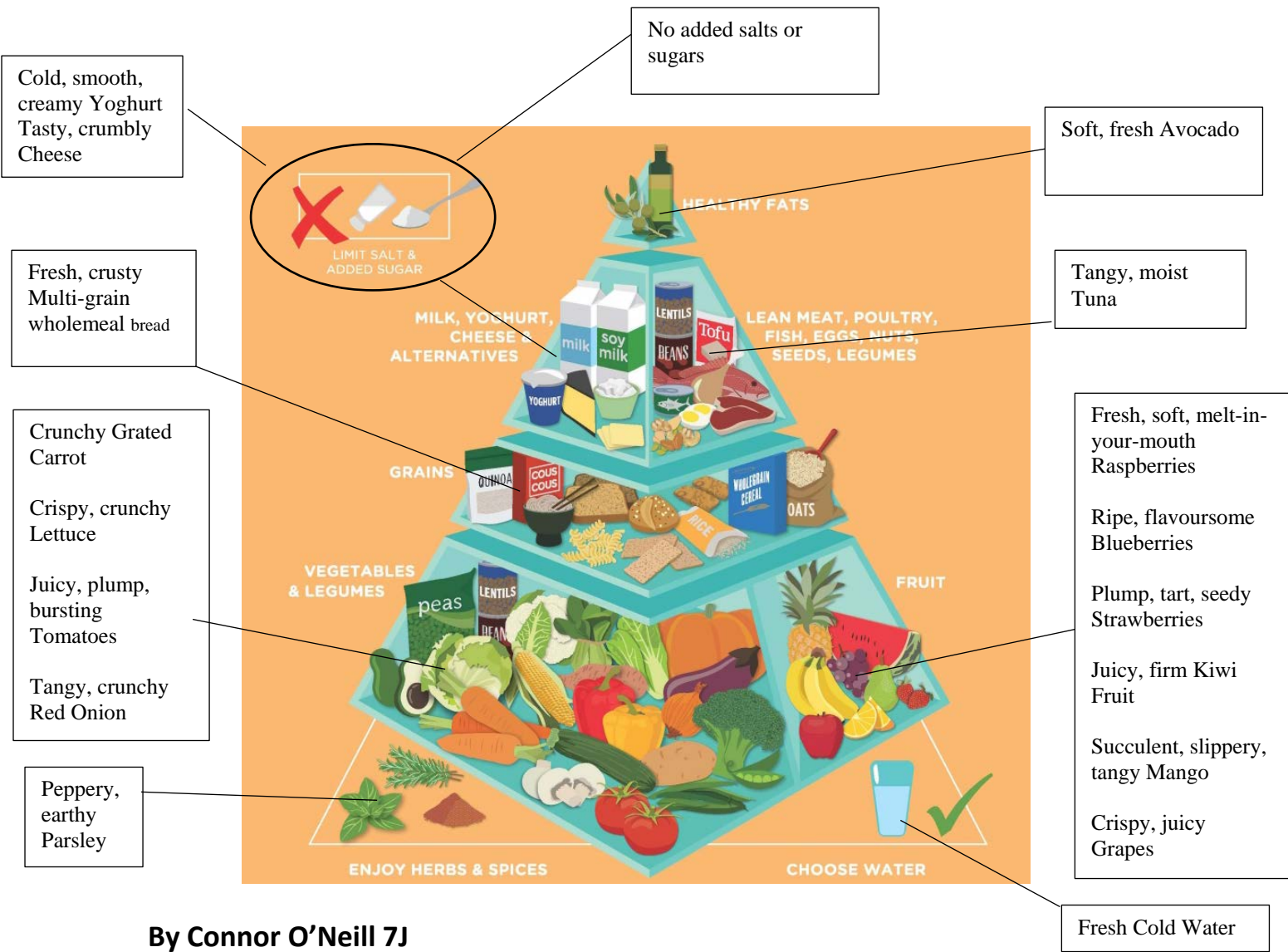


In my lunch, it includes lots of food from different groups of the HEP. It has healthy fats from avocado and tuna, calcium from yoghurt and cheese, plus some protein also from the tuna. I included multi-grain bread (which has wholegrains), vegetables such as lettuce, tomato and carrot and finished with some parsley as (a herb rich in iron) to my sandwich.

To compliment my sandwich is a fruit salad containing Plain Greek Yoghurt, Kiwi Fruit, Mango, Grapes, Blueberries, Strawberries and Raspberries. The fruits are full of antioxidants, Vitamin C, Vitamin A and lots of fibre.

I wanted to include a rainbow of colour in my lunch to ensure a good range of vitamins and overall health benefits.

A list of the ingredients and the sensory properties of my super rainbow lunch.



By Connor O'Neill 7J



The super rainbow lunch was tasty because it was both sweet and savoury because the corn was sweet and the beans and the fusilli pasta were savoury. It was creative because it used a variety of different foods and it is visually appealing because it used a lot of different colours.

Michelle Zhou 7L

The main dish is Egg Fried Cauliflower Rice with a strong aroma of fresh vegetables and just laid eggs from our chickens. The flavour was sweet with the fresh vegetables and onion softened by the scrambled eggs. The appearance was like a rainbow full of colour. The texture was very smooth and crisp.



A very healthy dish which was easy to make in less than 30 minutes and my family loved it. The side dish was full of fresh fruit, green apples, strawberries, kiwi fruit and mandarin. The aroma was fruity and fresh. This created a very fruity texture which was bursting with flavour. The fruit tasted sweet and sour. The appearance was very bright and colourful.

Courtney Mudge 7B



The vegetables I used had a variety of colours. The colours of vegetables/fruits I used in my recipe were red, orange, yellow, and green. I also used roast chicken for protein and yoghurt for calcium. A regular tortilla wrap was the base of my recipe. I used not only vegetables, but fruit as well (the tomatoes and lemon). Pepper was used to season too.

Chloe Lim 7J