

FOOD FOR THOUGHT

*Solutions to Malnutrition
and Food Security*



(Now incorporating Learn♦Grow)

Meal Preparation and Presentation

Meal: (per person)

100g Dry Rice

100g Fresh chopped cabbage

100g Fresh chopped onion:

Cook the rice (adding salt to taste)

Cook cabbage and onion and mix with rice

Water: (200ml / 1 glass per person)

Water

Drinking chocolate

Dissolve 1 teaspoon of drinking chocolate in a small amount of boiling water, make up to 2 litres with cold water and serve.



Presentation:

1. Meal presented in a bowl with a spoon on a 'Food For Thought Placemat'.
2. One glass of water served with each meal.
3. **No condiments** to be added to the meal, or placed on the table.

