



Pitta Pockets

Home Learning: Children know eating a balance of protein and fibre is important for health.

Ingredients (serves 4)

- 4 wholemeal pitta breads
- Fillings :
 - Protein: cream cheese, cheese, ham, hummus, tuna, smoked salmon, chicken
 - Vegetables: cucumber, grated carrot, tomato, lettuce, avocado, beetroot

Method

1. Cut the pitta bread into 2 pockets and lightly toast until opened.
2. Fill the pitta pocket with a filling of your choice.
3. Place on your serving plate to serve.

Nutritional Benefits

Foods like meat, fish, cheese and hummus are rich in protein, which is needed for us to grow healthy and strong. It also helps to keep our concentration and energy levels even throughout the day. Wholemeal foods (brown foods) and vegetables contain lots of fibre which is important for our digestive health.

