

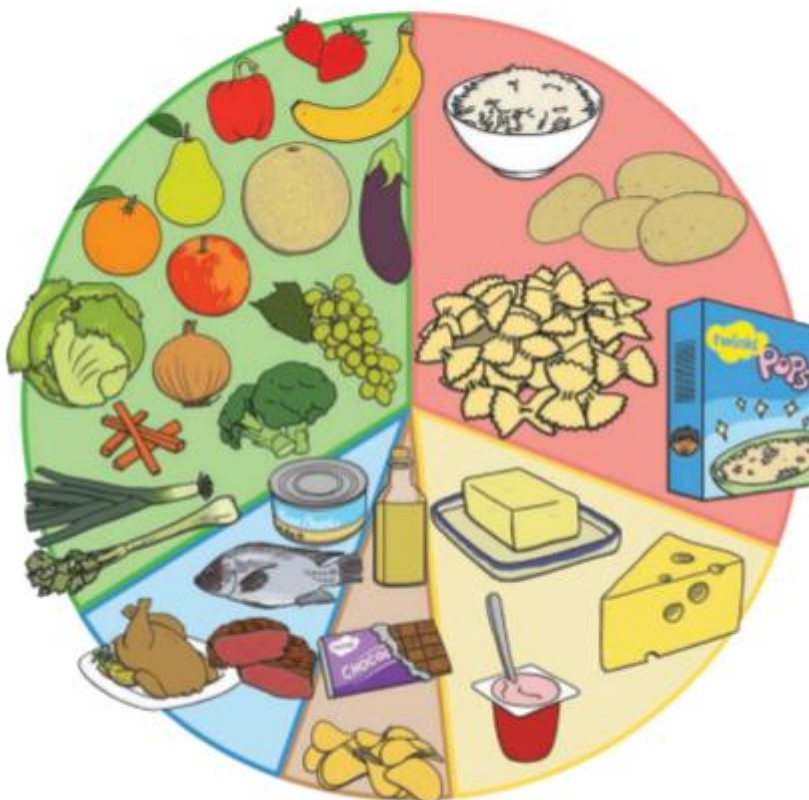
## My Sustainable Meal Design

Your sustainable meal should be healthy, tasty and made with local ingredients.

It could also be vegan, to help our school come up with ideas for the school dinner menu. Sustainable ingredients should be locally produced or travel from nearby countries. Your meal could be a type of salad (ie pasta salad) or sandwich (ie. avocado and bean wrap).

You **must** include:

- Two portions of vegetables.
- Two portions of carbohydrates.
- One portion of protein.



The name of my dish:

The Ingredients I will choose

Equipment:

Method (step by step of how to make it)

Justification-how is this dish sustainable and healthy?