

# Baked Potatoes



(per student)

**Preparation Time:** 20 minutes **Total Cooking Time:** 15 - 25 minutes.

**Serves:** 1

## Coleslaw

### Ingredients

1 piece Cabbage (shredded)

$\frac{1}{4}$  Large Carrot (grated)

$\frac{1}{2}$  t Sugar

1 T Mayonnaise



### Method

Mix all ingredients together in a small bowl

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### Ingredients

1 Large Potato

1 Slice Ham (chopped)

1 t Sour Cream

1 T Grated Cheese

1 t Chives (chopped)

Serving Coleslaw (as above)



### Method

1. Preheat oven to 200°C (hot oven)
2. Collect all ingredients.
3. Prick potato and microwave (3 minutes for 1 potato - longer (extra 1.5 minutes per spud) if more than one is being cooked.
4. Place in Oven on a greased oven tray for 20 minutes or until the skin is brown.
5. Mix the coleslaw mixture
6. Cut a cross in the top of the potato and fill with the coleslaw mixture, the chopped ham and the grated cheese fillings.
7. Top off with the sour cream and chopped chives - YUM!!

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## Activities

1. A new skill I learnt today was .....
2. Complete the following chart and paste this sheet in your books

FOOD	FOOD GROUP	POSITION ON PYRAMID
POTATO		
CHEESE		
SOUR CREAM		
HAM		
CABBAGE		
CARROT		
MAYONNAISE		
SUGAR		