

Dinner

It's dinner time! When eating your evening meal, it is important to make sure your portion isn't too big and you're not eating too late at night before bed. This allows us to digest our food before we go to sleep, giving us a better rest and a healthy heart!

Active Anita's favourite dinner is a 'Wrap Pizzas'!

INGREDIENTS

- Tortilla wrap
- Passata or tomato puree
- Grated cheese

Toppings of your choice – can you include as many different coloured vegetables as possible? For example; Cherry tomatoes, red onion, grilled courgette, spinach and sweetcorn

HOW TO MAKE

- **Spread your passata/tomato puree onto your wrap,** starting from the middle and spreading out to the edges
- Sprinkle on your cheese
- Chop your toppings if you need to – remember you will need a grown up for this, and slap on your pizza
- Ask a grown up to carefully slide your pizza in the oven for about 10 minutes or until the cheese starts to bubble!

USEFUL TIPS

- See how many colours you can use for your toppings! The more colours in your vegetables, the more variety of vitamins and minerals.
- Have a look at your toppings and count how many portions of your '5 a day' you have chosen!

