

FOOD FOR THOUGHT

Helping the hungry feed themselves

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

