



Lunch Recipe:

Chicken, cucumber and sweetcorn wraps (serves 2 people)

Remember that eating a healthy balanced diet is important for wellbeing and can help you to feel the best you can!



Chicken is a good source of protein and can provide you with a long period of energy.

Energised

Ingredients:

50g of cooked chicken (you could use leftovers from roast chicken or the meat off 2 boiled chicken thighs), 1 tablespoonful of low-fat yogurt, $\frac{1}{4}$ cucumber, chopped, 100g canned sweetcorn in water (drained), 2 soft wholewheat flour tortillas, a few crisp lettuce leaves, shredded, a pinch of black pepper, juice of $\frac{1}{4}$ lemon (optional)

Method:

1. Tip the chicken into a bowl and mash with a fork. Add the yoghurt, cucumber and sweetcorn and mix together with a little black pepper.
2. Lay the tortillas on a work surface and spread the chicken mixture over them. Top with shredded lettuce, sprinkle with lemon juice (if using), then roll up.
3. Slice in half and serve with extra salad, or wrap in cling film and pop in the fridge to eat later or take to school.



Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.

WANT TO
FEEL 100%?