



# Simple Snacks

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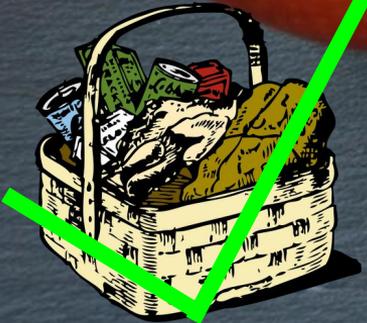


Eat **HEALTHY!!!**

No more **UNHEALTHY**  
food!!!



YES NO



# What is low sugar and low salt?

## Low sugar or no sugar

On the nutrition label you will see an item that indicates sugar.  
It will tell you how much sugar there is in this pack of snack/food.  
And if it shouldn't be more than...



## Low salt or no salt

On the nutrition label you will see an item that indicates salt.  
It will tell you how much salt there is in this pack of snack/food.  
And if it shouldn't be more than...



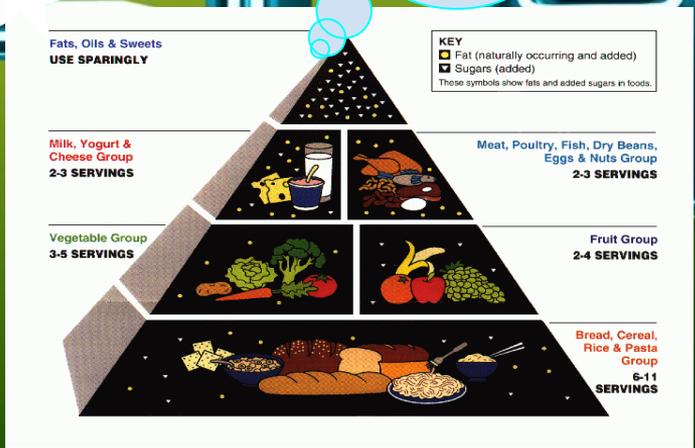
# Why do we need to have less sugar and salt?

Less salt and sugar is better for us because if we eat too much of these stuffs we will become unhealthy and fat. It will also minimise the chance of getting heart disease or diabetes.



WHY?

That's why we have a food permit to show what food is healthier than the other.



Do you want to try something healthy?  
Try this!

- \*\* Mushroom Pizza
- \*\* Vegetable Dip

Yum!



Get Healthy

THE BEST



# Mushroom pizza

## Ingredients:

- medium-sized mushrooms - 12 pieces
- Fresh cherry tomatoes - 10 to 12 pieces
- 1 cup of shredded mozzarella cheese
- Pineapples
- ham



\$44

## Safety precaution:

- No oil added. Must use low fire
- Must wash all ingredients properly
- Be careful not to burn yourself when cooking



# Vegetable Dip

## Ingredients:

- Cream cheese - 4 ounces
- Milk - 100 ml
- Cucumber - 1 pieces
- Carrot - 1 piece
- Garlic powder - a little
- Crackers - low salt

\$39



## Safety precaution:

- Must wash hands and cutting board thoroughly before preparation starts
- Must wash all vegetables properly
- Be careful not to hurt yourself when cutting vegetables



## Mushroom Pizza

Directions:

1. Wash the mushrooms.
2. Use a teaspoon and gently scrape out some of the insides of the mushrooms and the stem.
3. Put the chopped tomatoes and ham into each cup, then sprinkle with the shredded mozzarella cheese on top.
4. Pan fry the mushroom for 6 minutes or until the cheese is melted.
5. At last, you may serve.
6. Click here for video

[Mushroom Pizza.wmv](#)



## Vegetable Dip

Directions:

1. Place the cream cheese in a bowl.
2. Use a fork/mixer to mash the cheese while gradually pour in the milk to make a smooth mixture.
3. Stir in garlic powder to taste.
4. Then wash and cut the cucumber and carrots.
5. Put it in a shape you like then serve.
6. Click here for video

[Vegetable Dip.wmv](#)



# Why the snacks I made is healthier?

We used a lot of healthy food like, cucumber, carrot, Fresh tomatoes, mushrooms etc.

No added salt or sugar  
No oil  
All natural!!!



我姚育山支持陈俞华的  
低盐、低糖健康食谱。  
难怪是低糖低脂但味道又好!

I am stella yin, a friend of Kirsten Chan.  
I fully support Kirsten's Low Salt and Low  
Sugar recipe. Delicious!!!

I am Christine Iu, Kirsten Chan's friend.  
I just love Kirsten's recipe which is so  
healthy and yet so tasty. It is  
truly snacking without any guilt.  
Fully support her !!

There were not much man made food in this snack.



Remember to eat  
healthy!!!

*The  
End*

stayhealthy®

Thanks for watching!