

## **Height chart / Tesco.**

### **Contributors**

Tesco (Firm)

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>



TESCO

HEIGHT  
CHART

Eating healthily and being healthy will help you feel good and to have fun. The key to good health lies in a balanced diet, that is more of the right foods and less of the wrong, but always eating a variety. The Tesco Height Chart gives you some fun recipe ideas to make yourself, some food games and stickers to collect. Stick your stickers on your Cool Food Guide as you eat the right foods or perhaps swap them with your friends.

"Healthy  
foods give  
me lots of  
energy"



## FRUITY DIPPERS

**Ingredients:** 1 Red Apple 1 Pear  
2 x 100g of 100% Fruit Spread  
100g of 100% Fruit Spread  
1 x 100g of 100% Fruit Spread

1. Cut the apple and pear into small bite sized pieces.
2. Place in a bowl with the fruit spread and mix well.
3. Remove the spread from the bowl and mix well.
4. Place the pieces of fruit into the spread. Chill for 10 minutes.

"I eat  
all my  
vegetables"

"I eat fruit  
everyday"

## FOOD FOR THOUGHT



## PIZZA SAILING BOATS

- Ingredients:** 100g of 100% Fruit Spread  
1 Onion, finely chopped 100g of 100% Fruit Spread  
1 x 100g of 100% Fruit Spread 1 x 100g of 100% Fruit Spread  
1 x 100g of 100% Fruit Spread 1 x 100g of 100% Fruit Spread  
1 x 100g of 100% Fruit Spread 1 x 100g of 100% Fruit Spread
1. Place the onion and onion in a hot oil. Add 1 x 100g of 100% Fruit Spread and cook for 10 minutes.
  2. Add the onion, onion and onion. Cook for 10 minutes.
  3. Put in the onion and onion for a further 10 minutes.
  4. Remove the onion and onion. Cut into 10 pieces.
  5. Put the onion and onion in the onion.
  6. Push the onion and onion into the onion.

## BANANA &amp; HONEY ROLY POLY

- Ingredients:** 4 Small Bananas 4 x 100g of 100% Fruit Spread  
100g of 100% Fruit Spread 100g of 100% Fruit Spread  
100g of 100% Fruit Spread 100g of 100% Fruit Spread
1. Peel the bananas and spread with honey.
  2. Roll the banana in the honey.
  3. Roll the banana in the honey.
  4. Place the banana in the honey.
  5. Push the banana into the honey.
  6. Cook the banana in the honey.

## FIND THE FOOD



## LOCH MESS MONSTER DIP WITH BREADSTICKS

- Ingredients:** 100g of 100% Fruit Spread  
100g of 100% Fruit Spread 100g of 100% Fruit Spread  
100g of 100% Fruit Spread 100g of 100% Fruit Spread
1. Place the onion in a bowl and mix with a fork. Mix in the onion and onion.
  2. Cut the onion in half and mix with the onion.
  3. Place the onion in the bowl and mix with the onion.
  4. Dip the breadsticks in the dip.

## PIZZA FANG FACES

- Ingredients:** 100g of 100% Fruit Spread  
100g of 100% Fruit Spread 100g of 100% Fruit Spread  
100g of 100% Fruit Spread 100g of 100% Fruit Spread
1. Cut the onion in half and mix with the onion.
  2. Place the onion in the bowl and mix with the onion.
  3. Cut the onion in half and mix with the onion.
  4. Place the onion in the bowl and mix with the onion.

## WORD UP



"I have  
fun  
helping  
to cook"

"I always  
eat  
breakfast"

Small children should be supervised when using cutlery sticks.

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