

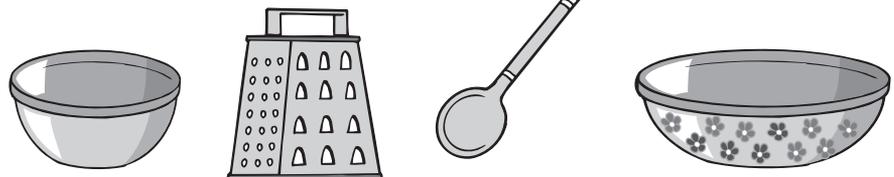
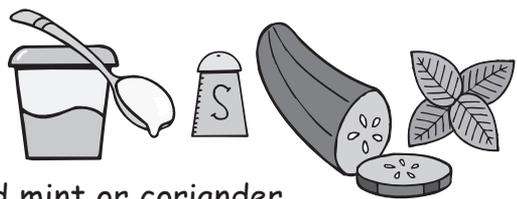
# Make Raita for your family



Here is a scrumptious healthy snack you can share. Raita is a traditional Indian dish. **Remember!** Always have your grown-up helper with you in the kitchen when you're preparing food!

## You will need:

- 300ml of plain natural yoghurt
- Half a cucumber
- A tiny pinch of salt
- 2 tablespoons of fresh chopped mint or coriander



A bowl      A grater      A mixing spoon      A serving dish

1. First wash your hands.



2. Ask a grown up to peel the cucumber.

3. Grate the cucumber into a bowl. Mind your fingers!



4. Mix the yoghurt and cucumber together with the chopped herbs.



5. Put the raita into a serving dish and make a pattern on the top with herb leaves or cucumber slices.



## Yummy!

You can dip carrot sticks or celery sticks into the raita or eat it with a spoon!

What else could you mix into yoghurt? Here are some ideas: mashed banana, grated apple, grated carrot,.....?

