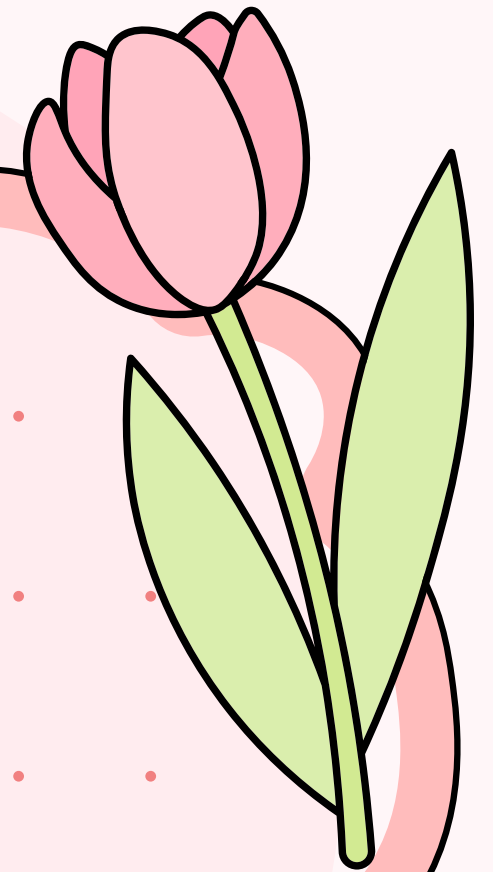


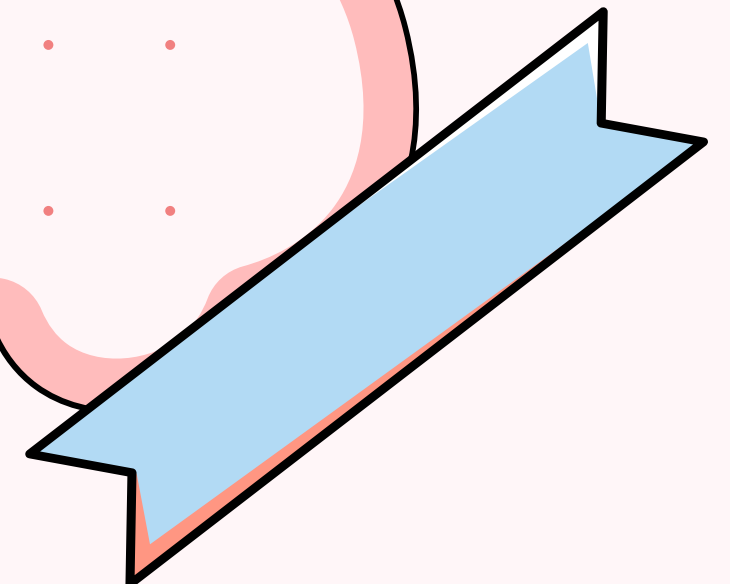
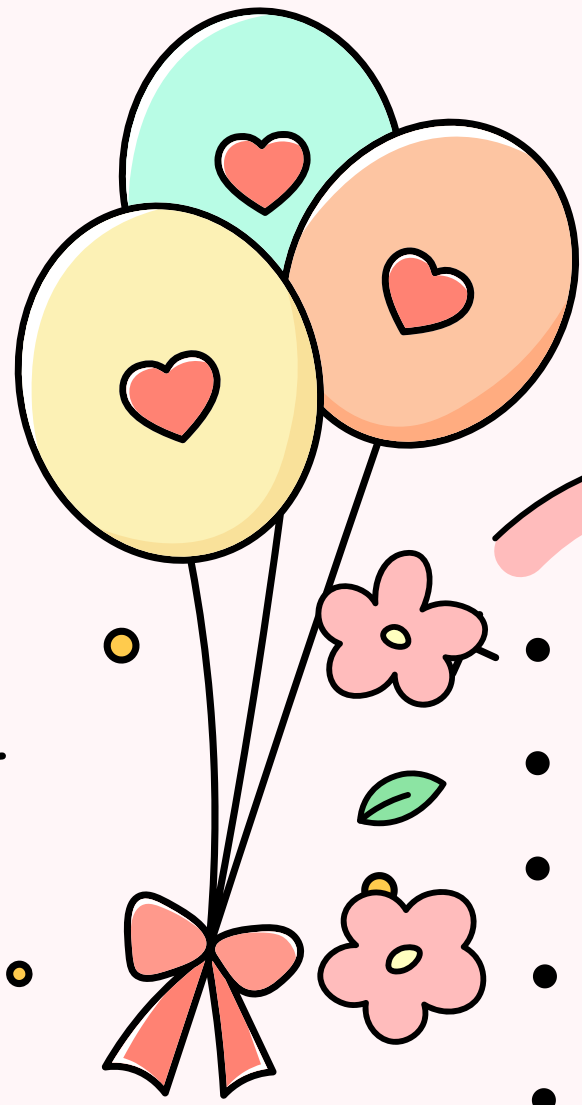
# How to make a good lunch for your mom to have at work

by Kate Wambua



# Materials/ingredients








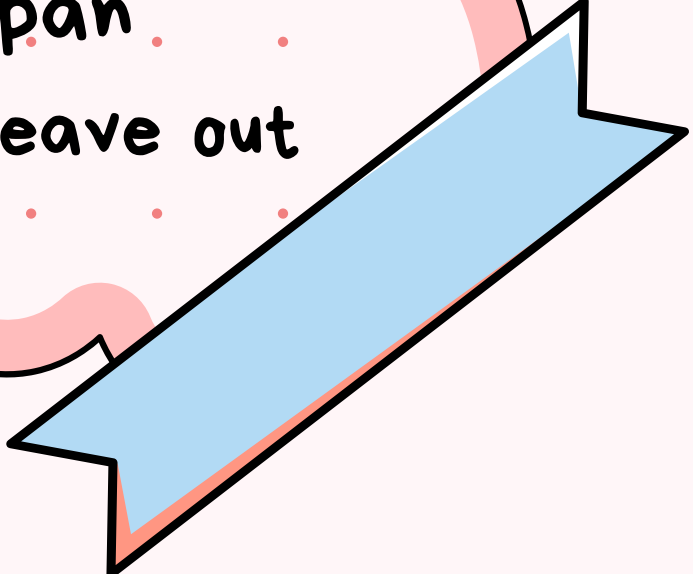
- A small lunch container (most probably your mum's favorite!)
- A metal cup (the one your mom usually uses)
- two slices of bread
- Your mum's favourite teabag
- Avocado
- Egg
- Hot water
- Salt and pepper
- Oil
- Toaster
- A knife
- A pen
- Some tape
- A small piece of paper
- A chopping board
- A plate





# Instruction's



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1. Grab your trusty toaster and toast both breads and toast them in the toaster.
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2. Once the two slices of bread are nice and crunchy take them out and place them onto a plate.
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3. After that get a avodado and place it on a chopping board.
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4. Carefully grab your kinfe and cut the avocado in half.
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5. Scoop some avocado onto the knife and spread it on the bread.
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6. Once your done grab the frying pan and place it on the stove
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7. Turn on the fire at the stove and apply oil onto the pan.
8. After that slowly crack a egg and place it into the pan ( leave out the shell!!!!)
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# Instructions page 2



9. Wait for a bit and once the egg is done frying apply some salt and pepper onto it then place it on the toast with the avocado.

10. Place the other bread on top of the other bread with the avocado and egg.

11. Grab the sandwich and place it inside the container.

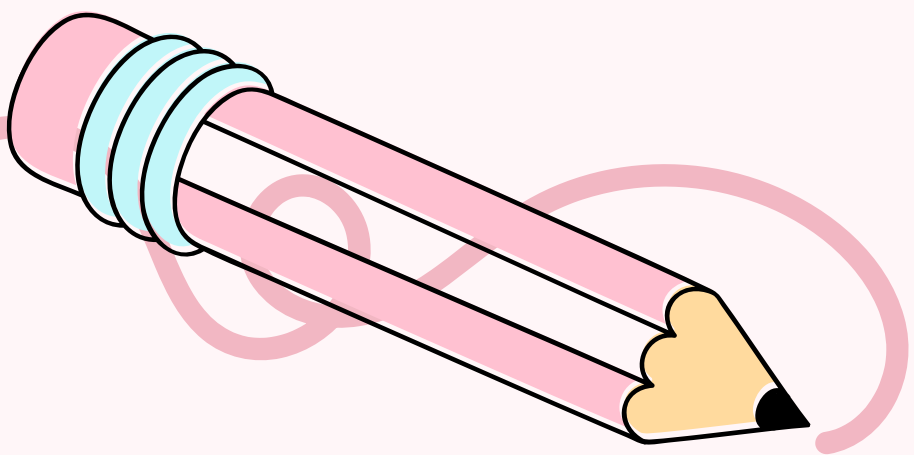
12. Close the container with the container's lid.

13. Grab the metal cup and pour some hot water inside.

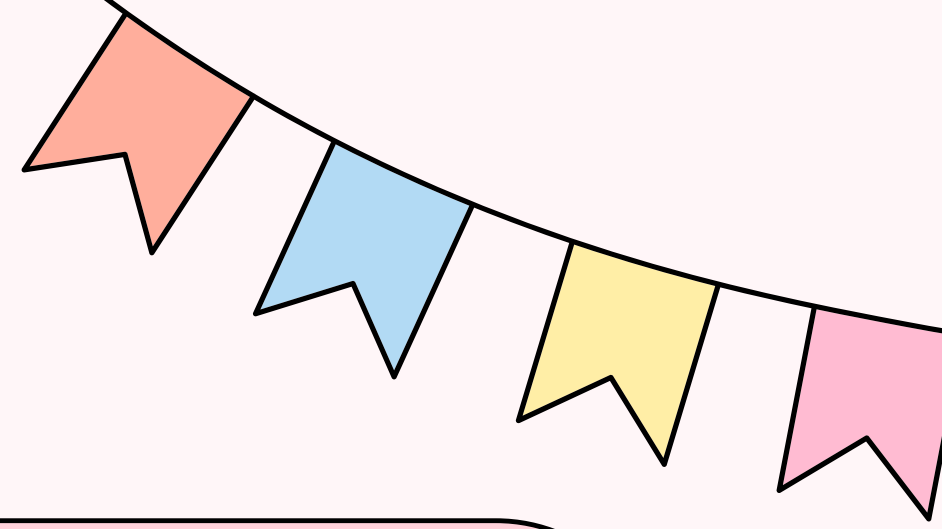
14. Carefully put the teabag in the cup and leave out the cardboard part of the teabag.

15. Once the water changes colour take out the teabag and close it the cup with the lid.

16. Leave the lunch on the kitchen counter for your mum to notice.



## Top tip



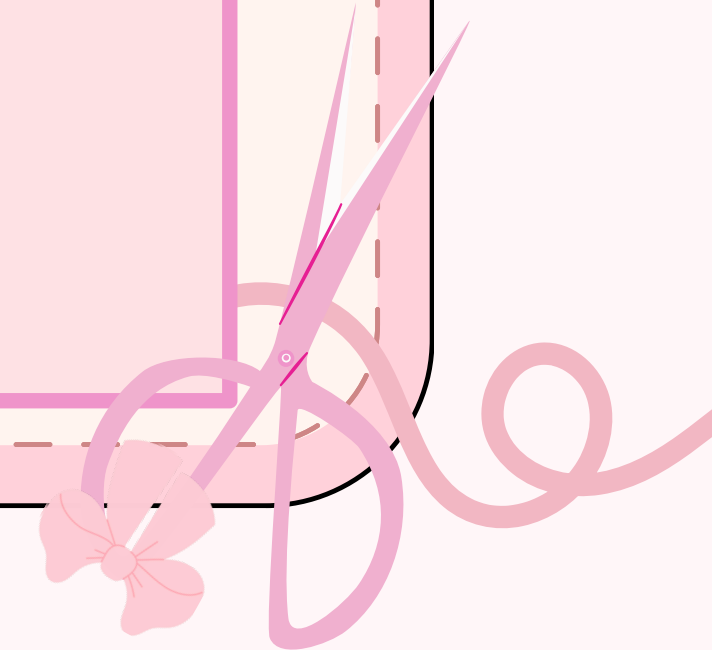
The reason we didn't use the tape, paper and pen yet is because we are going to use them right now! First write a kind note to your mum on the paper and place it on the lid of the lunchbox then cut some tape stick it onto the lunch box and paper just this will make her day!



Dear Mum,

I love it when you make my lunch, so I made a good lunch for you!

Love: Kate



VOILA!!!

The lunch is ready YAY!!!!!!!

