

# healthy kids cookbook



including  
**56** RECIPES  
HEALTHY  
LITTLE ONES WILL  
**LOVE**

♥ FOODS FOR BABY ♥ BREAKFAST IDEAS ♥ LUNCH-BOX WINNERS  
♥ DELICIOUS DINNERS ♥ PARTY TIME! ♥ TIPS FOR FUSSY EATERS

the **healthy**  Mummy

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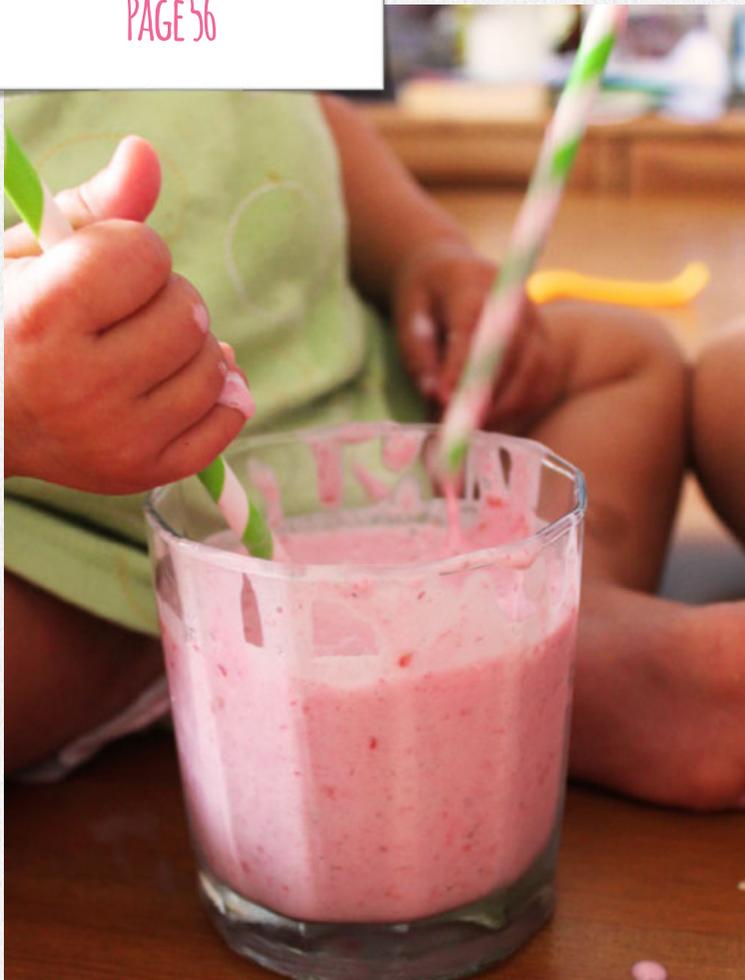


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# welcome



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## WELCOME TO THE HEALTHY KIDS COOKBOOK

As parents, it is our responsibility to initiate the relationship our children have with food and nutrition. We are their primary example and, in the early years, we are in sole charge of the food on their plate.

The environment in which parents are raising their children is one with conflicting messages, with the marketing claims of packaged food products screaming at parents as they browse the aisles of the supermarket. Combined with hectic work schedules, feeding your child can be daunting and stressful.

The idea behind the Healthy Kids Cookbook is to provide parents with simple recipes which are delicious and nutritious for kids and parents alike. All the recipes have been designed and cooked by a nutritionist, and eaten by real kids.

This recipe book is not about impressive kitchen gymnastics and you don't need to be a professional chef. All the ingredients used were bought at a standard supermarket and the recipes use regular kitchen appliances. The idea is that anyone can cook these nutritious meals for their family. There are recipes for babies, breakfast, lunch and dinner ideas, and even better-for-you treats for kids parties. All the recipes have been designed to be cooked in around 30 minutes (although a few take a bit longer with freezing or cooling times).

We have also included some information about how many serves of each food group your child should be eating, how to develop healthy eating habits, and how to deal with fussy eaters.

Good luck and get cooking!

*Rhian*



The Healthy Kids Cookbook was written by Mandy dos Santos. She is a Healthy Mummy nutritionist, food scientist and mother of two little girls.

Mandy believes that establishing healthy eating habits with your children will benefit their health, right into their adult lives. She is thrilled to be able to share her knowledge and family recipes in this book, and hopes you enjoy cooking and eating them with your kids. To see more articles from Mandy go to [www.healthymummy.com](http://www.healthymummy.com)



## WHAT FOODS SHOULD MY CHILD EAT?

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If you're reading this book, you obviously care about your child's health and nutrition. A diverse diet of fruit and vegetables, carbohydrates, protein, legumes, dairy foods and lots of water will provide your child with plenty of nutrition and cover all of the vitamins and minerals they need to grow.

In Australia, iron deficiency is quite a common issue in babies and young children. Functional indicators of iron deficiency may include reduced physical capacity, delayed development in infants, impaired cognitive function and impaired immunity.

It should be easy for Australian children to obtain iron, as it is readily available in foods such as

wholegrain cereals, meats, fish and poultry. Yet, as their levels of iron stored in utero are depleting, babies can suffer deficiencies if they are not eating enough iron-rich foods once solids are introduced. Iron deficiency is also sometimes seen in toddlers (from 12 months) who drink too much cow's milk and do not eat a wide range of foods.

Aside from this mineral deficiency, the main nutritional issue affecting Australian children is obesity.

By covering the indicated servings per day from the Australian Dietary Guidelines and the associated serving sizes, your child will be off to a great start and will hopefully avoid both of the above nutritional issues.



Australian Dietary Guidelines for serving sizes – children aged 13 months to 8 years

	VEGETABLES	FRUIT	CEREALS & GRAINS	PROTEIN	DAIRY		SOMETIMES FOOD
Serving Size	Boys & Girls	Boys & Girls	Boys & Girls	Boys & Girls	Boys	Girls	Boys & Girls
	75g	150g	1 slice bread	65g cooked lean red meat	1 cup milk		2-3 sweet biscuits
	1½ cup cooked veg	1 medium piece	½ cup cooked grain	80g cooked lean poultry	¾ cup (200ml) yoghurt		2 slices processed meat
	1 cup salad	2 small pieces	¼ cup muesli	100g cooked fish	2 slices cheese		2 scoops icecream
		1½ tbsp sultanas		1 cup legumes			1 tbsp honey
				2 eggs			1 slice plain cake

Australian Dietary Guidelines for daily servings – children aged 13 months to 8 years

	VEGETABLES	FRUIT	CEREALS & GRAINS	PROTEIN	DAIRY		SOMETIMES FOOD
Age (years)	Boys & Girls	Boys & Girls	Boys & Girls	Boys & Girls	Boys	Girls	Boys & Girls
13 -23 months	2-3	0.5	4	1	1-1.5	1-1.5	0
2-3	2.5	1	4	1	1.5	1.5	0-1
4-8	4.5	1.5	4	1.5	2	1.5	0-2.5



## HEALTHY EATING HABITS FOR YOUR FAMILY

When addressing the nutrition of children, you cannot overemphasise the power and importance of developing positive eating habits. A healthy relationship with food is about what foods you eat and how much of them, but also about how you eat your food.

In Australia, we have a worrying trend of obesity in children, with around 25 per cent of school-aged kids either overweight or obese. Although your child is not necessarily going to develop cardiovascular disease or osteoporosis at the age of three, the dietary habits they develop

in childhood will carry on into adulthood.

Here are some ideas that will help your family establish or re-establish healthy habits. Healthy eating with your children requires persistence, but it will pay off. Your kids are never too old or young to start – and nor are you.

### EAT AT THE TABLE

One of the leading causes of weight gain is unconscious eating. We eat on the run, we eat in our cars or we let our children eat with us in front of the television. This leads to weight gain



because we're not focusing on our food; we're not aware of what we're eating or savouring it.

Eating is about all of our senses, not just texture and taste. By denying the visual cues of food, we do not fully enjoy the meal. Eating at the table also means the meal becomes an occasion. We do not rush the meal and, by eating slowly, we may in fact eat less.

Eating at the table as a family is also important, as it is an opportunity for you to model healthy eating habits for your children.

## EAT TOGETHER

With today's families struggling to find a work-life balance, eating together can be a tough ask. Each family does this differently, but you could at least aim to eat most meals on the weekend together, and a few during the week.

From a nutritional point of view, this eating habit is important because research has shown that parental modelling, and more specifically maternal modelling, will affect the choices a child makes with their food. If their mother eats fruits and vegetables, so will the child.

This time spent eating together will be the most influential on their nutritional health, eating habits and their future health as adults.

## DON'T OVERFILL THE PLATE

You will remember growing up as a child and being told to finish your plate. Today the dominant attitude has changed.

Try not to force your child to keep on eating if they are not hungry. We are born with the ability to sense when we are full; young children, if left to themselves, will naturally stop eating when they are full. This sense of satiety

is a cue which has been lost as we overstuff and force feed our children and ourselves.

Put less on your child's plate and do not force them to finish anything. If they want more, they will ask for it.

## SHOP AND COOK TOGETHER

Shopping with your children will give them a better understanding of where their food comes from. It also gives them a sense of control over the food process, which all little people love.

Cooking together is a good way to encourage your child to try new foods. It creates a familiarity with the food before they are asked to eat it. The idea is to not force them to eat things but to gently guide and suggest.

Cooking is also a great way to develop a child's motor skills by pouring, measuring, stirring and cutting. Cooking together is about introducing new flavours and foods – you never know what they will like. It's also about language, culture, history and conversation. Try a food from a different country, talk about where it is from, the culture of its origin.

Food also teaches our children about biology. Why do tomatoes have seeds and carrots don't? Why do bananas grow on trees and potatoes in the ground? Go one better and start a kitchen garden so your kids can experience life cycles and understand that food doesn't come in plastic wrap or a cardboard box.

Eating together, at a table, cooking together, shopping together and eating only until full will help your children form a pleasant relationship with food and build respect for the processes around food – where it comes from and how to eat it best.





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Life should be easy! Use this quick reference guide to find your favourite recipes fast

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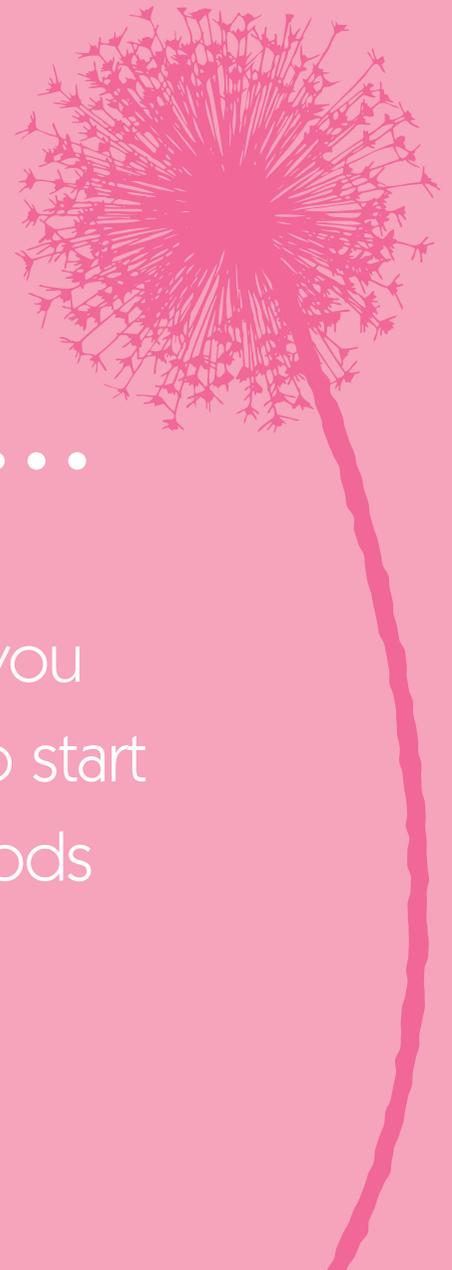
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SECTION

1

# first foods for baby...

All the nutritional advice you  
need when getting ready to start  
your little one on solid foods



## starting on solids

Recently, the Australian Dietary Guidelines for Infant Feeding have changed. The main points are, if your child is born healthy and there are no allergies in your family, you are to give them a wide range of foods from around the six-month mark.

### SOME IMPORTANT THINGS TO REMEMBER:

- ✓ Make sure baby has strong head and neck co-ordination and can hold their head up.
- ✓ There is no set order in which foods should be introduced, as long as iron-rich foods are incorporated.
- ✓ Start slowly – it is not a race.
- ✓ Introduce a new food every few days. If they have an intolerance to a food, it could take up to 72 hours to present.
- ✓ A variety of foods from the five food groups should be offered.
- ✓ Start with a soft, almost liquid puree and slowly introduce more texture and lumps.
- ✓ Do not be scared of texture and lumps in food. It is important for their oral development and acceptance of foods.
- ✗ Under the age of three, hard small foods like nuts are a choking hazard and should not be offered.
- ✗ Honey should not be given to children under 12 months due to the risk of botulism.
- ✗ No sugar or salt should be added to your baby's food.



### BEVERAGES:

If you are breastfeeding, continue to do so as normal. It is a personal choice as to whether you breastfeed before or after a meal. The main point is that breastmilk is still a very important component of your child's nutrition until they are eating well. In saying this, do not expect them to consume breakfast at 7am if they had a full breastfeed at 6:45am! The same applies if you are bottle feeding.

- Cooled boiled water can be offered in addition to formula or breastmilk over 6 months.
- Cow's milk can be offered from 12 months of age.
- There is no need for a healthy toddler to continue with formula after 12 months of age.
- Babies under 12 months do not need juice, teas or alternative beverages besides formula or breastmilk, and water. In fact, this applies to children of all ages.

### GETTING STARTED:

Historically, the prescribed approach was to use manufactured iron-fortified rice cereal as the first food. This is no longer the general recommendation, but if you feel comfortable using rice as the first food, try our suggested recipes (on the following page), which you can easily make at home. Start with a few teaspoons of food to test the waters. If your baby likes it, great; if not, relax, discard the food, and try again tomorrow. Introducing solids can be very slow and there is no rush.

If you have any concerns about your infant's diet, please see your healthcare professional. But, if your child is otherwise healthy, relax and enjoy the ride – and the mess!

# stage one

## PUREES



### HOMEMADE RICE CEREAL

Rice is a great food to start with, as it is a carbohydrate, a good energy source and has a low allergen profile in comparison to other grains. It is also a comparatively good source of protein.

- Rice (white or brown)
- Water

**PREP TIME: 2 MINUTES**

**COOK TIME: 10 MINUTES**

**MAKES 2 BABY SERVES**

**Directions:** Cook rice as normal, but with no salt or oil. Once it is well cooked, blend 4 tbsp of rice with 2 tbsp of water. If it is too wet, sieve to remove some of the water.

\* Make extra so that you can have a few serves in the fridge. Keep each blended meal for up to 48 hours.

\* Once you have reheated baby food once, do not put it back in the fridge to be reused. Throw it away.

### RICE CEREAL WITH PEAS

Peas are a good source of iron, which is important for babies, as per the infant feeding guidelines. They are also a very good source of fibre, vitamin C, vitamin K, vitamin A and folate, all of which are incredibly important for a growing babe.

- Rice cereal (see recipe, left)
- Frozen peas

**PREP TIME: 2 MINUTES**

**COOK TIME: 10 MINUTES**

**MAKES 2 BABY SERVES**

**Directions:** Lightly cook peas in a pot of water or in the microwave as per the directions on the packet. Blend 2 tbsp of peas with 2 tbsp of the rice cereal.



\* If your baby does not like it with the first try, that is ok and normal. Don't persist too much at that eating session. Discard the food and try again with a new serve tomorrow.



## RICE CEREAL WITH BROWN LEGUMES

There are a variety of legumes to choose from, with supermarkets stocking a wide range of dried beans, peas and lentils.

Legumes in general are a good source of protein, carbohydrates, iron, B vitamins and fibre. Like protein from meat, the protein in legumes is easily absorbed. Protein is an important macronutrient for growth which occurs rapidly with babies of this age.

**PREP TIME: 2 MINUTES**

**COOK TIME: 20 MINUTES**

**MAKES 2 BABY SERVES**

- Brown legumes (e.g. brown lentils)
- Rice cereal (see recipe, previous page)

**Directions:** Cook the legumes according to packet directions; this may take around 20 minutes. Blend 2 tbsp of cooked legumes with 2 tbsp of rice cereal.

\* Slowly introduce new flavours and combinations. Although there are few restrictions on what foods you can introduce and when, foods which are very strong in flavour or heavy on the stomach should be slowly introduced in small quantities.



\* If your baby likes it, make more and freeze it in little ice cube trays.



KALE IS  
CONSIDERED  
ONE OF THE  
SUPERFOODS

Try introducing new flavours and nutrition with these recipes. Both these purees are good sources of vitamin A, vitamin C and iron.

## RICE, PEAS AND CARROT

Rice and peas are beneficial first foods and, with the addition of carrot, you introduce an excellent source of vitamin A and a very good source of vitamins C and K, and fibre. Carrots are often easily accepted by babies and children as they are sweet. To maintain optimum nutrition and taste of the vegetables, steaming is best.

**PREP TIME: 2 MINUTES**  
**COOK TIME: 10 MINUTES**  
**MAKES 2 BABY SERVES**

- 2 tbsp cooked carrots
- 2 tbsp cooked peas
- 2 tbsp cooked rice
- 6 tbsp water (boiled and cooled)

**Directions:** Steam the veggies and cook rice until soft. Blend together and put half of the meal in the fridge for the next day.

## KALE, CHEESE AND SWEET POTATO

Kale is now readily available in supermarkets. An excellent source of vitamins K, A and C, it has earned its status as a superfood. It is also a very good source of fibre, calcium and potassium, as well as a good source of iron and omega 3 fatty acids. The beauty of the iron in kale is it is more readily absorbed than other green leafy vegetables, as the vitamin C supports its absorption in the body. Sweet potato is also a good source of vitamin A but is mainly added for texture, carbohydrate content and its sweetness. The little pinch of cheese is an optional addition for flavour.

**PREP TIME: 2 MINUTES**  
**COOK TIME: 10 MINUTES**  
**MAKES 2 BABY SERVES**



- 2 tbsp cooked kale
- 4 tbsp cooked sweet potato
- 6 tbsp boiled water
- A pinch of cheese (optional)

**Directions:** Blend all ingredients. Put half of the meal in the fridge for the next day.

\* If you are making this recipe, a good tip is to cook more of the kale and sweet potato for the rest of the family to have for dinner.

## stage two

### PUREES with lumps

Once your baby is happily handling the feel of purees, you can start to increase the thickness and texture of their meals. Texture is important for the development of the muscles of the mouth and tongue, and your child must not be left too long on very smooth purees alone.

### MINCED MEAT, BROCCOLI AND POTATO

This meal is a good source of protein and iron from the minced meat. It is also an excellent source of vitamins C and K, and folate from the broccoli, and a great source of carbohydrate from the potatoes. This is a balanced meal for a little baby.

**PREP TIME: 2 MINUTES**

**COOK TIME: 10 MINUTES**

**MAKES 2 BABY SERVES**

- 2 tbsp broccoli (1 floret)
- 2 tbsp potato (around half of 1)
  - Olive oil spray
- 2 tbsp cooked mince

**Directions:** Steam the broccoli and potato. Spray a hot pan with olive oil and cook mince. Combine mince with vegetables and mash with the back of a fork.



- \* If you are cooking mince for the whole family, take out the mince for the baby before you add any salt or processed ingredients like sauce or packet mixes, which contain additives, sugar or sodium.
- \* Steam extra broccoli and potato to make a balanced meal for the whole family.





MASH FOOD  
WITH A FORK  
FOR TEXTURE  
& LUMPS

## SALMON, LEGUME AND POTATO

With changes to the infant feeding guidelines, there are now no restrictions or recommendations on when seafood should be given, as long as there are no allergies in the family. Fish, especially oily fish such as salmon, is a great source of omega 3 fatty acids. This is incredibly important for young babies, as omega 3 fatty acids are essential for brain and eye development. They also have anti-inflammatory properties which are beneficial for immunity. Combined with the fibre and iron of the legumes and the vitamin C and carbohydrate in the potato, this is another great balanced meal combination to introduce to your baby.

**PREP TIME: 2 MINUTES**  
**COOK TIME: 20 MINUTES**  
**MAKES 2 BABY SERVES**

- 1 inch cube steamed salmon
- 2 tbsp dried legumes (e.g. lentils)
- 2 tbsp potato

**Directions:** Steam the potato and, when it is nearly ready, add salmon to the steamer until cooked though. Cook the legumes according to packet directions. Combine all ingredients and mash with a back of a fork, making sure to leave some texture.

\* Salmon has a strong flavour, so only a small amount is used in this recipe. You can add more salmon once your child accepts the flavour of the fish.



## stage three

### FINGER FOODS

Around 8-9 months is a good age to introduce finger foods if you have started your baby on purees. If you are interested in baby-led weaning (where babies are allowed to feed themselves), you could try these foods from 6 months.

### COOKED VEGETABLES

As your child's eating develops to soft finger foods, you might like to try a range of cooked vegetables and soft fruits, such as:

- Steamed carrot sticks
- Steamed zucchini sticks
- Ripe pears, peeled and sliced
- Steamed sweet potato cubes
  - Pan-fried kale
  - Steamed peas
- Steamed potato cubes



\* The different shapes and sizes are fun for your child to play with while they are experimenting with their foods.

\* Steaming is the best cooking method to maintain the nutritional value of the food, as well as the flavour.





## FRUIT FUDGE

This 'fudge' is a great finger food for babies, as it easily dissolves in their mouths. It can be eaten just after blending as a puree or can be frozen. When frozen, it is a great food for a teething baby to sooth their sore gums.

Avocados are an excellent source of monounsaturated fats and energy for growing babies. They are also a good source of vitamin C and potassium, as are bananas.

**PREP TIME: 2 MINUTES**  
**FREEZING TIME: 2 HOURS**  
**MAKES 6 SERVES**

- 1 avocado
- 1 banana
- 1 tsp cinnamon
- 1 drop vanilla essence (optional)

**Directions:** Blend all ingredients together. Serve as a puree or freeze for a few hours and let your baby suck on them.

## TEETHING RUSKS

Your baby might show signs of teething from a very early age, or not until their first birthday, as babies all teeth at different ages. Little ones love to rub their gums on rusks and making your own is easy and cheaper than store-bought rusks.



**PREP TIME: 1 MINUTE**  
**COOK TIME: 1 MINUTE**  
**MAKES 5 RUSKS**

- 1 slice high-quality wholemeal or lightly grained bread
- Parmesan (optional)

**Directions:** Cut the bread into 5 strips and separate them on a plate. If you want to add some flavour, sprinkle over a pinch of parmesan cheese. Microwave for 60 seconds. Allow to cool. Serve plain or spread with some avocado or hummus.

Other great ways to help your baby with teething include:

- \* Cooked and frozen strips of carrot
- \* Frozen strips of cucumber
- \* Frozen blocks of watermelon
- \* Frozen strawberries
- \* Frozen strips of soft pear

Once your child starts to eat foods with lumps, gradually introduce chunkier foods. By the time they are 12 months, they should be eating meals you cook for the whole family. The following recipes in this book should be able to be eaten or at least partially eaten by a child older than 12 months.

SECTION

2

# breakfasts...

Start the morning with a healthy  
breakfast to fuel the whole family  
through their busy day



Breakfast really is the most important meal of the day, especially for hungry little kids. It is important to give them a balanced meal of energy-packed foods to kickstart their morning and get them through the day. This is achieved best with good sources of carbohydrates and protein. There are numerous ways to achieve this ideal blend of energy and nutrients, with different cultures starting their day with anything from toast to noodles or broths. Even within the more familiar brekkie foods, there is an endless array of ideas to get your kids excited about breakfast.

## smoothies



Smoothies can be great as a quick breakfast or snack for a child. They are a good source of calcium with your choice of milk, and can even incorporate vegetables alongside the usual fruits. The protein in milk and yoghurt is also beneficial for the rapid growth of children, and for sustained energy throughout the day. Your kids will also love making them with you.

\*In regards to **choosing a milk type**, once a child is 2 years of age, plant-based milks are just as good for children as regular dairy sources of milk. Just ensure the plant-based milk is **fortified with calcium at a minimum of 100mg per 100ml**.

\*In regards to **the fat content of the milk**, the Australian Dietary Guidelines recommend that older children consume **reduced-fat dairy including milk**.

These recipes are not complicated, just simple nutrition, made fast. Each recipe serves two children or one adult.



## BERRY BONANZA

Raspberries are a great source of fibre, vitamins C and K, and folate. Buy berries in bulk when in season and freeze them yourself so you've always got the freshest and best-tasting berries on hand.

- 200ml milk
- 2 tsp honey
- 2 tbsp natural plain yoghurt
- 1 cup raspberries

**Directions:** Combine all ingredients in a blender and blend until smooth.



**FREEZE  
SMOOTHIES  
FOR LUNCH  
BOXES**

## BUZZING BANANA

The added oats in this smoothie give it a hit of fibre, along with the protein of the yoghurt and milk. It's almost like a mini bowl of cereal and a great way to start the day. Slice and freeze the banana to make a chilled smoothie. You can also freeze smoothies in reusable squeeze pouches to pack in lunch boxes

- 200ml milk
- 1 banana (frozen, if possible)
  - 2 tbsp rolled oats
- 2 tbsp plain natural yoghurt
  - 2 tsp honey

**Directions:** Combine all ingredients in a blender and blend until smooth.

\* Let your child measure, peel and cut up the fruits and vegetables and place them in the blender. Even kids as young as three can peel a vegetable or fruit if their parent has the patience to show them how.

## GREEN SLIME

Pears are a great fruit for slow-release energy, plus they have a high fibre content and a very low allergenic profile. Spinach is a brilliant green leafy vegetable to add to a smoothie, as blends well and is an excellent source of vitamins C, K, A and E, manganese, magnesium, calcium and potassium. If you can get your kids to eat it, you are onto a winner. This is a great way to introduce green leafy vegetables in a non-confrontational way. The green is fun in this context and can be used as a platform to introduce other green foods.



- 200ml milk
- 1 pear, peeled and cored
- 1 cup spinach
- ½ frozen banana

**Directions:** Combine all ingredients in a blender and blend until smooth.



## SUGARLESS BREAKFAST MUFFINS

Breakfast is often a meal eaten on the go in busy households; to avoid skipping breakfast or snacking on high-sugar breakfast bars, try making a batch of sugarless banana muffins, which you can freeze and defrost when needed. This recipe uses fruit for sweetness but contains no additional sugar and no refined sugar. Wholemeal flour increases the fibre content and assists in a slower release of energy.

- 2 apples, grated
- 150g butter, melted
- 2 medium ripe bananas
- 1 ½ cups wholemeal self-raising flour
  - 2 eggs
- 2 tsp baking powder



**PREP TIME: 10 MINUTES**  
**COOK TIME: 20 MINUTES**  
**MAKES 12**

**Directions:** Preheat oven to 180°C. Line a muffin tray with paper cases. Put apple and butter in a saucepan and cook for 5 minutes or until soft. Peel and mash bananas with the back of a fork (the riper the bananas the better). Mix all the ingredients together in a bowl. Spoon the mixture into the muffin tray and bake for 20 minutes. Allow to cool before serving.



### WHY NOT TRY:

- \* Substituting the butter with your preferred oil to make them dairy free
- \* Adding sultanas
- \* Substituting the bananas with 1 cup of mushy fruit like peaches, apples, pears or pineapple
- \* Adding a few tablespoons of rolled oats for a different flavour

### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Measure and pour the ingredients into the bowl
- Crack eggs
- Peel and mash the bananas
- Stir the mixture
- Put the batter into the muffin tray

#### Older kids can also:

- Melt the butter and pour it into the mixture

## CORN FRITTERS

This is a great way to get some vegetables and different foods into your child's day.

Inspired by Mexican food, this nutritious

breakfast is high in fibre from the wholemeal flour; the spinach adds vitamin C, manganese, magnesium, calcium, potassium, vitamin K, vitamin A and vitamin E; the ham is a source of protein; and the corn adds more fibre and vitamin C and B vitamins; while avocado offers protein, carbs and healthy fats.

- 1 ½ cups wholemeal self-raising flour
  - 1 ½ cups milk
  - 1 egg
- 1 tsp baking powder
- 3 cubes frozen spinach
  - Olive oil spray
- 1 cup frozen corn
- 150g ham, chopped
- ½ cup grated parmesan

**PREP TIME: 10 MINUTES**

**COOK TIME: 15 MINUTES**

**SERVES 4**

**SERVE WITH  
AVOCADO  
& CHERRY  
TOMATOES**



**Directions:** Mix the flour, milk, egg and baking powder together and let the mixture sit for a few minutes. Defrost the spinach in the microwave or in a pan. Heat a pan and spray with oil. Drop about two tablespoons of mixture into the pan. Sprinkle a pinch each of corn, spinach, ham and parmesan on top. Cook until bubbles form in the mixture, then flip and cook the other side for a few minutes. Serve with some chopped cherry tomatoes, slices of avocado and a dollop of plain yoghurt or sour cream.

### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Measure the ingredients
- Mix all the ingredients together in the bowl
- Measure out the corn, spinach, ham and parmesan and place in separate bowls

#### Older kids can also:

- Pour the mixture into the pan
- Add the corn, spinach, ham and cheese to the fritter
- Flip the fritter

## GOOGIE EGGS WITH VEGEMITE SOLDIERS

Eggs have gotten a bad rap in the past, due to their high cholesterol content and misconceptions about their impact on heart health. In fact, the cholesterol in eggs is not a problem to your health if you eat them as part of a balanced diet. In fact they are nutrition powerhouses, with the highest protein values of any non-meat source, plus they're also a good source of iron.

- 1 egg per child, 2 eggs per adult
- 1 slice wholegrain toast per egg
  - Vegemite

**PREP TIME: 5 MINUTES**  
**COOK TIME: 5 MINUTES**

**Directions:** Make sure the eggs are at room temperature. Place them in a saucepan of cool water, bring to the boil and reduce heat to medium. For soft boiled eggs, cook for 1 minute per egg after the water is boiling. If you want them a bit harder, cook them for 2 minutes per egg. Toast bread, spread a little Vegemite on top and cut into soldiers.



## FRUIT SMOOTHIE TOAST

Jam is an easy toast spread for breakfast, but it has little nutritional benefit for your kids. Just as quick and easy as jam, this simple 'fruit smoothie' toast has the nutritional benefits of the ricotta and the fibre of real fruit, with none of the sugar of jam. This meal will sustain the energy of your child for far longer than regular toast with jam or Vegemite, and it is just as quick to make. For additional protein, you could also add some LSA (ground linseed, sunflower seed and almonds) on top.



- 2 slices wholegrain toast
  - 2 tbsp ricotta
  - ½ banana, sliced
- ½ cup raspberries (fresh or frozen)
  - 2 tsp honey
- Sprinkle of cinnamon

**Directions:** Toast the bread. Spread with ricotta and top with banana and raspberry. Drizzle with honey and sprinkle with cinnamon.

## YOGHURT PARFAIT

Yoghurt is an excellent source of calcium and protein, which is incredibly important for growing children. Natural plain yoghurt is also lower in fat and sugars than other dairy foods, which is an added bonus.

Jazzing up the yoghurt with layers of fruit and cereal makes the meal more attractive, and achieves a balanced breakfast for your child before they head off to school.

Layer your parfait with any or all of the following and drizzle with honey to finish:

- **Natural plain yoghurt**
  - Kids Weetbix
  - Rolled oats
  - Raspberries
  - Bananas
  - Grapes
  - Nuts
- Puffed corn or rice
- Peanut butter or nut butter
- Low-sugar biscuits

\* This parfait can be made the night before and left in the fridge for the morning, or place the ingredients out on the table and get your child to make their own layered spectacular. Most definitely there will be mess, but eating is not fun when it is too proper and clean!



**DRESS UP  
MEALS TO  
TEMPT FUSSY  
EATERS**

## PORRIDGE

It might seem like a boring or old-fashioned meal but porridge is one of the best breakfasts for children, as it is low in salt and sugar. Rolled oats are a great source of fibre and slow-release energy, which is great for your children, especially if they have a busy day. Oats are also great for heart health and are even a good source of protein.

Choose plain rolled oats rather than prepackaged flavoured options. Add fruit yourself to make it sweeter – grated apple works well, or any other fruit you like – and maybe a little honey or cinnamon. You can also soak the oats the night before to make a bircher-style muesli.

## BAKED BEANS

Beans are an excellent source of energy, protein and fibre, components of a healthy breakfast that will keep your kids satisfied and full until lunch. To make baked beans at home is actually quite easy and is much better for your children as you are in control of the salt and sugar content.

- 400g can cannellini beans, rinsed and drained
- 2 ripe tomatoes, diced
- 400g can diced tomatoes (plain, with no added ingredients)
- 1 tsp dried herbs (e.g. oregano)
- 4 slices ham, chopped
- 1 onion, finely diced
  - Olive oil spray
  - 4 eggs (optional)
- 4 slices wholegrain toast, to serve

**PREP TIME: 5 MINUTES**  
**COOK TIME: 15 MINUTES**  
**SERVES 4**

**Directions:** Preheat oven to 200°C. Combine all the ingredients, except for the eggs, in a bowl. Spray 4 ramekins with oil. Spoon bean mixture into ramekins. Bake for 15 minutes. If adding egg, take the beans out of the oven, crack an egg on top of each and return to the oven for a further 5 minutes. Serve with wholegrain toast.



**ADD EGGS  
FOR AN EXTRA  
PROTEIN HIT**



### TIPS FOR COOKING WITH KIDS

**Kids of all ages can:**

- Measure the ingredients
- Mix all the ingredients together
- Spoon mixture into the ramekins
- Crack the egg on top

SECTION

3

lunches...

Fill the kids' lunch boxes with  
tasty and nutritious treats that  
won't come back uneaten



# healthy options

Research in primary schools has highlighted the difficulty of packing healthy lunch boxes for kids. Here are a few ideas for home or school, from the classic sandwich (made interesting) to yummy veggie bites.



**DRESS UP  
THE CLASSIC  
LUNCHBOX  
SANGER**

## sandwiches

\* When choosing a bread, wholegrain is best, but at least try to find a bread which is high in fibre – around 5 grams of fibre per 100 grams. Check the nutritional information panel on the back of the packet.

**The following sandwich filling ideas work well on standard wholegrain bread, or you could try a wrap for a change.**

### VEGE-ROT

Vegemite can be boring and it doesn't really offer much nutrition for your child. Try something a little different by adding grated carrot. Carrots are an excellent source of vitamin A and a very good source of vitamins C and K, and fibre.

- 2 slices wholegrain bread
  - Vegemite
  - 1 slice cheese (preferably reduced fat)
  - 2 tbsp grated carrot





## CHICKEN HUMMUS DELIGHT



## MEXICANA

This sandwich filling is great as it counts towards your kids' daily dose of veggies, with not only zucchini, but also chickpeas (in the hummus) which count towards the veggie tally. Zucchini is a good source of vitamins A and C, manganese, potassium and folate. Chickpeas are an excellent source of manganese and a good source of protein, fibre and iron. (There is a recipe for hummus on page 32.)

- 2 slices wholegrain bread
- Small handful shredded chicken
  - ¼ zucchini, grated
  - 2 tbsp hummus

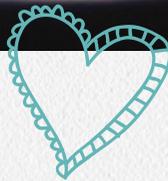
**Directions:** Combine chicken, zucchini and hummus in a little bowl. Spread it over the bread. Hummus is a great spread to use instead of butter or margarine.

Beans are a good source of fibre and protein and, as they are a legume, they also count towards your kids' daily veggie intake.

Avocados are a great way to achieve the creaminess of margarine or butter, but with a higher nutritional density; they are a good source of vitamin C, potassium and protein. The protein from the beans and avocado will help your child stay full for longer. This sandwich filling would also be delicious on a wrap with some natural yoghurt added.

- 2 slices wholegrain bread
- 2 tbsp canned beans, rinsed and drained
  - ¼ avocado, chopped
  - 2 tbsp grated carrot

**Directions:** Combine beans, carrot and avocado (or avocado can be spread on the bread, if you prefer). Spread over the bread.



## dips

Dips are an easy way to introduce more vegetables into your child's diet. They are delicious, flavoursome and fun. You can use them as a spread on sandwiches or as a snack, served with cheese, crackers or vegetable sticks to dip. If you are trying to wean your child off store-bought dips, use half store-bought and half homemade and mix them together. Slowly add more of the homemade variety as your child accepts the new flavour. These dips can be stored in a sealed container in the fridge for 3 days.

- \* You can put the dip into an ice cube tray and freeze for later.
- \* Add a frozen cube of the dip to your kid's lunch box and let it defrost through the day.

## BEETROOT AND BUTTER BEAN

Butter beans are a good source of protein and fibre. Adding bright red beetroot makes this dip an excellent source of folate, a very good source of manganese, fibre, potassium and vitamin C, and even a good source of iron. And with its fluoro pink colour, there's no way your child will not give this dip a go.

- 400g can baby beetroots, rinsed and drained
- 400g can butter beans, rinsed and drained

**Direction:** Place beans and beetroot in a blender and blend until smooth.



PLACING AN  
AVOCADO SEED  
IN YOUR DIP  
WILL PREVENT IT  
GOING BROWN

## TZATZIKI DIP

The yoghurt used in this recipe is a great source of calcium and protein. The other benefit of yoghurt is the lactobacteria which culture the milk and turn it into yoghurt. These bacteria are great for a healthy colon and gut, especially in children.

- 1 telegraph cucumber, peeled, halved lengthways, seeds removed
  - 1 garlic clove, crushed
    - 1 tsp olive oil
  - 1 tsp ground cumin
  - 1 cup natural yoghurt
    - ½ lemon, juiced

**Directions:** Grate the cucumber into a small bowl and put aside for 5 minutes. Meanwhile, combine garlic, oil, cumin, yoghurt and lemon juice in a larger bowl. Place the grated cucumber in a sieve and use your hands to push the juice through. Once some of the moisture has been removed, add the cucumber to the yoghurt mixture and mix to combine.

## AVOCADO DIP

- 2 ripe avocados
- ½ lemon, juiced
- 3 tbsp cream cheese or natural yoghurt

**Directions:** Place all ingredients in a bowl. Use a fork to mash the avocado and combine. Alternatively, put all ingredients in a food processor for a smoother dip. Place one of the avocado seeds in the mixture to keep it green.

## HUMMUS DIP

- 400g can chickpeas, rinsed and drained
  - 2 tbsp tahini
  - 1 lemon, juiced
    - 1 tbsp oil
  - 3 tbsp cream cheese or natural yoghurt (optional)



**Directions:** Place all ingredients in a blender and blend until smooth. The cream cheese or yoghurt is optional, but it will give the hummus the creamy texture of a store-bought dip.

\* Any of these dips can be taken to school in a lunch box – and even taken to work for mum and dad too.

## HOMEMADE MUESLI BARS

Muesli bars are a handy, energy-packed snack, but store-bought versions are loaded with sugar and even many homemade recipes include white or brown sugar. This one is still deliciously sweetened with honey and apple, but has no refined sugar.

This homemade muesli bar is perfect for a snack at home or in a lunch box. It is high in fibre, contains protein from the nuts and seeds, and is nutrient- and energy-dense to keep a little one going through the day. Being lower in sugar, it could also be eaten as a breakfast alternative.

- 100g butter or coconut oil
  - ½ cup honey
  - 2 apples, grated
  - 1 cup rolled oats
  - 1 cup puffed rice
- ½ cup desiccated coconut
- ½ cup pumpkin seeds (pepitas)
  - ½ cup sultanas

**PREP TIME: 5 MINUTES**  
**COOK TIME: 10 MINUTES**  
**MAKES MINIMUM 12**

**Directions:** Heat butter or oil and honey in a saucepan, add grated apple and cook, stirring, for 10 minutes or until mixture starts to pull away from the sides. Mix the remaining ingredients in a bowl. Pour over the apple mixture and stir to combine. Pour mixture into a paper-lined tray and flatten it out to a thickness of 1.5-2cms.



\* If you do not want to use butter, coconut oil is a good alternative as it is semi-solid at colder temperatures. Other vegetable oils may not set in the fridge.

Cover with cling film and put it in the fridge to set for 3 hours or until firm. Cut into squares and serve, or keep in the fridge.

### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Grate apple
- Measure and mix ingredients
- Push the mixture into the pan

#### Older kids can also:

- Stir the honey and butter on the stove
- Cut the mixture into squares



SAVOURY  
MUFFINS ARE  
GREAT FOR KIDS  
WHO DON'T LIKE  
SANDWICHES

## SAVOURY PUMPKIN MUFFINS

Some kids don't like sandwiches, so this muffin is a great alternative for lunches, or even breakfast. It is high in fibre, low in sugar and salt, and loaded with healthy vegetables.

- 150g butter
- 1 cup grated Japanese pumpkin
- 1 ½ cups wholemeal self-raising flour
  - 2 tsp baking powder
  - 1 zucchini, grated
    - 2 eggs
  - ½ cup grated parmesan

**PREP TIME: 10 MINUTES**  
**COOK TIME: 15 MINUTES**  
**MAKES 12**

**Directions:** Preheat oven to 200°C. Line a muffin tray with paper cases. Place butter and pumpkin in a saucepan and cook for 5 minutes or until soft. Transfer to a bowl, add remaining ingredients and stir to combine. Spoon mixture into paper cases. Bake for 15 minutes or until golden.

### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Measure and mix the ingredients together
- Put the batter into the muffin tray

#### Older kids can also:

- Grate the pumpkin and zucchini
- Cook the pumpkin with the butter



A LITTLE LEMON JUICE & FOIL WRAPPING WILL KEEP FRUIT FRESH & PREVENT IT BROWNING.



## FRUIT SKEWERS

A single piece of mushy fruit in the lunch box can become pretty boring for kids, but fruit is an incredibly important part of a child's diet. Fruit is full of energy and dense with nutrients, which means it gets a gold tick. There is a lot of debate about sugar at the moment and people are being scared into not giving their children fruit. This is absurd. Fruit is a natural source of energy and contains many vitamins and minerals that are readily bioavailable to us. The sugar in fruit is intrinsic; that is, it is bound within the fruit. The real health crisis is with sugar added to foods, or 'extrinsically added' sugar – sugar added to packet mixes, breads, cakes, pasta sauces and drinks. This extrinsic sugar comes in many forms and is the sugar you should strive to exclude from your child's diet and your own.

Fruit is fabulously delicious and nutritious. Your child should have around one serve of fruit each day for little ones, and two serves from the age of 10. (Refer to the Australian Dietary Guidelines suggested servings on page 6.) To encourage your kids to eat their



fruit, try having some fun with it. As long as your school allows skewers, go nuts with the combinations. Add some vegetables on there or even some cheese. Make it colourful and fun.

## PORTABLE NACHOS

This meal is great to have at home with the kids or even for them to take to school. The beans are a great way to get some vegetables into their midday meal and the mince is a low-sodium protein option compared to popular sandwich fillings like ham. It is also a great source of iron. Beans are a good source of protein and fibre, which will keep your kids full for the day.

- 1 tbsp oil
- 1 onion, diced
- 400g quality beef mince
  - 2 tbsp tomato paste
- 400g can red kidney beans, rinsed and drained
  - 1 cup reduced-salt stock
- 2 slices reduced-fat puff pastry
  - Olive oil spray
  - ½ cup grated cheese
- 1 tbsp natural yoghurt or sour cream
- Veggies sticks and avocado, to serve



### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Defrost and prepare the pastry
- Cut the pastry with a blunt knife
- With assistance, put the cooked ingredients into the pastry cases
- Dollop the yoghurt or sour cream on top

#### Older kids can also:

- Help cook at the stove, adding the ingredients in and stirring slowly.



\* If you want to keep the pastry cases for another day, place them in a sealed container for up to 48 hours.

**PREP TIME: 5 MINUTES**  
**COOK TIME: 25 MINUTES**  
**SERVES 8**

**Directions:** Preheat oven to 180°C. Heat oil in a frying pan, add onion and cook until soft. Add the mince and cook, stirring, until browned. Add tomato paste, red kidney beans and stock. Bring to the boil, then reduce heat and simmer for 15 minutes, stirring regularly to break up the mince. While the meat is cooking, defrost the puff pastry and cut each sheet into quarters. Spray a muffin tray with oil and press each piece of pastry into a muffin hole. Blind bake for a few minutes to seal the pastry. Fill each of the puff pastry cups three-quarters full with mince and sprinkle some cheese on top. Bake for 10 minutes. Let pastry cool slightly before lifting from the muffin tray. Place a dollop of yoghurt or sour cream on top and serve with veggie sticks and avocado.



## SWEET POTATO FALAFEL BALLS

This is a great vegetarian option which is high in fibre and protein. It is also surprisingly easy to make. Legumes and pulses are great foods to introduce to your child, as they are easy to eat due to the texture, they're high in fibre and a great vegetarian source of protein. Sweet potato gives these falafel balls sweetness and is a fabulous source of vitamin A.

- 1 large sweet potato, peeled and diced
  - Olive oil spray
  - 400g can chickpeas, rinsed and drained
    - 1 tsp cumin
    - 1 lemon, juiced
  - 4 tbsp sesame seeds

**PREP TIME: 30 MINUTES**  
**COOK TIME: 45 MINUTES**  
**MAKES AROUND 20 BALLS**

**Directions:** Preheat oven to 200°C. Place the diced potato on a lined baking tray and spray with oil. Bake for 30 minutes. Once the potato is cooked, let it cool for 15 minutes, then put in a blender with chickpeas, cumin and lemon juice. Pulse until mixture forms a ball. Wet your hands and roll mixture into golf ball-sized falafels. Place them onto a lined baking tray, spray with oil and sprinkle with sesame seeds. Bake for 15 minutes.



- \* These will keep in a sealed container in the fridge for 4 days. They are a great snack or addition to a lunch box.
- \* Serve the falafels as dinner with a side of dips, or in pita bread with salad.

### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Measure out ingredients
- Form the falafel balls
- Spray oil and sprinkle sesame seeds

#### Older kids can also:

- Peel and cut the sweet potato, with assistance

## SWEET POTATO BITES

Sweet potato is a vegetable that kids usually like. These little bites are a sneaky afternoon snack or addition to a lunch box that will up your kids' vegetable intake for the day. Sweet potatoes are naturally high in vitamin A and are also full of slow-releasing energy.

- 1 large sweet potato
- 1 zucchini, grated
- ¼ cup grated parmesan
- Olive oil spray

**PREP TIME: 10 MINUTES**  
**COOK TIME: 15 MINUTES**  
**MAKES AROUND 20**



**Directions:** Preheat oven to 220°C. Peel the sweet potato and cut into 5mm slices. Place on a lined baking tray, spray with oil and bake for 15 minutes. Sprinkle with grated zucchini and parmesan and place back into the oven or under the grill until golden.



## ZUCCHINI BITES

Zucchini is a good source of vitamins A and C, manganese, potassium and folate. They're also a great veg for kids, as they're not too green, meaning kids may not be so quick to reject them. These bites are a great addition to a lunch box, lunch platter or an afternoon snack. With the olives, they look a bit like eyeballs, which might help sell them to reluctant eaters!

- 1 zucchini
- 50g fetta, cut in small squares (OR ¼ cup grated parmesan)
- A few sliced olives

**PREP TIME: 5 MINUTES**  
**COOK TIME: 5 MINUTES**  
**MAKES 20**

**Directions:** Preheat oven grill. Cut zucchini into thin slices. Place a square of fetta on top of each (or a small sprinkle of parmesan). Place under the grill until the cheese browns. Add one olive slice on top of each.

### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Top the zucchini with cheese and olives

#### Older kids can also:

- Cut the zucchini and fetta

## EGG BURRITO

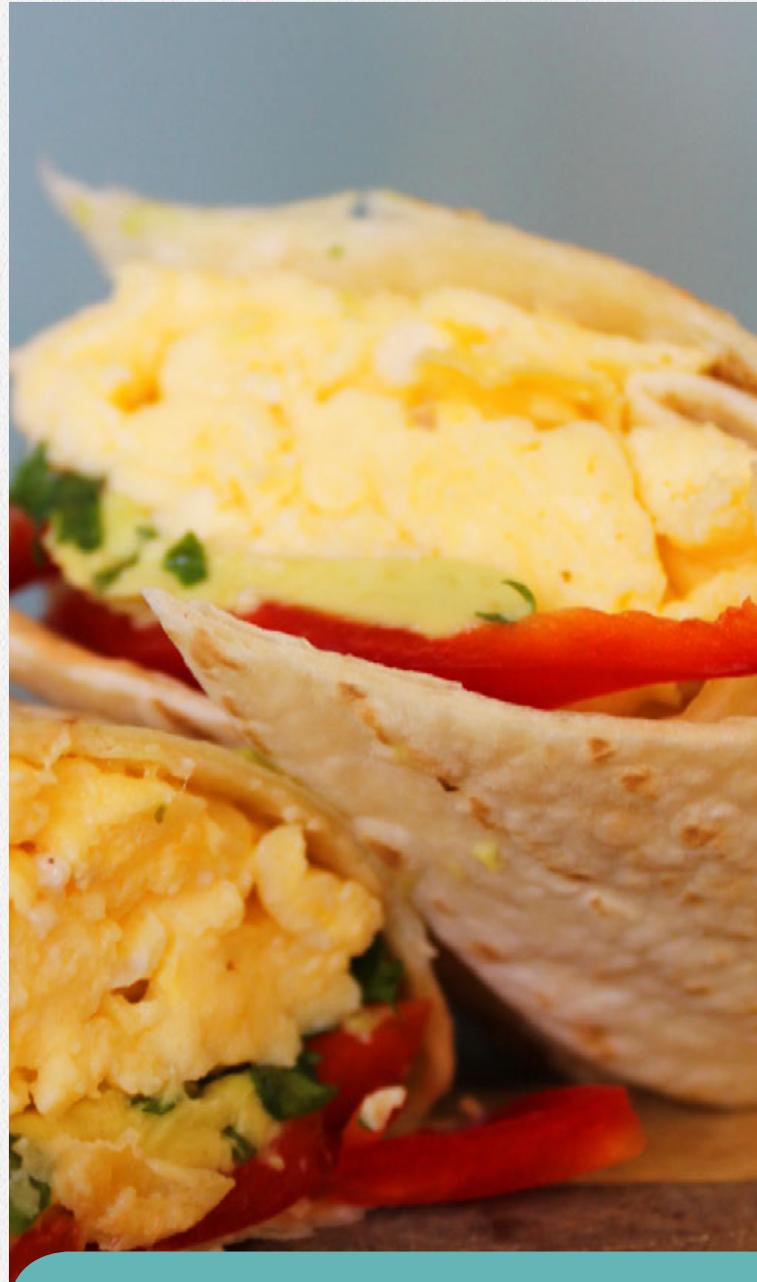
Egg is a great protein alternative to meat and, unlike other lunch-box favourites like ham, it is also low in sodium. This recipe is a great lunch idea but could easily be eaten for breakfast. If possible, choose tortillas made with wholemeal flour and marked as low in sodium. There are many brands available in supermarkets, if you look around. A wrap is also a great alternative to bread; mixing things up a bit will keep the lunch box interesting and hopefully encourage your children to finish their food.

- Olive oil spray
- 1 egg
- 1 wholemeal tortilla
- ¼ red capsicum, chopped
- 1 handful rocket or baby spinach
- ¼ avocado, chopped

**PREP TIME: 5 MINUTES**  
**COOK TIME: 2 MINUTES**  
**SERVES 2 KIDS OR 1 ADULT**



**Directions:** Heat a small frying pan and spray with oil. Crack the egg into the pan and scramble it; this will only take about 30 seconds. On the tortilla, layer the veggies and egg, leaving at least 2 inches space from the edge. Fold up the bottom edge, then top edge, then wrap around the sides. Cut in half and wrap in foil.



\* If an egg wrap is going into a lunch box, make sure there is something to keep the food cold for reasons of food safety.

## POLENTA

Polenta is made from corn and is a great carbohydrate alternative to wheat- or rice-based products. Corn is a good source of B vitamins, fibre and vitamin C. Once the polenta sets, it is an ideal food for little people, as they are able to hold it easily and it is soft and easy to chew. This recipe also incorporates pumpkin, which is a great source of vitamins A, C and E, and iron. If you like, the pumpkin can be substituted with a different vegetable.

- ½ Japanese pumpkin, diced
  - Olive oil spray
  - 1 cup polenta
  - ½ cup grated parmesan
- 1 handful baby spinach, chopped
  - ½ cup oil, for frying

**PREP TIME: 30 MINUTES**  
**COOK TIME: 40 MINUTES**  
**MAKES 20 SLICES (APPROX)**



**Directions:** Preheat oven to 200°C. Place pumpkin on a lined baking tray and spray with oil. Bake for 20 minutes. Meanwhile, bring 4 cups of water to the boil. Slowly add the polenta, mixing continuously. Once all the polenta is added and the mixture begins to bubble, reduce the heat and continue to stir for 10 minutes. Combine polenta, pumpkin, cheese and spinach in a bowl. Spread the mixture out on a baking tray to a thickness of around 2cm. Leave the mixture to cool and set in the fridge for



1 hour. Once set, cut polenta into strips or use cookie cutters to make fun shapes. Heat oil in a frying pan and cook the polenta shapes until crunchy and golden on both sides. Leave to cool slightly on paper towel before serving.

### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Measure the ingredients
- Help spread the mixture out on the tray
- Use the cookie cutter to cut the polenta

#### Older kids can also:

- Dice the pumpkin (once partially cut by an adult)

SECTION

4

dinners...

Take the battle out of  
dinnertime with kid-friendly  
meals for the whole family



Dinner is a great time to sit together as a family and subtly teach your child healthy eating habits. Dinner is also a great opportunity for your child to help you in the kitchen, even if it's just fetching the veggies from the fridge.

## SPINACH AND RICOTTA FILO ROLLS

Spinach is sometimes a difficult vegetable to get children to eat. Hiding it is always an option, but not ideal. One method is to incorporate it in various meals, 'hidden', then once it is accepted, talk about the fact that spinach is in so many of the meals that your child likes – then they may very well eat it by itself! Spinach is a nutrition powerhouse, an excellent source of many nutrients, including the B vitamins, vitamins A, K, C and E, fibre, protein, manganese and folate. Ricotta cheese is a good source of protein and calcium, plus the mineral selenium.

- 10 sheets filo pastry
  - Olive oil spray
    - 1 tsp oil
- 2 garlic cloves, crushed
- 6 cups baby spinach
  - 500g ricotta
- 1 cup grated parmesan
  - 1 tsp nutmeg



**PREP TIME: 10 MINUTES**  
**COOK TIME: 15 MINUTES**  
**SERVES 4**

**Directions:** Preheat oven to 180°C. Make 2 piles of 5 sheets of filo pastry, spraying a little oil between each sheet. Cut each pile into quarters. Heat oil in a frying pan, add garlic



and baby spinach and cook until spinach is wilted. Allow to cool. In a bowl, place ricotta, parmesan, nutmeg and cooled spinach, and mix. Place equal amounts of ricotta mixture on each pastry stack and roll up to make a parcel. Spray the outside of each roll with oil.

Place on a lined tray and bake for 15 minutes, or until the outside is golden. Allow to cool slightly, then cut in half and serve.

### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Mix the cheese and spinach together
- Help prepare the filo pastry
- Spoon mixture onto filo squares

#### Older kids can also:

- Crush garlic
- Help cook on stove

## BAKED RISOTTO BALLS

This is a perfect way to get your children eating rice when they are young and find it difficult to use a spoon. Fussy eaters will enjoy feeding themselves and the flavour possibilities are endless. This recipe is for a simple mushroom risotto, which you can make into small balls, or else use any leftover risotto you like. Rice is an excellent carbohydrate source of energy and has a low allergenic profile, if there is concern about intolerances in your child.

- 2 cups arborio rice
- 1 onion, finely diced
- 2 garlic cloves, crushed
- 4 cups reduced-salt stock or water
- 2 cups diced mushrooms
  - 2 tbsp oil
- 1 cup grated parmesan
- 3 frozen spinach cubes (or 2 cups chopped fresh spinach leaves)
  - 2 eggs
- 1 cup breadcrumbs (or gluten-free alternative, such as corn crumbs)

**PREP TIME: 15 MINUTES**  
**COOK TIME: 45 MINUTES**  
**SERVES 4 OR MORE**

**Directions:** Heat 1 tbsp of oil in a large frying pan over a medium heat. Add garlic and onion, and cook until softened. Add rice, stir to coat in oil, then add ½ cup of the stock and stir until absorbed. Keep adding the stock and stirring until the rice is cooked. Meanwhile, in a separate pan, heat remaining oil, add mushrooms and cook until lightly



brown. Add spinach and cook until mushrooms are tender and water from the frozen spinach has been absorbed. Add mushroom mixture and parmesan to the cooked rice and stir to combine. Place the risotto into a shallow dish and allow to cool.

**To make the risotto balls:** Preheat oven to 180°C. Lightly beat eggs in one bowl and place the crumbs in another. Scoop out golf ball-sized handfuls of rice mixture, dip into the egg and then dip into the breadcrumbs. Place balls onto a lined baking tray and spray with oil. Bake for 15 minutes or until brown.

### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Measure the ingredients
- Make the rice balls
- Spray the balls with oil

#### Older kids can also:

- Cut the mushrooms
- Help with stirring on the stove



## INDIVIDUAL MEAT PIES

These pies are great, as little kids love to have their own individual pie. If you are worried about using breakable porcelain, you could buy individual aluminium trays. These meat pies are a much better option than supermarket-bought ones, as there is less pastry, no artificial ingredients or added sodium. It is a way to add additional vegetables to their diet - this recipe has a few veggies, but you could easily add more.

Red meat is a great source of iron for children, as well as vitamin B12, which we all need, but especially children to aid in growth and energy.

- 1 tbsp oil
- 1 onion, finely diced
- 2 garlic cloves, crushed
- 500g quality beef mince
  - 2 tbsp flour
- 375ml reduced-salt stock
- 2 tbsp low-salt tomato paste
  - 1 carrot, grated
  - 1 cup frozen peas
- 1 ½ sheets puff pastry, defrosted
  - 2 tbsp milk

**PREP TIME: 10 MINUTES**  
**COOK TIME: 45 MINUTES**  
**SERVES 6**

**Directions:** Preheat oven to 180°C. Heat oil in a large frying pan, add onion and garlic and lightly cook. Add mince and break it up with a spatula. Sprinkle flour over the mince and cook until lightly browned. Add stock and tomato paste, bring to the boil, then reduce heat. Add carrots and peas, and simmer for 15 minutes. Divide mixture between 6 ramekins. Cut pastry into 6 small squares (the whole sheet into quarters and the half sheet in two). Place a pastry square on top of each ramekin and pinch the edges. Brush with milk and pierce the top with a fork. Bake for 20 minutes or until the pastry is golden brown. Allow to cool a bit before serving, remembering that the inside will be piping hot.

### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Measure the peas
- Separate and defrost the puff pastry and cut it into quarters with a blunt knife
- Brush the pastry with milk

#### Older kids can also:

- Grate the carrot
- Add ingredients to the pan on the stove
- Stir the meat on the stove, with assistance



KIDS SHOULD  
EAT 1-2 SERVES  
OF FISH EACH  
WEEK

## FISH FINGERS

Fish fingers are very popular with children and an easy win at the dinner table. The problem with store-bought fish fingers is they are often high in sodium and can contain up to 25 ingredients – in this homemade recipe, there are only 6. Fish is a good source of protein, which is important for growth, and is also a good source of omega 3 fatty acids, which are important for eye and brain development, and have anti-inflammatory properties which are beneficial for immunity and heart health.



- 1 egg
- ¼ cup milk
- 400g white fish, cut into 2cm chunks or strips
- ½ cup plain flour
- 2 cups breadcrumbs
- Olive oil spray

**PREP TIME: 10 MINUTES**  
**COOK TIME: 15 MINUTES**  
**SERVES 4**

**Directions:** Preheat oven to 200°C. Whisk the egg and milk together. Roll the fish in the flour, dip in the egg mixture, then roll in breadcrumbs. Lay on a lined baking tray and spray with oil. Bake for 15 minutes.

### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Roll fish in flour, egg and breadcrumbs
- Mix egg and milk

#### Older kids can also:

- Cut the fish

## VEGGIE PESTO PASTA

This pasta dish is an easy way to introduce your child to some different flavours and textures. Use it to add a new vegetable to their diet and, once the child has accepted the flavour, the food can be revealed. If you have different veggies, sub out the capsicum, broccoli and tomato as you like.

Pine nuts are a good source of beneficial fats, along with manganese, magnesium, copper, zinc and vitamin E.

Perfect with pasta, this pesto is also a delicious dip and can be used as a sandwich spread instead of butter. The recipe makes double and can be frozen for a later date.

- 2 tbsp oil
- 2 garlic cloves, crushed
- 1 small capsicum, chopped
- 1 small head of broccoli, chopped
  - 1 ripe tomato, chopped
  - 2 tbsp water
- 1 cup (140g) pine nuts
- 1 bunch basil, leaves picked
  - 1 lemon or lime, juiced
- ½ cup grated parmesan
  - Pasta, to serve

**PREP TIME: 10 MINUTES**

**COOK TIME: 10 MINUTES**

**SERVES 4 (PLUS EXTRA FOR ANOTHER MEAL)**



**Directions:** Heat 1 tbsp of the oil in a frying pan and add garlic, capsicum, broccoli and tomato. Cook until slightly softened, adding the water as needed. Toast pine nuts in a separate frying pan with no oil. Put vegetables, pine nuts, parmesan, basil, lemon juice and the remaining oil into a blender and blend until combined but still a little coarse. Cook the pasta as per packet directions. Drain pasta, add half of the pesto mixture and toss to combine.

### TIP FOR COOKING WITH KIDS

#### Kids under 5 can:

- Prep and wash vegetables
- Measure ingredients

#### Older kids can also:

- Stir veggies on the stove, assisted



**PRAWNS ARE A GREAT SOURCE OF VITAMIN B & OMEGA 3**



- ½ red capsicum, cut into strips
- ½ yellow capsicum, cut into strips
- 1 bunch broccolini, chopped
  - 1 tbsp sesame oil
  - 1 onion, diced
- 2 garlic cloves, crushed
- 2 cups frozen prawns
  - 1 tbsp fish sauce
  - 1 tbsp soy sauce
- 1 lemon or lime, juiced
- Chilli (optional)

**PREP TIME: 10 MINUTES  
COOK TIME: 15 MINUTES**

**SERVES 4**

**Directions:** Cook the egg noodles as per packet directions, then rinse in cold water and set aside. Prepare the veggies and place in a bowl. Heat sesame oil in a frying pan and cook onion and garlic until soft. Add prawns and cook, stirring, until just defrosted (do not reduce the water from the prawns). Add veggies, fish sauce, soy sauce and lemon juice. When veggies are just cooked, add noodles and toss through. Serve the kids' meals, then add chilli to the pan for the adults, if desired.

## PRAWN TRAFFIC LIGHT STIR-FRY

Stir-fries, especially colourful ones, are a great way to get numerous vitamins and minerals into your child's diet. Use whatever veggies you have in your fridge to make this meal. Prawns are a great source of protein, B vitamins and omega-3 fatty acids. Perfect for busy households, this is a quick, easy and nutritious meal.

- 2 parcels egg noodles
  - 1 cup snow peas
  - 2 carrots, chopped

### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Prep and wash vegetables
- Measure sauces
- Tip the ingredients into the pan

#### Older kids can also:

- Help at the stove, with assistance

## THAI GREEN CHICKEN CURRY

Many people avoid exotic flavours, thinking that they can't eat this food with their children, but this is not true. After all, children of other countries and cultures eat such food every day! Of course, your children may not be used to such flavours, so it is a good idea to introduce different tastes slowly and build them up over time. This curry includes chicken, a great source of protein, and rice or noodles for carbohydrates. Vegetables in an array of colours provide a wide variety of nutrients. Broccolini has been used, as it is not as tough as broccoli, meaning kids may be more inclined to eat it. Broccoli is a great source of vitamins C and K, and folate.

- 1 tbsp oil
- 2 garlic cloves, crushed
- 2 spring onions, sliced
- 2 tbsp mild green curry paste
- 2 chicken breasts, diced
- 2 carrots, chopped
- 1 large zucchini, chopped
- 1 bunch broccolini, chopped
- 270ml can coconut milk
- 2 parcels egg noodles  
(or 2 cups brown rice)

**PREP TIME: 10 MINUTES**  
**COOK TIME: 15 MINUTES**  
**SERVES 4**



**Directions:** Heat oil in a large frying pan and cook garlic and spring onions. Add curry paste and cook until fragrant. Add chicken and cook until lightly browned, then add vegetables and coconut milk. Bring to the boil, lower heat and simmer until chicken is cooked through. Meanwhile, cook the rice or noodles according to packet directions. Drain and rinse the rice or noodles and serve.



**NURTURE  
YOUR CHILD'S  
PALATE**

\* Kids won't eat your meal on a plate?  
Try it in a bowl, cup or a different container.  
You might be surprised by how it will  
change their acceptance of a meal.

## CHICKEN NUGGETS

Chicken nuggets are another favourite of kids, but as with fish fingers, store-bought chicken nuggets can be full of ingredients that may or may not represent food, plus a lot of unnecessary sodium. Some are better than others but, nutritionally, you can't beat homemade. Choosing breast meat reduces the fat content, but dark meat or thigh meat has a lot of flavour. The choice is personal, but both are packed with protein.

- 2 chicken breasts
- 1 ½ cups breadcrumbs
- ¾ cup grated parmesan
- 2 eggs, beaten
- Olive oil spray



**Directions:** Preheat oven to 200°C. Cut the chicken into 2cm chunks. Combine breadcrumbs and cheese. Dip chicken into the beaten egg, then into the breadcrumb mixture. Lay the chicken on a lined baking tray and spray with oil. Bake for 10 minutes.

### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Mix breadcrumbs and cheese together
- Dip the chicken

#### Older kids can also:

- Cut up the chicken

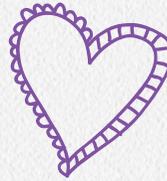


## SALMON CAKES

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Salmon cakes are an easy food for little hands to manage and a great way to get some fish into your family's diet. This recipe uses canned salmon, which is not only a great source of omega 3 fatty acids but also a good source of non-dairy calcium. You can substitute the salmon with tuna or even crabmeat to mix it up a little.

- 1 cup cooked potato
- 1 cup cooked rice
- 1 cup frozen peas, steamed
- 400g canned salmon
- ¾ cup breadcrumbs
  - 1 egg
- 2 garlic cloves, crushed
- 1 onion, finely diced
- 4 tbsp oil, for frying



**PREP TIME: 15 MINUTES**  
**COOK TIME: 15 MINUTES**  
**SERVES 4**

**Directions:** Allow cooked potato, rice and peas to cool. Mix all ingredients in a bowl. Use hands to form 8-12 patties. Heat oil in frying pan and cook patties until golden.

### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Measure and add ingredients to the bowl
- Form patties

#### Older kids can also:

- Help fry the patties, with assistance



## QUESADILLA

Quesadillas are incredibly versatile and a great way to use up leftovers. This recipe is packed with protein, fibre and iron – great for growing kids. To mix things up, try using chicken strips (instead of mince) and corn – or whatever you have in the fridge!

- 1 tbsp oil
- 2 garlic cloves, crushed
- 400g quality lean mince
- 400g can kidney beans, rinsed, drained and lightly mashed with a fork
  - 1 tomato, diced
- 1 packet wholemeal tortillas
  - 2 spring onions, diced
  - ½ cup grated cheese
- Sour cream or natural yoghurt, to serve
  - 1 avocado, diced



**PREP TIME: 10 MINUTES**  
**COOK TIME: 10 MINUTES**  
**SERVES 4**

**Directions:** Heat oil in a pan and lightly cook garlic. Add mince and cook, breaking it up with a spatula, until browned. Add kidney beans and diced tomato and cook until just heated through – you don't want the mixture to be wet. Lay a tortilla on a sandwich press. On one half, spoon over a 1cm layer of mince mixture. Sprinkle with spring onions and cheese. Fold the other half of the tortilla over. Close the lid of the press and cook until crisp. (This can also be done in a clean pan. Just cook on one side for a few minutes, then carefully flip.)



### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Prep and measure vegetables and ingredients
- Sprinkle ingredients onto tortillas

#### Older kids can also:

- Help to chop ingredients
- Help with cooking on the stove

Transfer to a chopping board and cut in wedges. Serve with sour cream or yoghurt and diced avocado.

SECTION



# party time



Make your kid's party a hit without  
breaking all the nutrition rules  
with these junk-free recipes

Parties are a time to have fun with your friends and with food, but they are often occasions when kids overindulge in sugar and additive-laden treats. These recipes are not everyday foods, but are better-for-you party foods. Many of the recipes can also become party games or activities for the kids.

## APPLE BITES

Like an apple pie sandwich, this tasty treat can be a fun activity for kids as they assemble it themselves. The ingredients used to make it are lower in fat, sugar and salt than a traditional apple pie.

- 2 apples
- 20 basic round biscuits
- 10 tbsp natural yoghurt
- Honey
- Cinnamon

**PREP TIME: 15 MINUTES**  
**COOK TIME: 20 MINUTES**  
**SERVES 10**

**Directions:** Preheat oven to 180°C. Peel the apples, core them and cut the apple into 5mm slices. Place apple on a lined baking tray and bake for 15 minutes. Allow to cool for 5 minutes. Assemble bites by layering a biscuit, a slice of apple, a spoonful of yoghurt, a drizzle of honey, a shake of cinnamon and another biscuit on the top.

A great party idea is to let the kids assemble their own. Lay out apple, biscuits, a bowl of yoghurt, cinnamon shakers and

**MAKE  
THE CATERING  
PART OF THE  
ACTIVITIES AND  
GET THE KIDS  
INVOLVED!**



squeeze bottles of honey. Gather the kids around, show them how to make one and let them go to town. Don't worry if they do it wrong or make a mess. It's part of the fun!

**NO ADDED  
SUGAR  
RECIPE!**



## BANANA COCONUT ICE CREAM

This cool treat is a super-healthy alternative to store-bought ice cream.

The fat content is similar, due to the coconut, but it has none of the added sugar.

Easy to make, this is one of the most delicious preservative-free, additive-free, colour-free, dairy-free, no-added-sugar frozen desserts you could imagine.

- 270ml can coconut cream
- 2 large bananas (or 3 small ones)



**PREP TIME: 10 MINUTES**  
**FREEZING TIME: OVERNIGHT**

**SERVES 8**

**Directions:** Peel and chop bananas. Pour coconut cream into an ice-cube tray. Freeze

banana and coconut cream overnight. When you are ready to eat, place frozen banana slices and coconut cream cubes into a blender and blend. Keep pulsing until it all comes together, stopping to scrape the sides occasionally.





**HANDS-ON FUN  
WITH HEALTHY  
INGREDIENTS!**

## FROZEN BANANA POPS

This is a great activity for the kids to get creative in the kitchen. The rolling ingredients listed here are just a suggestion; feel free to substitute with different nuts or anything else you like - while trying to avoid excess sugar or artificial colours and the inevitable chaos that ensues!

- 10 bananas, cut in half
- 1 tub natural yoghurt
- Shredded coconut
- Crushed peanuts
- Honey

**PREP TIME: 20 MINUTES**

**FREEZER TIME: MINIMUM 1 HOUR**

**SERVES 10 (2 PER CHILD)**

**Directions:** Stick the banana halves on wooden skewers. Put yoghurt, coconut, peanuts and honey into shallow bowls. Let the children dip the banana in the yoghurt and other ingredients, as they like. Place dipped bananas on a lined baking tray. Freeze for at least 1 hour, then serve



## CHOCOLATE CREPES

These pancakes are a great way to feed children at a party. They are fun to make and the word 'chocolate' makes them instantly appealing to kids. In truth, there really isn't much chocolate in them (so you will get the thumbs up from other parents too!) and you can choose delicious yet nutritious sides to top or wrap in the chocolate pancakes.

- 1 cup plain white flour  
(other flours won't work well with this recipe)
  - 1 ½ cups milk
  - 1 egg
  - 2 tbsp cocoa
- 1 tbsp Natvia (optional)
  - Olive oil spray
  - Toppings of choice  
(for example, pear, raspberries, honey, peanut butter and bananas)

**PREP TIME: 20 MINUTES**  
**COOK TIME: 15 MINUTES**  
**MAKES 8 CREPES (APPROX)**

**Directions:** Whisk together flour, milk, egg, cocoa and Natvia (if using). Let the mixture sit for 10 minutes. Heat a frying pan, spray with oil and pour in a soup ladle of mixture, enough to lightly coat the pan. Cook until bubbles form, test the sides, then flip. Cook for a few more moments. Move the crepe to a plate and repeat with remaining mixture. Prepare toppings and lay out on the table, so the kids can help themselves.



### TIPS FOR COOKING WITH KIDS

#### Kids under 5 can:

- Measure and mix the ingredients for the crepes

#### Older kids can also:

- Help cook on the stove

## FAIRY BREAD

---

Fairy bread is a classic party favourite and it's lots of fun to get the kids involved in helping make it. There's no way to make this a healthy snack, but a thoughtful choice of ingredients can make it a little better for you.

- **High-fibre white bread** Fairy bread is not the same on wholegrain bread, but there are some great high-fibre white breads in supermarkets. Look for one with more than 5 grams of fibre per 100 grams.
- **Natural sprinkles** Many families are choosing to avoid artificial ingredients wherever possible. You can still have sprinkles free from artificial colours and flavours, with natural products available at many food stores and online.
- **Shredded coconut** Look for brands which do not have preservatives like potassium sorbate. The less preservatives the better.

**Directions:** Place melted butter (with pastry brushes), sprinkles and coconut in shallow bowls, and bread slices on a plate. Show the children how to use the cookie cutters to cut out shapes in the bread. They can then paint them with some butter and press them into sprinkles or coconut, or both. With some help from an adult, the bread shapes can even be threaded onto skewers to make fairy wands!



NOSTALGIC  
PARTY  
FAVOURITE





## FRUIT DIPPING

---

It is amazing what kids might eat if they can dip it in something! As this is for a party, the dipping is a little more fun and 'treat like'. You can get creative with your ingredients and still choose relatively healthy options. Try these ideas:

- Apples
- Watermelon
- Banana
- Strawberry
- Or any other fruits your children love or which are in season.



- For the dipping station, try:
- Coconut (without potassium sorbate)
  - Custard
  - Natural or vanilla yoghurt
  - Low-sugar drinking chocolate (this uses natural sweeteners and dark chocolate for a healthier treat)

**Directions:** Set up the dipping station with dips of your choice. Cut, peel and skewer the fruit, then let the kids go wild!

## HAMBURGERS

---

Hamburgers get a bad rap as being unhealthy but if you make your own at home and concentrate on using quality ingredients, the meal will in fact be very healthy and balanced.

- Choose premium lean mince so you can enjoy the benefits of the protein and iron from the meat, without so much fat.
- Choose wholegrain or high-fibre breads with lower sugar contents.
- Choose reduced-fat cheese or a small amount of full-fat cheese.
- Add fresh vegetables to the burger.
- If you are going to use sauces, aim for those with reduced sodium and sugar, or reduce the quantity used.

- 400g quality lean mince
  - 2 garlic cloves
  - 1 tbsp rosemary
  - ½ onion, diced
- 2 tbsp plain flour (or tapioca flour)
  - Olive oil spray
- 12 small wholegrain rolls, halved
  - 1 small can baby beetroots, rinsed, drained and grated
    - 2 carrots, grated
    - 12 lettuce leaves
    - 2 tomatoes, sliced
    - 12 cheese slices

**PREP TIME: 20 MINUTES**  
**COOK TIME: 15 MINUTES**  
**MAKES 12**

**Directions:** Place the mince, garlic, rosemary, onion and flour in a blender and pulse to combine. With your hands, form 12 balls. Heat a frying pan, spray with oil and place half the balls into the pan. Flatten with a utensil. Fry until cooked through, flipping halfway. Repeat with remaining patties. Place one patty on each roll and layer with veggies and cheese. Alternatively, set out burger ingredients on the table and let the kids build their own!



**OLD  
FASHIONED  
FAVOURITE**

## CAKE CONES

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These are more of an assembly job than a recipe per say. The beauty of these cake cones is that they are ridiculously easy and can be as healthy as you want them to be, and the kids will still love them.

**Directions:** Use muffins of your choice (such as the sugarless breakfast muffins on page 23). Dip muffins in vanilla yoghurt and natural colour sprinkles. Pop the muffin into a cone and voila!



## POPCORN

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Popcorn is a great savoury or sweet snack that's always a hit at parties. Popcorn is naturally high in fibre, low in fat and sodium. To ensure it retains its healthy profile, it is important to air-pop it and add flavours which are better for you.

- ¼ cup popcorn kernels

### SOME SUGGESTIONS FOR TOPPINGS ARE:

- Garlic salt
- Rosemary
- Paprika and garlic salt
- Cinnamon sugar
- A dash of maple syrup
- A dash of honey
- Grated or powdered chocolate
- Grated cheese

**COOK TIME: 1.5-2 MINUTES**  
**MAKES 2 CUPS**

**Directions:** Place popcorn kernels in a brown paper lunch bag, fold over the edge of the bag. Place the bag, folded side down, in the microwave and cook on high for about 1.5 minutes. Stop when there is a pause between pops.



## CHEQUERS

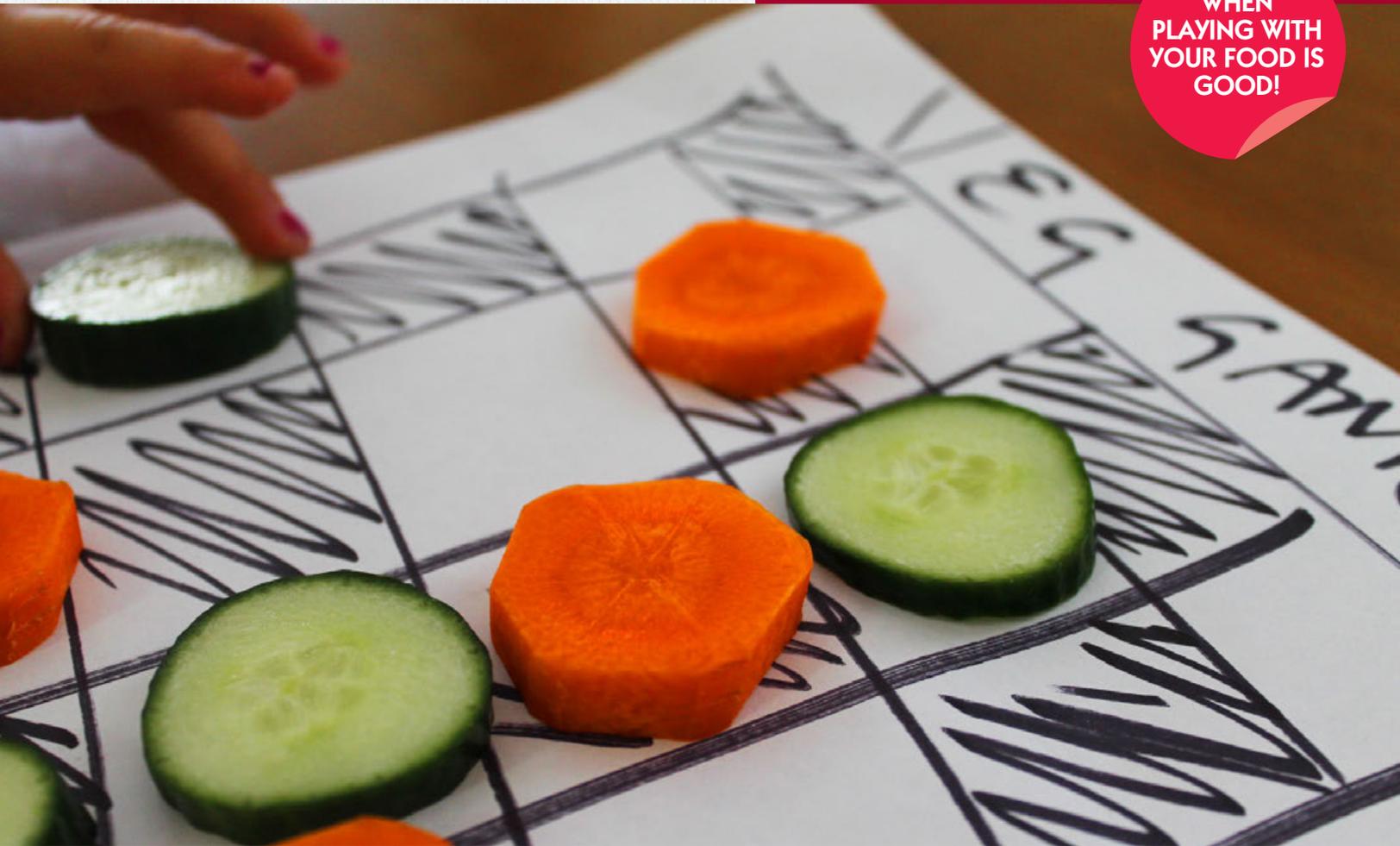
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Your mum might have told you not to play with your food, but there is such a thing as good playing. Throwing food around and creating a mess is one thing; learning and exploring the texture, taste and how it feels in your fingers, and having fun is definitely another thing.

Many families struggle with vegetable consumption and this game is a way to initiate the acceptance of a vegetable or any other food.

Draw up a chequers board and set up vegetable counters – anything will work, from broccoli to blueberries, carrot or cheese. Make it fun, make it brief and have a giggle.

**WHEN  
PLAYING WITH  
YOUR FOOD IS  
GOOD!**





## FUSSY EATERS

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Without a doubt, this is the most common question parents ask about young children.

**“My child is fussy, how can I get them to eat different foods or more food?”**

Fussy eating often correlates with a distinct developmental period in a young child’s life: the age of independence. The child wants control over anything and everything, including their food.

With a slow down of growth around the age of 12 months, you will notice that your child may not appear as hungry. The growth curve around this age flattens out. This is normal, but can lead to parental anxiety at mealtimes.

However, there are ways to avoid the nugget

and cheese sandwich curse of fussy eating.

### BE PERSISTENT

It can take up to 10 or more times for a child to like a food. Do not give up. Try it again, then again and again – though not on the same day. Give it a break for a few days and try it again.

### TRY DIFFERENT TEXTURES

Children are very textural and may be rejecting the food because of its feel, rather than the taste. If you do not have success with steamed zucchini, try it raw. Change the texture and you change the experience. The '10 times' rule also applies with texture.



### CHANGE THE EXPERIENCE

The thing about processed and supermarket packaged foods is they are marketed directly to children, tapping into exactly how they like their food. Think like the companies. Package your food in colourful little containers. Serve a meal in a cup or a takeaway box. Use a straw to drink soup or tongs to eat spaghetti.

Food should be fun for kids. If it isn't, they will not embrace it.

### MARKET IT TO THEM

Adults eat all kinds of foods for health reasons (wheatgerm, wheatgrass shots, LSA, spirulina) and it is only afterwards we learn to love them.

The reason we first eat them is because they

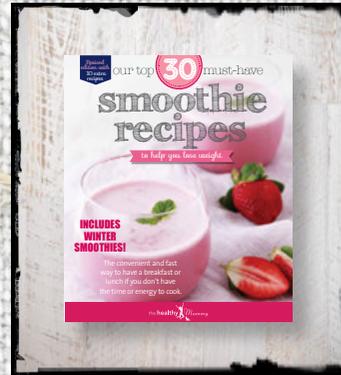
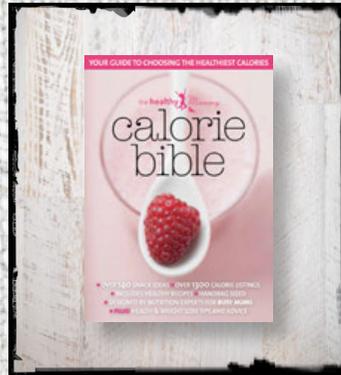
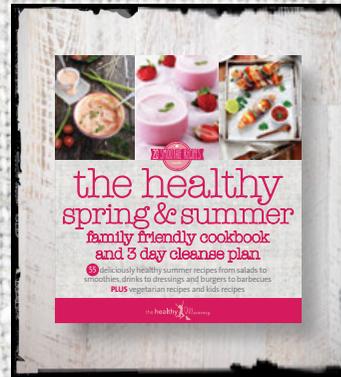
are marketed to us as being 'good for you' or 'superfoods', not because they are necessarily delicious or tempting.

Kids are marketed food as well. For example, a fun toy with a boxed-up lunch or a cereal that crackles and pops. How exciting!

To inspire similar levels of enthusiasm, you need to try a few marketing tools yourself. Try selling carrots as helping you see better and then challenge your children to try and see in a darkened room.

Broccoli helps your hair grow long, beans help you jump high; these are not scientifically proven claims, but these foods are important for a healthy body. Getting your kids to taste them, even once, will help the process.

# Our other products



All of our products are available at [www.losebabyweight.com.au](http://www.losebabyweight.com.au)

