

# Fun & Healthy Recipes for Kids 2



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**Childhood is a time of learning. Children who grow up in families that enjoy a variety of nutritious foods from the Five Food Groups are more likely to make their own healthy choices as they get older. Below are some fun recipes and food ideas for you kids.**

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Invest in a juicer and try fresh juices, such as apple and carrot juice or pineapple and watermelon. Make your own combinations! Children love to help push the fruits through the juicer (with supervision) and watching them come out in liquid form at the other end.

The juice can also be frozen into home-made icy-pops. Unlike packaged juices, fresh juices retain all the enzymes and minerals in their most vital natural form. Here are a few hand hints to ensure your kids are always drinking healthily:

- Always dilute fruit juices at least 50/50. This applies to fresh squeezed juices as well.
- Offer water more often in hot weather. Busy children engaged in play can forget to drink. Leave bottles out where they are visible, alternating them with cold ones from the fridge.
- On hot days, experiment with a range of water games. Both boys and girls love to play tea-parties and will happily drink the cups of water they have poured!
- Include ice-cubes and straws to spice things up a bit.
- And finally, keep a water bottle by your child's bed at night!

## Super Smoothies

Fresh blended fruit smoothies are a fun and easy way to make sure your child eats enough fruit. Smoothies are also a great alternative for children who aren't hungry enough for a more solid breakfast, or who have lost their appetites due to illness

### Green monster

Add 1 ripe banana and an avocado. Add 1 cup soy milk (or cow's milk, depending on the age and tolerance of your child) and blend. You can also add some yoghurt for calcium if your child has no dairy allergies (or silken tofu, if she does). Blend and serve immediately.

### Mango and banana "slushy"

Chop and freeze a few bananas (a great way to salvage any over-ripe bananas). Slice a fresh mango and add to a blender, along with a few frozen banana chunks. Whiz and serve immediately with a long spoon.

### Berry smoothie

Combine 1 cup apple juice, 2 ripe bananas, 1 cup blueberries and 1 cup raspberries to a blender. Serve immediately with a straw.



## We all need Iron

According to a recent study, children with prolonged bottle-feeding are at risk for iron deficiency. Researchers learned that the longer children were bottle-fed, the higher the prevalence of iron deficiency. All kids no matter what age they are need the right amount of iron in their diet. Below is a few facts and numbers to ensure your family is getting all the iron it needs.

### Recommended daily Intake of Iron

Infants 0 - 6 months (breast fed)	0.5 mg
Infants 0 - 6 months (bottle fed)	3.0 mg
Children 1-11 years	6-8 mg
Adolescents 12-18 years	10-13 mg
Adults-female	12-16 mg
Post-menopausal-female	5-7 mg
Adult-male	7 mg

### Quantities of food providing 5mg of Iron

- 180 grams beef
- 1000 grams fish
- 500 grams chicken
- 300 grams salmon / tuna
- 50 grams liver / kidney
- 180 grams sardines
- 500 grams broccoli
- 1 cup spinach / silverbeet (cooked)
- 5 eggs
- 2 cups Cornflakes
- 1 1/2 cup baked beans
- 4 Weetbix
- 7 slices wholemeal bread
- 16 slices white bread
- 100 grams dried apricots (20 halves)
- 125 grams almonds (80 almonds)
- 10 tablespoons peanut butter
- 1 tablespoon Milo

## Health lunch box ideas

Typically foods that can contribute to dental decay are those high in sugar, such as concentrated fruit snack bars, sweets and lollies, muesli bars and sugary soft drinks and juices. This is because the sugar feeds the destructive bacteria in children's mouths, which then puts acid on your child's teeth. Refined foods such as savory, starchy crackers and chips can also have high carbohydrate (sugar) content, so it is important to check the food information panel on packaged foods to assist with determining foods with high carbohydrate or sugar. Many beverages that are high in sugars are also acidic – that is, they can have an erosive effect on your child's teeth. Soft drinks, sports drinks and energy drinks, along with fruit juices and cordials, often have high-acid levels, and can play a major role in the development of tooth erosion.

Here are some healthy and tasty snack ideas for your kids lunch boxes.

- Grated cheese and carrot, with a little mayonnaise, in a lavash bread roll-up
- Peeled hard boiled egg, with a small bread roll, cherry tomatoes and snow peas
- Chicken or ham, tomato and lettuce in a wholemeal pocket bread
- Lovely left-overs: Roast chicken, frittata, quiche, home-made pizza slices
- Fruit or savoury muffins & slices of homemade cakes (see recipes)
- Pikelets with 100% fruit spread / Raisin bread
- Rice cakes with cream cheese and vegemite
- Rice crackers (or corn chips) with a small container of dip (humus/tsatsiki/guacamole)
- Zip lock bags, filled with carrot sticks, capsicum, cucumber slices, cherry tomatoes and olives
- Whole wheat crackers with cheese wedges / with small container of chunks of pineapple & melon, & grapes
- Cheesy puff pastry slices (see recipe)
- Yoghurts and fromage frais - and selection of fresh fruit





## Fruit kebabs

Children love to help make these healthy and attractive snacks.

Everyone will naturally have washed their hands. Chop up a wide variety of fruit in season and lay it out ready for the little ones to thread onto bamboo skewers-with the sharp ends snipped off.

### You might try:

1 rockmelon - cut into cubes - 1 pineapple - cut into cubes  
14 black grapes

1 punnet strawberries - washed and hulled

3 bananas - cut into thick slices with lemon juice  
Thread alternating fruit onto kebab sticks.

You can provide low fat natural yoghurt for dipping. Add passion fruit to the yoghurt for sweetener.

## Quick fix Veggie delights

Quick fix Veggie delights - not a lentil in sight!

- Tomato and mushroom omelette with crusty sour dough bread.
- Pasta with pesto sauce, olives and grated parmesan. To make pesto: place handful of basil leaves in blender, followed by handful walnuts, olive oil, sea salt, 1 clove garlic, sprig parsley.
- Veggie stir fry - slice an assortment of veggies (whatever you have handy) and lightly fry in sesame oil. Add tofu or tin of cannellini beans to add protein. Serve on basmati rice (10 minutes).
- Beans on toast with grated cheese.
- Noodles with peas, sliced mushroom and soy sauce.
- Fresh breads and rolls filled with egg mayonnaise, humus, avocado, salads.
- Veggie burger, thrown in a bun, with tomato sauce.
- Hearty salad - lightly bake cubes of pumpkin and sweet potato (10 mins) sprinkled with olive oil and sea salt. Add to your usual salad (lettuce, cucumber, tomatoes) along with feta and Greek olives. Serve with garlic bread.
- Toasted sandwiches of all varieties - try adding veggie bacon and tomato.

## Delicious Salad Recipes

**Apple Salad** - chopped apple (in lemon juice), sliced celery, chopped pitted dates, low-fat yoghurt

**Bean Salad** - 3 bean mix, lightly cooked fresh green beans or peas, sprinkled with toasted sesame seeds and low fat salad dressing

**Bean & Tomato Salad** - blanched green beans, cherry or diced tomatoes, shallots, slivered almonds, non-fat yoghurt

**Corn Salad** - canned corn, grated carrot and orange juice

**Green Pea Salad** - blanched peas, sliced mushrooms, chopped onion and lemon juice

**Lentil Salad** - cooked lentils, shredded carrot, chopped capsicum and sliced

**Marinated Vegetable Salad** - lightly steamed or micro-waved pieces of cauliflower, carrot, broccoli, eggplant mixed with raw mushrooms, capsicum and onion or shallots. Marinate overnight

**Carrot & Zucchini Salad** - grated carrot, grated zucchini, sultanas, fresh grapes, orange juice  
From the Tooty Fruity Veggie Program, North Coast Area Health Service:

## Mini pizzas

### Ingredients

- whole-grain wheat crackers
- pizza sauce
- grated mozzarella cheese

### AFTER HAND WASHING....

Place crackers on a baking sheet. Spread each cracker with pizza sauce and sprinkle with grated mozzarella cheese.

Bake at 350 for about 5 minutes or until cheese melts.

You can add funny faces-capsicum slices for mouths, olive pieces for eyes, green bean noses...etcetera, just go for it!