

Fun, Food & Facts

Tips, recipes and information for healthy family eating



Healthy and Delicious Fillings

- Grated carrot, finely sliced cucumber, lettuce, grilled eggplant, roasted capsicum, tomatoes, mushrooms, avocado, cooked sweet potato, sprouts, celery.
- Add high protein fillings like lean meat or fish, eggs, baked beans, hummus or cheese.

Sandwiches

Use different types of breads such as: wholemeal, wholegrain, high fibre white, rye, pita, bagels, turkish bread, mountain bread or english muffins.

Roll Up, Roll Up for Fun Lunchbox Ideas

Pizza Wrap

1. Roll up ham, cheese, tomato and pineapple pieces in pita bread.
2. Cook in sandwich press. Allow to cool before putting in the lunchbox.

Aussie Sushi

1. Cut crust off bread and roll out to flatten.
2. Mix tuna, cucumber and low fat natural yoghurt.
3. Spread onto bread, roll up and slice.

Rice Paper Roll

1. Soak vermicelli noodles in hot water.
2. Dip rice paper wrappers in warm water until soft.
3. Add noodles, carrot, celery, cucumber and meat (try BBQ chicken).
4. Drizzle with soy sauce and roll up!

Traffic Light Cheese Sticks

Ingredients

- cherry tomatoes, cut in half
- cubes of cheddar cheese
- grapes
- broken pieces of uncooked spaghetti

Method

Thread individual pieces of tomato, cheese and grape onto a broken piece of uncooked spaghetti for a colourful, traffic light effect.

Dairy food

...is vital for the development of strong and healthy bones.

Give children unflavoured milk to drink.

Add at least 1-2 serves of dairy food in your child's lunchbox:

- Cheese (low fat cheddar, swiss, cottage, ricotta)
- Low fat yoghurt
- Low fat custards
- UHT milk tetra.

Try to avoid

artificial colourings and flavourings as these may affect children's behaviour.

Natural and unprocessed foods are a healthier choice and offer the most nutritional value for your child.

Did you know?

Water is the best drink for children. It is cheap, healthy and easy to get. Pack a chilled water bottle in your child's lunchbox.

Basic Muffin Recipe

Ingredients

- ½ cup vegetable oil (e.g. Canola)
- 2 eggs
- 1 cup low fat milk
- 2½ cups wholemeal flour
- 3 tsp baking powder

Method

1. Preheat oven to 220°C.
2. Combine wet ingredients in a bowl.
3. Combine dry ingredients in a separate bowl.
4. Combine all ingredients together until just mixed.
5. Place spoonfuls of mixture in prepared muffin tins and bake for 20–25 minutes, or until "springy" to touch.

Sweet muffins: Add 250g of your choice of fruit to the wet ingredients. If using hard fruits such as apples, stew them first. Add ½ cup of sugar to the dry ingredients.

Savoury muffins: Add 250g of mixed grated carrot and zucchini to wet mixture. Add ½ cup of low fat grated cheese to the mix.

Lunchbox Goodies

Always put at least one piece of fruit into your child's lunchbox.

Snacks for the lunchbox can be fun, interesting and healthy.

Try some of the following:

- Carrot and cucumber slices with a small pot of hummus.
- Low fat muffins (sweet or savoury).
- Cheese and biscuits.
- Homemade muesli bar slice.



Muesli Bar Slice

Ingredients

- 3 cups Muesli (un-toasted)
- ¼ cup runny honey
- ¼ cup brown sugar
- ¼ cup margarine
- 3 ripe bananas, thinly sliced
- 1 cup dried mixed fruits
- Juice of 1 lemon



Method

1. Preheat oven to 180°C. Grease a 33x25cm baking dish.
2. Heat honey, margarine and sugar in a small saucepan until all dissolved.
3. Mix with the muesli in a large mixing bowl.
4. Pour half the mixture into the baking dish.
5. In a small bowl mix the banana, dried fruit and lemon juice. Spread this on top of the muesli mixture already in the dish.
6. Top with the rest of the muesli mixture, smoothing it all over.
7. Bake in preheated oven for 25-30 minutes, or until golden brown. Leave to cool in baking dish and slice into bars.



You can make your child's lunchbox safe by:

- Washing all fruit and vegetables before packing
- Sending your child's lunch to school in an insulated lunchbox
- Adding an ice brick, frozen water bottle or frozen UHT milk to keep the lunch cold.

Read the Labels

Most foods with packaging will have a Nutrition Information Panel. Use the "per 100g" column to compare similar foods:

Go for products with:

- less than 10g of fat per 100g
- less than 10g of sugar per 100g
- less than 120 mg sodium (salt) per 100g
- more fibre per 100g

And remember that ingredients are listed from the most to the least.





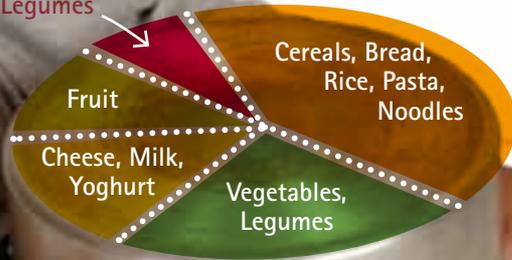
Young children have small stomachs and need small snacks regularly between meals to help them meet their energy needs.

Some healthy snack ideas include:

- Low fat yoghurt with cut up fruit.
- Dips with fruit and vegetable sticks (carrots, cucumber, capsicum, snowpeas, broccoli etc.)
- Make a fruit smoothie by blending low fat milk, soft fruits (e.g. bananas and strawberries) and low fat yoghurt.
- Rice cakes or crisp breads with toppings (e.g. low fat cheese and tomato, smooth peanut butter and grated carrot).
- Peel an apple and sprinkle with 1/2 teaspoon of brown sugar, 1 teaspoon of apple juice and a dash of cinnamon. Microwave for 2 to 3 minutes.

Recommended variety of foods to be eaten daily:

Fish, Lean Meat, Nuts, Legumes



Beetroot Hummus

For a twist on traditional hummus dip, try making this recipe at home.

In a blender combine:

- 1 tin of drained chickpeas,
- 1 small tin of drained beetroot,
- a squeeze of lemon juice and
- 1/4 cup of olive oil.

Serve with vegetable sticks.

DELICIOUS!



Fruit Kebabs

Ingredients

Any combination of fresh fruit:

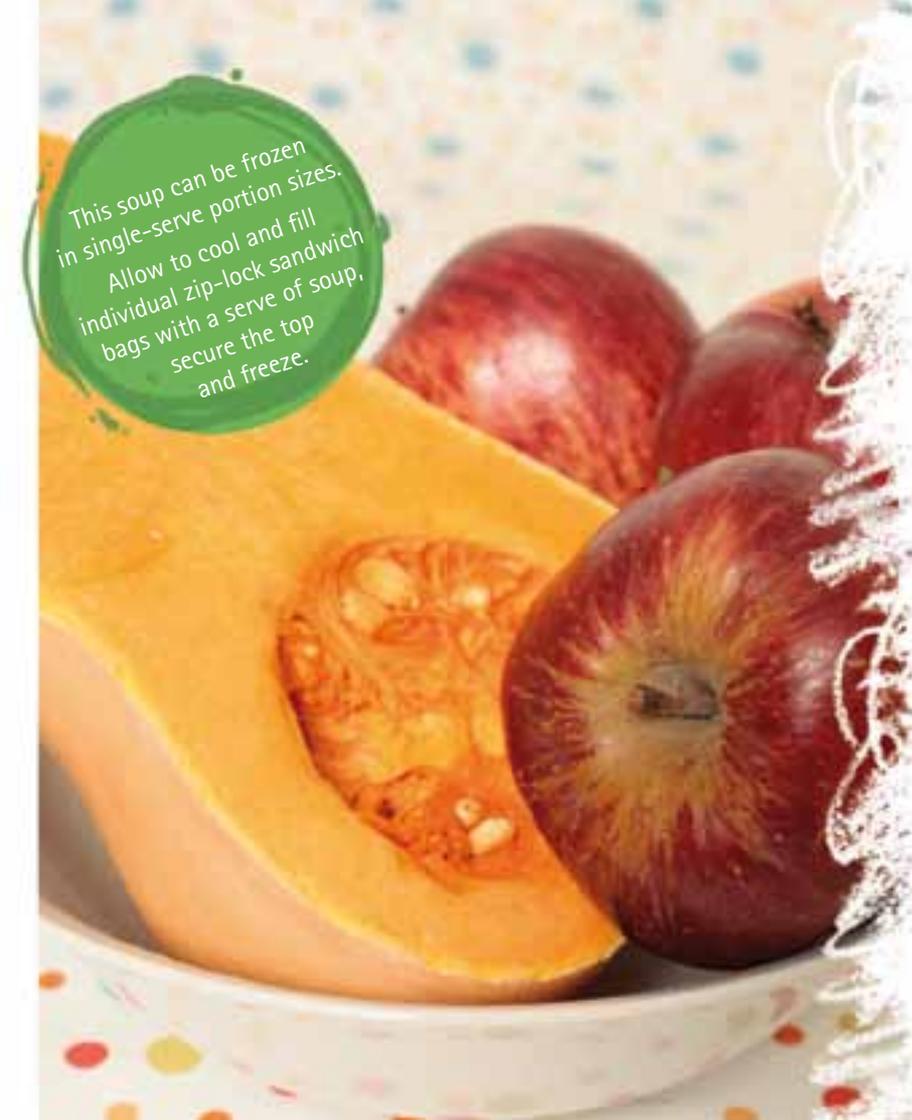
- Apple
- Kiwi Fruit
- Strawberries
- Apricots
- Banana
- Mango
- Oranges
- Plums

Method

Thread slices of fresh fruit onto wooden skewers or pieces of uncooked spaghetti. The spaghetti will soften slightly as it absorbs all the yummy juices from the fruit!

These can be served with a small bowl of yoghurt for dipping.





This soup can be frozen in single-serve portion sizes. Allow to cool and fill individual zip-lock sandwich bags with a serve of soup, secure the top and freeze.

Pumpkin Soup

This is an easy recipe that can be eaten as a main meal or snack. The apples add a delicious touch of sweetness that no-one will be able to resist!

Serves 4

Ingredients

- 1 butternut pumpkin skin and seeds removed and chopped into large pieces
- 1 onion skin removed and cut into quarters
- 2 cloves of garlic peeled
- 3 cooking apples unpeeled, cut into quarters and seeds removed
- ½ tsp of nutmeg

Method

1. Place all ingredients into a large, heavy-based saucepan and cover with water.
2. Bring to the boil then simmer until soft, around 20 minutes.
3. Allow to cool slightly, blend using either a blender, hand-held blender or mash with a potato masher.
4. Serve with a dollop of natural low fat yoghurt.

Basic Pikelet Recipe

Ingredients

- 1 cup self-raising flour
- 1 egg, beaten lightly
- ¾ cup low fat milk (approximately)

Method

1. Place the flour in a medium bowl; gradually whisk in egg and enough milk to make a thick, smooth batter.
2. Drop dessertspoons of mixture into a lightly greased, heavy-base pan.
3. Cook until bubbles begin to appear on the surface of pikelet, turn and brown the other side.
4. Serve with a dollop of low fat yoghurt and some fresh fruit.

Great to
pack in
lunchboxes
or as an
easy snack.

Try growing
your own vegetables,
fruit and herbs.

Not only will this save on
your weekly shopping bill,
but it will also get the kids involved
and excited about food!

COOKING WITH KIDS

Children love to be involved in cooking and pikelets are a great food to cook together.

Kids can learn how to crack eggs, mix batter and under close supervision, spoon the mix into the frying pan.



Chinese Five Spice Meatballs with Plum Sauce

Serves 4

Ingredients

- 1 tbsp olive oil
- 1 finely chopped medium brown onion
- 2 tsp finely grated ginger
- 1 tsp chinese five spice
- 500g lean minced beef
- 1/4 cup plum sauce
- 1 tbsp soy sauce
- 1 1/2 cups brown or basmati rice, steamed
- 75g finely chopped spinach
- 1 grated carrot
- 40g extra baby spinach, to serve

Method

1. Pre-heat oven to 180°C.
Heat pan over medium heat.
2. Add oil and onion, stirring occasionally until soft. Add ginger, five spice and carrot and cook for a further five minutes.
3. Combine mince with spinach, plus onion and carrot and mix in a large bowl. Roll tablespoons of mixture into balls and transfer to a deep roasting tray or casserole dish.
4. Combine plum and soy sauces and pour over meatballs
5. Place in the oven and bake for 30 minutes or until cooked through.
6. Serve meatballs on a bed of brown rice and top with baby spinach.



Tuna Penne with Roasted Pumpkin and Capsicum Pesto

Serves 4

Ingredients

- 250g pumpkin, skinned and roughly chopped
- 1 large red capsicum cut in half and seeded
- 1 small bunch of basil
- A few sprigs of parsley
- 2 tbsp pine nuts or almonds (optional)
- 1 tsp fresh lemon juice
- 1 tsp grated lemon rind
- 2 cloves garlic, peeled and crushed
- 2 tbsp olive oil
- 500g dried penne pasta
- 185g tinned tuna in springwater, drained
- chopped fresh continental parsley, to serve
- 1 tbsp honey

Method

1. Preheat oven to 200°C.
2. Put a small amount of oil on the base of a baking tray and place the capsicum, pumpkin and garlic in tray. Drizzle with honey.
3. Cook for 30 minutes until soft. Remove from oven and allow to cool.
4. Meanwhile, cook the pasta following instructions.
5. Peel skin from capsicum and place together with the pumpkin, garlic, parsley, basil, lemon, nuts and oil in a food processor and process until finely chopped.
6. Return all ingredients to the pan, including pasta and tinned tuna. Stir to combine and heat through. Top with parsley to serve.

**Save Time
and money**

Prepare your meals in advance.

Make a shopping list of what you need and stick to it.

By doing this, you will avoid buying "extras" when shopping.

Mexican Tortilla Pie (vegetarian)

Serves 4



Ingredients

- 2 tsp canola oil
- 1 large brown onion, finely chopped
- 2 cloves chopped garlic
- 440g (1 can) canned kidney beans
- 1 small red capsicum, chopped
- 125g tinned corn kernels, drained
- 2 tsp mexican chilli powder
- 415g canned diced tomatoes
- ½ cup fresh coriander, chopped
- 4 large wholemeal tortillas
- 1 ½ cups grated low-fat cheese
- 250g low-fat natural yoghurt

Method

1. Preheat oven to 180°C. Heat oil in a frypan over medium heat.
2. Add garlic and onion to pan and cook until soft. Add chilli powder and cook for 2 minutes, stirring occasionally. Add diced tomatoes to pan and simmer until sauce thickens. Add kidney beans and corn and season with salt and pepper to taste. Stir in capsicum and half of the coriander.
3. Place a 6cm deep, 20cm round springform pan, or a pie dish on a flat baking tray.
4. Oil the base and place a tortilla on bottom of pan. Spread 1/3 of mixture over tortilla and sprinkle with 1/3 of cheese. Repeat layers twice and sprinkle with remaining cheese.
5. Bake for 15 minutes until cheese is golden. Set aside for 5 minutes before removing from the pan. Serve in wedges with a spoon of low-fat natural yoghurt and chopped coriander.

Beef and Vegetable Stew

Serves 4

Ingredients

- 500g diced lean beef
- 2 large onions
- 5 large mushrooms
- 1 red capsicum
- 2 large potatoes
- 1 can tomatoes
- 250g green beans or other vegetable in season
- 2 tsp canola oil
- 1 beef stock cube
- 4 tbsp plain flour
- pepper to taste

Method

1. Remove any visible fat from the beef. Dice/slice all ingredients.
2. Lightly brown onions and mushrooms then add meat and cook until brown.
3. Add the plain flour and brown for approx 2 minutes, add finely sliced capsicum and beef stock to make a thick consistency. Add canned tomatoes and allow to cook on low for 1.5 – 2 hours, adding the beans and diced potatoes approximately half an hour before completed cooking time.
4. Serve with pasta or mashed potato – also tastes nice with a dollop of low-fat natural yoghurt on top!

Children Know When They are Full

When you urge your child to "clean their plate," it can lead to overeating. Serve small portions and let children ask for more, this will help children stop eating if they are full.





Chicken Carbonara

Serves 4

Ingredients

- 1 onion, chopped
- 3 cloves garlic, chopped
- 3 rashers of short-cut bacon, cut into small strips
- 500g chicken (breast or thigh), cut into strips
- 2 eggs, lightly beaten
- 500ml evaporated skim milk
- 100g snow peas or green beans
- 200g sliced mushrooms
- 2 tbsp canola oil
- 1 x 500g packet of fettuccine
- grated parmesan cheese, to serve

Method

1. Cook pasta according to instructions.
2. In a large frypan or saucepan heat the oil, add onion and garlic and cook until onion is pale.
3. Add chicken strips and bacon and cook until browned.
4. Pour in the evaporated milk and bring to the boil, lower heat and simmer until sauce has reduced by 1/3, about 6-7 minutes. Add snow peas or beans and mushrooms and cook for another 2-3 minutes. Add eggs to the sauce and mix thoroughly.
5. Serve on pasta with some grated cheese sprinkled over the top.

Pumpkin and Potato Bake

Serves 6-8

Ingredients

- 10 large potatoes
- ½ jap or kent pumpkin
or 2 large sweet potatoes (or a bit of each)
- 2 garlic cloves, crushed
- 4 spring onions, sliced
- ¾ cup of grated low fat tasty cheese
- 1 litre evaporated skim milk
- salt and pepper to taste

Method

1. Preheat oven to 180°C. Pour the evaporated skim milk into a saucepan with the garlic, spring onions and a pinch of salt and pepper.
2. Put on a medium-high heat until just boiled.
3. While the milk is heating up, slice the potato and pumpkin into thin slices, about ½ cm or thinner. Layer potato and pumpkin into an oven-proof dish, sprinkling cheese thinly over every second layer.
4. Pour the evaporated skim milk slowly over the layers, giving it time to flow through. Sprinkle any remaining cheese over the top.
5. Cover with aluminium foil and place in the oven for 45-60 minutes, depending on how thickly you sliced the vegetables. Remove the foil for the last 10 minutes. Remove from the oven and allow to cool for 5 minutes before serving.





Vegetable Stir-Fry

Serves 4

Ingredients

- 1 tbsp canola oil
- 2 spring onions, sliced
- 2 carrots, peeled and cut into sticks
- 1 zucchini, cut into strips
- 1 cup mushrooms, sliced
- 1 cup capsicum, sliced
- 2 tbsp oyster sauce

Method

1. Heat the oil in a large frypan or wok. Add the carrots and cook for 2 minutes until nice and bright in colour.
2. Add the zucchini, mushrooms and capsicum and stir-fry for another 3 minutes.
3. Add spring onions and oyster sauce and cook for another minute.
4. Serve as a side dish.

TIP
This can also be served as a main meal. Simply add some chicken or tofu to the wok during the cooking process and serve on some steamed rice or noodles.

It can take children up to TEN times to taste a new food and accept it – don't give up! It's a learning experience.

- Children go through stages with food.
- Don't become stressed, food shouldn't be a battle.
- Congratulate them for trying new foods.
- Don't tell them off if they choose not to eat a food.
- Be a good role model.

Sweet Treats

Apple and Peach Crumble

Serves 6 - 8

Ingredients

- 7 medium Granny Smith apples, peeled, cored and chopped
- 1 large tin of peach slices, drained
- 2 cups oats
- 80g margarine, melted
- ¾ cup wholemeal plain flour
- ½ tsp cinnamon
- 1 tsp vanilla essence
- 100g brown sugar

Method

1. Preheat the oven to 190°C.
2. Place the chopped apples in a saucepan with a little water, cover and place over a moderate heat. Cook until the fruit is soft, remove from the heat and fold the drained peaches through the mixture.
3. In a mixing bowl combine the flour, oats, cinnamon, brown sugar, melted margarine and vanilla essence.
4. Spoon the apple and peach mixture into a large baking dish and sprinkle the topping mixture evenly over the fruit.
5. Bake in the oven for 20-30 minutes until golden. Serve with a dollop of low fat natural yoghurt.

Alternate Topping: Crush 3 Weetbix in a bowl and add 2 tablespoons of condensed milk. Add 1 teaspoon of cinnamon and mix to combine. Mixture should be sticky to the touch. Sprinkle evenly over your fruit mixture.

Cooking is a great way to introduce your child to mathematics!

- Get them to count the eggs, measure liquids and weigh solids.
- Using language such as, "more than" and "less than" also encourages mathematical ideas.

No-fat, No-egg Fruit Cake

Ingredients

- 500g of mixed dried fruit (sultanas, raisins, apricots, pitted dates, prunes)
- 2 tsp honey
- 1 cup orange, apple, apricot or pineapple juice
- 1 cup mashed potato or mashed pumpkin
- 1 ¼ cups self-raising flour
- 1 tsp bicarbonate of soda
- 1 tsp mixed spice

Method

1. Preheat the oven to 160°C.
2. Place mixed dried fruit, honey and fruit juice into a saucepan. Bring to the boil and simmer about five minutes. Allow to cool.
3. Add the mashed potato or pumpkin to the fruit and mix well.
4. Sift the flour, bicarbonate of soda and mixed spice together and add to the fruit.
5. Grease a 20cm square or 22cm x 12cm cake tin with a little oil and line base with baking paper. Pour mixture into the tin and bake for 1 ¼ hours.

TIP
Keep this deliciously moist cake covered in the fridge.





is an initiative of The Salvation Army's Parenting Partners.

It aims to provide you and your family with fun tips, recipes and information about healthy eating and nutrition. From introducing solids to healthy lunchbox ideas, **Fun, Food & Facts** has something for everyone.

As parents or carers we are often busy attending to the needs of those around us, and it can be a challenge to get a healthy meal onto the table quickly. Enter **Fun, Food & Facts!**

Through the hands-on sessions you have the chance to learn new recipes that are budget-friendly, healthy and above all fast!

We hope this booklet will assist you in making healthy choices for you and your family and give you inspiration to get creative in the kitchen.

Happy cooking!



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