FOOD FOR UNDER 5’S

A practical guide to food and nutrition for early childhood education services
FOOD FOR UNDER 5’S

RESEARCHED AND DEVELOPED FOR

THE AUCKLAND REGIONAL PUBLIC HEALTH SERVICE BY

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Revised by Lily Neumegen (NZRD) June 2008 to fit with the Food and Beverage Classification System

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- Jean Hiramana Rua - TVNZ Educare
- Justine Hunt - Te Atatu South Child Care
- Irene Lloyd - Barnados Cranwell Park Early Learning Centre
- Shannon Vi - Strawberry Fields, Green Lane
- Lesley Lyon - Auckland College Education
- Christine Cook - Auckland Regional Public Health Service
- Ada Cheung - Auckland District Health Board
- The dietitians at Community Child Health and Disability Service, Auckland District Health Board
- Julian Jensen - Tutor Dietitian, Otago University

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Reprinted June 2008
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INTRODUCTION

Aims of “Food for Under 5’s”

- To support early childhood education (ECE) services in the provision of healthy food for the children in their care
- To provide ideas for nutritious foods that meet the food and nutrition guidelines for children under five years
- To provide information on developing nutrition policies and menu planning in the ECE setting

Nutrition in early childhood

Good nutrition in early childhood is essential for the normal growth and development of a child. All nutrients required for activity, growth and development must be provided by the food and drinks consumed. Many children spend all day in childcare, so it is important that the food they are provided with is nutritionally adequate.

Babies, toddlers and young children can only eat what they are given therefore responsibility lies with all carers, including those at the ECE service.

Early childhood is also a time when lifelong eating habits are formed. Early Childhood Education services therefore have an important role in creating a culture of healthy eating and helping children to develop healthy behaviours related to food choices.
The provision of nutritious and culturally appropriate food for under 5’s is consistent with the principles, strands and goals of *Te Whaariki: Early Childhood Curriculum* (1996) and with the notion of Hauora (holistic wellbeing), an underlying concept in the *Health and Physical Education Curriculum* (1999).

Both curricula are founded in the notion of **Holistic Wellbeing/Kotahitanga**. Physical, mental, social, and spiritual wellbeing are inextricably entwined.

A well nourished child who is provided with opportunities to participate in the preparation, sharing and selection of healthy foods in the early childhood setting is also engaging with *Te Whaariki* across the principles strands and goals.
Examples of links with Strands and Principles:

**Wellbeing- Mana Atua**
The child is learning how their body functions and how to keep it healthy through their involvement in food choices and practices. Additionally, emotional wellbeing is nurtured as they view themselves as competent learners trusted by adults to participate in important aspects of the centre’s daily routine. Whakamana/Empowerment

**Belonging – Mana Whenua**
The child and their family are affirmed as valued members of the early childhood whānau through the sharing of familiar foods and traditions. Connecting links with family and the wider world are affirmed and extended. Whānau Tangata/Family and Community

**Contribution – Mana Tangata**
The child has equitable opportunities to share in the preparation and presentation of healthy meals. The activities in Section 6 will support children to work alongside others and extend their understandings around food. Provision of meals from a range of cultures allows children to develop respect for their own culture and that of others. Additionally, the early childhood centre provides an ideal setting to model harmonious mealtimes with regard for others at the table. Ngā Hononga/Relationships

**Communication – Mana Reo**
The child who is involved in all aspects of food provision in the Centre is provided not only with opportunities for developing vocabulary about healthy food practices, but also opportunities to discover the creative aspects of working with food. Whakamana/Empowerment

**Exploration – Mana Aotūroa**
The child who is encouraged to explore food as part of their curriculum is given opportunities to develop working theories for making sense of the natural, social, physical and material world. In a quality, child centred learning environment children will learn strategies for active exploration, thinking and reasoning such as early mathematics and science concepts: Kotahitanga/Holistic Development


SECTION 1

NUTRITION BASICS
FOOD AND NUTRITION GUIDELINES

For preschool children

The Ministry of Health recommends that healthy children need to:

• Eat a variety of foods from the four food groups everyday
  • Eat enough for activity and growth

• Eat small meals and regular snacks as children have small stomachs
  • Have treat foods now and then
  • Have plenty to drink
FOOD GROUPS

Children need a variety of foods from the four food groups every day.

**Recommended servings per day for children aged 2-5 years**

<table>
<thead>
<tr>
<th>Food group</th>
<th>Servings per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables and fruit</td>
<td>4+</td>
</tr>
<tr>
<td>Breads and cereals</td>
<td>4+</td>
</tr>
<tr>
<td>Milk and milk products</td>
<td>2-3</td>
</tr>
<tr>
<td>Meat and meat alternatives</td>
<td>1-2</td>
</tr>
</tbody>
</table>

The amounts and types of food the ECE service provides depends on the number of hour’s children spend at the centre. Children who attend day care for eight hours should be provided with around half of their daily requirements from each of the four food groups. The rest should be eaten at breakfast and dinner at home. The picture below illustrates the number of servings from each of the food groups that children should receive when they are in day care for eight hours.

**Minimum serves at day care for healthy eating**

- **Vegetables and fruit**: 2+
- **Breads and cereals**: 2+
- **Milk and milk products**: 1-½
- **Meat and meat alternatives**: ½-1

Examples of appropriate serving sizes are on the following page.
# SERVING SIZE EXAMPLES FOR CHILDREN AGED 2 YEARS AND OVER

The following table provides examples of serving sizes for each of the food groups:

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>SERVING SIZE EXAMPLES</th>
<th>TIPS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breads &amp; cereals</strong></td>
<td>- 1 small roll</td>
<td>- Preferably wholegrain</td>
</tr>
<tr>
<td></td>
<td>- 1 slice of bread</td>
<td>- Include a variety of breads, e.g. pita bread, fruit loaf, rēwena</td>
</tr>
<tr>
<td></td>
<td>- 1 cup breakfast cereal</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- ½ cup cooked porridge</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 1 cup cooked pasta, noodles or rice</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>At least 2 serves</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Fruit &amp; vegetables</strong></td>
<td>- 1 medium potato</td>
<td>- Canned and frozen fruit vegetables are just as nutritious</td>
</tr>
<tr>
<td></td>
<td>- 1 cup lettuce</td>
<td>- Include a range of different coloured fruits and vegetables</td>
</tr>
<tr>
<td></td>
<td>- 1 medium root vegetable</td>
<td>- Fresh fruit is preferable to juice</td>
</tr>
<tr>
<td></td>
<td>- ½ cup cooked vegetables</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- ½ cup salad vegetables</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 1 tomato</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 1 medium apple, pear or orange</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 2 small apricots or plums</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- ½ cup fresh fruit salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- ½ cup stewed or canned fruit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- A handful (25 g) dried fruit</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>At least 2 serves</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Milk &amp; milk products</strong></td>
<td>- 1 glass of milk (200ml)</td>
<td>- Use whole milk from 1 - 2 years of age</td>
</tr>
<tr>
<td></td>
<td>- 1 pottle of yoghurt (150g)</td>
<td>- Introduce reduced and low fat milk from 2 years of age</td>
</tr>
<tr>
<td></td>
<td>- 1 pottle of dairy food</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 2 slices of cheese (40 g)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- custard (150 ml)</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>1½ serves</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Meat &amp; meat alternatives</strong></td>
<td>- 1-2 slices cooked lean meat</td>
<td>- Meat is an important source of iron</td>
</tr>
<tr>
<td></td>
<td>- ¼ cup mince or casserole</td>
<td>- Choose lean unprocessed meats</td>
</tr>
<tr>
<td></td>
<td>- 1 egg</td>
<td>- Meat alternatives include legumes (lentils, peas, beans), eggs and tofu</td>
</tr>
<tr>
<td></td>
<td>- 1 small fillet fish or steak</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- ¾ cup dried or cooked beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 1 chicken piece</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- ¾ cup baked beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 2 chicken drumsticks (110 g)</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>½ - 1 serve</strong></td>
<td></td>
</tr>
</tbody>
</table>

For children aged 1-2 years, use these serving size examples as a guide while taking into account their smaller size and therefore smaller portions.

For children aged up to 12 months see pages 20-21.
**MIX ‘N’ MATCH FOOD GROUPS**

Many dishes and meals contain food from two or more of the four food groups. The table below provides ideas for combining foods from each food group.

<table>
<thead>
<tr>
<th>Breads/ Cereals</th>
<th>Meat/Meat alternatives</th>
<th>Milk/Milk products</th>
<th>Fruit/ Vegetables</th>
</tr>
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<tbody>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>Breads</td>
<td></td>
<td>Fillings</td>
<td>Fillings</td>
</tr>
<tr>
<td>- White</td>
<td>- Lean ham</td>
<td>- Cheese slices</td>
<td>- Lettuce</td>
</tr>
<tr>
<td>- Wholemeal</td>
<td>- Lean beef</td>
<td>- Cottage cheese</td>
<td>- Tomato</td>
</tr>
<tr>
<td>- Multigrain</td>
<td>- Shredded chicken</td>
<td>- Reduced fat</td>
<td>- Cucumber</td>
</tr>
<tr>
<td>- Rye</td>
<td>- Tuna or salmon</td>
<td>grated cheese (e.g. edam)</td>
<td>- Capsicum</td>
</tr>
<tr>
<td>- Roll</td>
<td>- Mashed egg</td>
<td>- Lite cream</td>
<td>- Grated carrot</td>
</tr>
<tr>
<td>- Mountain</td>
<td>- Hummus</td>
<td>cheese</td>
<td>- Bean sprouts</td>
</tr>
<tr>
<td>- Foccacia</td>
<td>- Baked beans</td>
<td></td>
<td>- Creamed corn</td>
</tr>
<tr>
<td>- Bagel</td>
<td>- Lean corned beef</td>
<td></td>
<td>- Banana</td>
</tr>
<tr>
<td>- Crumpets</td>
<td></td>
<td></td>
<td>- Avocado</td>
</tr>
<tr>
<td>- English muffin</td>
<td></td>
<td></td>
<td>- Beetroot</td>
</tr>
<tr>
<td>- Wraps</td>
<td></td>
<td></td>
<td>- Alfalfa</td>
</tr>
<tr>
<td>- Rēwena</td>
<td></td>
<td></td>
<td>- Pineapple</td>
</tr>
<tr>
<td><strong>Hot dishes</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasta</td>
<td>- Lean mince</td>
<td>- Cheese sauce</td>
<td>- Mixed veges</td>
</tr>
<tr>
<td>- Macaroni</td>
<td>- Sliced ham</td>
<td>- Reduced fat</td>
<td>- Mushrooms</td>
</tr>
<tr>
<td>- Spaghetti</td>
<td>- Diced ham</td>
<td>grated cheese (e.g. edam)</td>
<td>- Onion</td>
</tr>
<tr>
<td>- Noodles</td>
<td>- Tunas</td>
<td>- White sauce</td>
<td>- Broccoli</td>
</tr>
<tr>
<td>- Spirals</td>
<td>- Meatballs</td>
<td></td>
<td>- Cauliflower</td>
</tr>
<tr>
<td>- Fettucini</td>
<td>- Egg</td>
<td></td>
<td>- Carrot</td>
</tr>
<tr>
<td><strong>Rice</strong></td>
<td>- Baked beans</td>
<td></td>
<td>- Celery</td>
</tr>
<tr>
<td>- White rice</td>
<td>- Fish</td>
<td></td>
<td>- Tomato</td>
</tr>
<tr>
<td>- Brown rice</td>
<td>- Lentils</td>
<td></td>
<td>- Pasta sauce</td>
</tr>
<tr>
<td>- Vermicilli</td>
<td>- Split peas</td>
<td></td>
<td>- Salad vegetables</td>
</tr>
<tr>
<td><strong>Bread</strong></td>
<td>- Carrot</td>
<td></td>
<td>- Potato</td>
</tr>
<tr>
<td>- Pizza base</td>
<td>- Baked beans</td>
<td></td>
<td>- Potato salad</td>
</tr>
<tr>
<td>- Hamburger bun</td>
<td>- Chillibeans</td>
<td></td>
<td>- Potato wedges</td>
</tr>
<tr>
<td><strong>Breakfasts</strong></td>
<td>- Lean corned beef</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread (toast)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Wholemeal</td>
<td>- Yoghurt</td>
<td>- Fruit (on cereal)</td>
<td></td>
</tr>
<tr>
<td>- Multigrain</td>
<td>- Milk</td>
<td>- fresh or</td>
<td></td>
</tr>
<tr>
<td>- Crumpets</td>
<td></td>
<td>canned</td>
<td></td>
</tr>
<tr>
<td>Cereals</td>
<td>- High fibre cereals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- e.g. muesli,</td>
<td>- boiled, poached</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- porridge,</td>
<td>or scrambled</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Weetbix</td>
<td>Beans</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CLASSIFYING FOODS AND DRINKS

The Food and Beverage Classification System (FBCS) is a practical tool that can be used to identify healthy food and drink options.

Food that is commercially produced and placed in a packet can be classified based on the following nutrients:
- Energy (kilojoules)
- Saturated fat
- Sodium

The following three categories are used to classify food and drinks:

- **Everyday foods**
  
  Everyday foods are foods from the four main food groups. These foods are the healthiest choices because they:
  - are rich sources of nutrients
  - contain less saturated fat, sugar and salt
  - help to prevent children from consuming too many kilojoules (energy)

- **Sometimes foods**
  
  Sometimes foods still provide nutrients but are more processed than everyday foods. ECE services are recommended to restrict these food and drinks by:
  - offering these items less often and in small serving sizes
  Sometimes foods need to be restricted because they:
  - contain moderate levels of saturated fat, salt and sugar
  - can contribute to an intake of too many kilojoules (energy)

- **Occasional foods**
  
  Occasional foods should not be provided regularly in ECE services. Limit provision of these foods/drinks to one occasion per term (or four times per year).
  Occasional foods should not be provided because they:
  - have minimal nutritional value
  - contain significant levels of saturated fat, sugar and/or salt
  - usually contribute excess kilojoules (energy)

Foods that automatically fit into the occasional category include: confectionary, deep-fried foods, energy drinks, soft drinks, flavoured water, sports drinks and any beverages labeled ‘not recommended for children’.

For more information on the classification of foods refer to the FBCS User Guide and Recipe book (Ministry of Health, 2007). Also refer to www.everyday-sometimes.org.nz for an online listing of registered commercially produced foods meeting the FBCS criteria for ‘everyday’ and ‘sometimes’ foods.

Note: Food that is prepared on-site does not have nutrient criteria and therefore would not be classified under the FBCS. Refer to the FBCS User Guide (Ministry of Health, 2007) for guidance on selecting appropriate ‘everyday’ and ‘sometimes’ ingredients and methods for preparing healthy foods.
FACTS ON FAT

Fat in children’s diets

- Although fat is an important source of energy for active children, high intakes can lead to overweight and obesity.
- In New Zealand there is mounting concern about the increasing levels of overweight and obesity in children. Whilst this is of more concern in older children, healthy food habits established now will help to maintain a healthy weight in later years.
- For this reason, limit high fat menu items (e.g. deep fried foods and pastry items) and high fat snacks (e.g. potato chips, chocolate biscuits, cakes). These foods are likely to be classified as ‘occasional’ foods and shouldn’t be provided in ECE services.

Sources of fat

- Dietary fat is found in both animal and vegetables foods.
- Foods of animal origin mainly contain saturated fat whereas foods of plant origin contain mainly unsaturated fats.

**Saturated Fats** (‘Bad’ fat)

Commonly found in:
- Meat fat and skin e.g. beef, mutton, chicken skin, bacon
- Processed meats e.g. luncheon, salami, most sausages, pies, fatty mince
- Animal products e.g. egg yolks, cheese, butter, cream, full fat milk
- Coconut cream, palm oil, Kremelta
- Processed foods e.g. snack bars, commercially produced cakes, biscuits and muffins

Saturated fats can increase blood cholesterol levels and promote heart disease.

**Unsaturated Fats** (‘Good’ fat)

Commonly found in:
- Avocados, seeds and nuts
- Fish oils (especially from fatty fish) e.g. salmon, dory, warehou, mullet, sardines
- Plant oils e.g. canola, soybean, corn, safflower, olive and peanut oils
- Margarines

Unsaturated fats do not raise blood cholesterol levels and do not promote heart disease.
Which spread is best?

- Use margarine in preference to butter. Butter contains saturated fat, which raises blood cholesterol, whereas margarine contains unsaturated fats.
- Remember that butter and margarine contain the same amount of fat, so only use small amounts.

What about sugar?

- Most high sugar food and drinks tend to be low in other nutrients and may take away children’s appetites for more nutritious foods.
- Foods that are sugary and sticky can cause tooth decay.
- Promote foods and drinks that don’t have high levels of sugar. For snack, lunch and drinks ideas which fit the criteria for ‘everyday’ and ‘sometimes’ foods refer to Section 4, Nutritious Menu Ideas (pages 32-35).

What about snack and muesli bars?

- A wide variety of snack and muesli bars are available for children. Although often marketed as ‘nutritious’, many snack bars contain significant amounts of fat, sugar and salt.
- Along with this, many snack bars lack essential nutrients and stick to children’s teeth promoting tooth decay.
- Some snack bars contain added confectionary (e.g. chocolate coating) which contribute to excess kilojoules (energy).
- You can assess the nutritional quality of snack bars by reading the nutrition information panel on the box and by using the following guide:
  - A low fat snack bar contains no more than 10 grams of fat per 100 grams
  - A low sugar snack bar contains no more than 15 grams of sugar per 100 grams
  - A high fibre snack bar contains more than 3 grams of fibre per 100 grams
- Choose snack bars carefully (aiming for high fibre and low fat choices) and serve in small serving sizes.

Refer to http://www.everyday-sometimes.org.nz for an online listing of registered commercially produced foods meeting the FBCS criteria for ‘everyday’ and ‘sometimes’ foods.
ALL ABOUT IRON

Why iron is so important

- Iron is essential for brain growth and development
- Iron is needed for normal physical development
- Iron helps to fight infection

Where iron is found

Haem iron is found in animal foods and is easily absorbed by the body
Non-haem iron is found in plant foods and is not so easy for the body to use

Haem iron sources:
- Liver, kidney
- Lean beef and lamb
- Lean chicken and pork
- Fish (including canned)
- Mussels

Tip: the redder the meat- the higher the iron content

Non-haem iron sources:
- Breakfast cereals with added iron
- Dark green vegetables
- Wholemeal bread
- Dried fruit: raisins, apricots, prunes
- Baked beans, cooked dried beans, lentils, split peas
- Eggs

Iron absorption improvers

- Fruit and vegetables rich in vitamin C improve non-haem iron absorption.
- Foods rich in vitamin C include cabbage, broccoli, red and yellow capsicum, rockmelon, mango, citrus fruits (oranges, mandarins), berries, tomato, feijoas and kiwifruit.
- The protein in meat, chicken and fish also improves the absorption of non-haem iron

Signs of iron deficiency

- Poor appetite, sleepiness, lack of concentration
- Recurrent infections, poor wound healing
- Poor learning skills and growth
Calcium

- Calcium is found in a limited range of foods, so obtaining adequate amounts can be more difficult when compared to other nutrients
- Calcium is especially important for children as it influences bone growth and strength
- Milk and milk based products are the major sources of calcium in the New Zealand diet

Dietary sources of calcium

**Excellent Sources**

- Milk (whole, fat reduced)
- Calcium enriched soymilk
- Yoghurt
- Cheese

**Moderate Sources**

- Canned sardines & salmon with bones
- Leeks, broccoli, cabbage, spinach
- Dried apricots, figs
- Cottage cheese
- Ice cream

- Children need at least 2-3 servings of milk and milk products each day

- Reduced fat milks are the best choice for children of 2 years of age. Reduced fat milks are lower in saturated fat and higher in calcium than full fat whole milk.
- If a child does not drink milk, encourage other milk products such as yoghurt, custards, soups containing milk or cheese

Vitamin D

- Helps the body to absorb calcium
- Most Vitamin D is made through the action of sunlight on the skin. Playing outside before 11am or after 4pm for 10-15 minutes, 2-3 times a week (without a hat or sunscreen and arms or legs uncovered) is sufficient to ensure adequate Vitamin D.
- Food such as milk, meat, egg yolk and fish provide small amounts of Vitamin D
VEGETARIAN EATING

Types of vegetarians

- **Vegans** do not eat any food that comes from an animal
- **Lacto-vegetarians** eat milk and milk products
- **Lacto-ovo-vegetarians** eat milk, milk products and eggs
- **Semi-vegetarians** eat fish and/or chicken but not red meat

Nutrients of concern

By avoiding meat, fish, chicken and/or animal products in the diet, a vegetarian child may be at risk of inadequate intakes of protein, iron, calcium, zinc and Vitamin B12. It is important to give vegetarian children a wide variety of meat alternatives to ensure nutrient needs are met. Alternative sources are listed below:

<table>
<thead>
<tr>
<th>Zinc sources</th>
<th>Protein sources</th>
<th>Calcium sources</th>
<th>Iron sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Milk &amp; cheese</td>
<td>- Wholegrain cereals</td>
<td>- Breast milk or infant formula</td>
<td>- Legumes (lentils, peas, beans)</td>
</tr>
<tr>
<td>- Peanut butter</td>
<td>- Milk products</td>
<td>- Milk</td>
<td>- peas, beans)</td>
</tr>
<tr>
<td>- Wholemeal bread</td>
<td>- Seeds and nuts</td>
<td>- Milk products</td>
<td>- Dark green veges</td>
</tr>
<tr>
<td>- Legumes (lentils, peas, beans)</td>
<td>- Legumes (lentils, peas, beans)</td>
<td>- Fortified soy milk</td>
<td>- Fortified cereals</td>
</tr>
<tr>
<td>- Eggs</td>
<td></td>
<td>- Legumes (lentils, peas, beans)</td>
<td>- Wholemeal bread</td>
</tr>
</tbody>
</table>

Vitamin B12 is only found in foods of animal origin (meat, fish, chicken and dairy products). A regular vitamin B12 supplement or injection is therefore recommended for vegan children.

Helpful hints

- In order to meet the nutritional needs of a vegetarian child it is particularly important that a wide variety of foods are provided. Try to ensure that each meal contains foods from each of the four food groups (breads and cereals, fruit and vegetables, meat and alternatives, and milk/milk products and alternatives).
- The iron in meat and animal products is more easily absorbed than iron found in vegetarian foods. Provide Vitamin C with meals in order to enhance iron absorption. For example; fruit with cereal or tomatoes on toast. See page 15 for foods high in Vitamin C.
ALLERGIES & INTOLERANCES

Food Allergy
- An adverse reaction to a food component that causes an immune response
- Symptoms can include skin reactions, swelling of the lips, tongue or mouth, tightness in the throat, and difficulty breathing
- Reactions usually occur immediately or within 1 hour of eating or touching the food and responses can range from mild to life-threatening
- Management involves strict avoidance of the allergenic food
- Sensitivity to many foods usually disappears within a few years
- Allergies to peanuts, fish and seafood are the most severe and tend to be life-long

<table>
<thead>
<tr>
<th>Common allergies</th>
<th>Foods causing symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cow’s milk allergy</td>
<td>Cow’s milk and milk products</td>
</tr>
<tr>
<td>Nut allergy</td>
<td>Peanuts and tree-nuts (e.g. almonds, cashews, hazelnuts)</td>
</tr>
<tr>
<td>Wheat allergy</td>
<td>Wheat and wheat products</td>
</tr>
<tr>
<td>Egg allergy</td>
<td>Egg and egg products</td>
</tr>
<tr>
<td>Seafood allergy</td>
<td>Fish and seafood</td>
</tr>
<tr>
<td>Soy allergy</td>
<td>Soy and soy products</td>
</tr>
</tbody>
</table>

See [http://www.allergy.org.nz](http://www.allergy.org.nz) for more information about specific allergies

Food Intolerance
- An adverse reaction to a food component that does not involve the immune system
- Symptoms may include vomiting, gas, cramps and diarrhoea
- Common intolerances:
  - Lactose: found in cows milk, milk products and breast milk. Children with lactose intolerance may be able to tolerate small amounts of lactose-containing foods
  - Gluten: found in wheat, rye and barley but some children may react to oats

Management of allergies and intolerances
- Team approach involving a dietitian, doctor and the child’s family.
- If the child is attending daycare, the parents/carer should meet with the ECE service manager to set up a management plan.
- Peanuts may need to be kept off the premises if one child is allergic to these.
COMMON NUTRITION MYTHS

**MYTH**
Sugar causes hyperactivity

**FACT**
Sugar does not cause hyperactivity in children.

Sugar and excess activity may appear to be linked because sugar is often consumed at events like birthday parties or other social events. These situations tend to produce excitement and greater activity levels even in the absence of sweets.

**MYTH**
Milk increases mucous production

**FACT**
Drinking milk and eating milk products does not cause mucous production

Children often produce a lot of mucous, as it is a natural way of removing germs. As immune systems develop less mucous is produced.

Drinks or foods which themselves are thick, sticky or viscous may increase the mucous feel of the mouth.

If this is a problem, follow with a glass of water to rinse away any residue.

**MYTH**
Children’s taste buds are the same as adults

**FACT**
Babies and young children have many more taste buds than adults, so food that tastes bland to an adult seems much tastier to them. This means that little or no salt needs to be added to flavour children’s food and healthy eating patterns can be established early.
O-1 YEAR OLDS

We encourage ECE services to support breastfeeding until at least one year of age. It is a Ministry of Health requirement that refrigeration space for expressed breast milk is provided.

Optimal nutrition is important during the first year of a child’s life. It is a period of rapid growth and development.

Introducing complementary foods

- Until an infant is 6 months old, breast milk or infant formula will supply all the nutrients they need
- Breast milk or infant formula remains the most important nutrient source for the first year of life and complementary foods must not be given in a way or in amounts that will dramatically reduce milk intake
- After six months, energy and nutrient needs cannot be met by milk alone and the infant is developmentally ready for new tastes and textures
- When the infant is ready, appropriate complementary foods (see page 21) should be introduced and breast feeding continued

Risks of introducing foods before 4 months

- The digestive system may not be physically ready to cope with solids
- It may encourage overfeeding resulting in excessive weight gain
- The protein and salt content of food may place stress on kidneys
- It may increase the risk of developing allergies, eczema, asthma, iron deficiency, respiratory disease and diarrhoea

The window of opportunity

- Start with smooth textures then increase thickness of foods and add lumps
- Introduce new flavours between at around 6 months
- Introduce new textures between 7 and 8 months
- Do not add salt, soya sauce, sugar, honey, cream, butter, margarine or artificial sweeteners to foods
- New foods are rejected on average twelve times, so keep trying!
- Introducing solids at the appropriate time facilitates development of speech
WEANING GUIDELINES

**Around 6 months**

Offer breast milk (or infant formula) before solids. Baby holds head up, signs of chewing movements.

*First tastes (smooth foods):*
- Cooked apple, pear, peach (no skins, pips or seeds) and mashed banana
- Cooked kumara, potato, pumpkin, carrot, marrow (no skins, pips or seeds)
- Age-appropriate commercial infant foods (including iron fortified infant rice)
- Cooked and pureed meat (e.g. beef, lamb, pork, chicken or fish)
- Avoid salty meats (e.g. corned beef, povi or tinned fish)
- Cooked and pureed vegetarian alternatives (e.g. legumes)

**7-8 months**

Offer breast milk (or infant formula) before solids. Baby can sit and is learning to chew & bite.

*Foods to try (mashed/soft lumps):*
- Iron rich foods: lamb, chicken, beef, liver, kidney (cooked and pureed)
- Well cooked pasta and noodles
- Mashed (rather than pureed) vegetables and fruit
- Cow’s milk used in cooking
- Cheese, yoghurt, cottage cheese, custard
- Cooked broccoli, puha, taro, parsnips, yams, courgettes, cauliflower
- Baby cereals, crackers, white bread, rusks
- Cooked and mashed egg

**8-12 months**

Offer breast milk (or infant formula) after solids. Self-feeder, good chewing & biting.

*Foods to try (firmer lumps & finger foods):*
- Raw fruit (e.g. orange, kiwifruit, pineapple, berry fruit)
- Tomatoes, creamed corn, cooked peas, silverbeet, beans
- Peanut butter (smooth)*
- Baby muesli, porridge, Weet-bix
- Salad vegetables
- Meat, chicken and fish minced or finely chopped

**12 months +**

Breast milk (or formula) may be continued.

*Toddler stage – child will enjoy many flavours & textures*
- Introduce whole milk as the main drink

Introduce infants to new foods one at a time to allow the detection of reactions to individual components of food. At first, new foods should be added every 2-4 days. There is insufficient evidence for delaying the introduction of common food allergens in order to prevent food allergies (see page 18 for common food allergies).

*If there is a strong family history of peanut allergy, delay introduction until 3 years.

Photo 2 Courtesy of Wattie's NZ
SECTION 2

FOOD AND NUTRITION POLICIES
FOOD & NUTRITION POLICY

What is a food and nutrition policy?
- A set of written guidelines covering all areas of food and nutrition at the centre

Why have a food and nutrition policy?
- Helps to ensure that children receive adequate nutrition during their time in care
- Allows parents to see the commitment the centre has towards the nutritional well-being of their children

Developing a food and nutrition policy
- Ensure both staff and parents are involved in the policy development process
- Define what the centre wants to achieve, i.e. goals
- Define how the goals are going to be achieved, i.e. strategies
- Include ways to measure progress

Examples of goals in a food and nutrition policy
- The centre will provide nutritious and appetising food for the children that meets the Food and Nutrition Guidelines for Infants, Toddlers and Children and provides at least 50% of the daily recommended number of servings from each of the food groups
- The centre will provide children with food that has been stored, prepared and served safely and hygienically
- The centre will teach children about food and nutrition and food safety and its role in achieving and maintaining health
- The centre will provide an eating environment that promotes family and multicultural values

Ways to measure progress
- Hold regular meetings with parents and staff to discuss progress towards goals
- Ask for feedback from parents and staff on all aspects of the food policy
Example of a food and nutrition policy

GOAL:
To provide children in long day care with at least 50% of the daily recommended number of servings from each of the four major food groups in the form of nutritious and appetising foods

Strategies:
- The menu will include at least 50% of the recommended number of serves from each food group
- The menu will provide foods which fit with the food and beverage classification system (with ‘everyday’ foods dominating the menu)
- Milk will be served with both morning and afternoon tea
- Children will have access to fruit between meals and water at all times
- Lunches will contain something from each of the four major food groups, (breads and cereals, fruit and vegetables, milk and milk products, meat and meat alternatives)
- Caregivers will be asked not to send occasional foods with minimal nutritional value (chocolate, lollies, softdrink, or chips) to childcare
- Snacks will be ‘everyday’ and ‘sometimes’ foods and will include milk products, fresh fruit, vegetables, pikelets, scones, muffins, fruit bread, mini-sandwiches, low-fat crackers, plain popcorn, yoghurt, cheese and plain biscuits
- Children will be allowed to have second helpings of fruit or milk based desserts
- If children have not eaten their main meal they may still receive dessert

GOAL:
To teach children about food and nutrition and food safety and its role in achieving and maintaining health

Strategies:
- Activities focusing on food, nutrition, health, and food safety will be incorporated into the centre programme. Games and activities using ‘everyday’ and ‘sometimes’ foods be encouraged
- The foods being served to children will be discussed with them
**GOAL:**
To provide children with food that has been stored, prepared and served safely and hygienically

**Strategies:**
- Food will be stored at safe temperatures. Refrigerated foods will be stored below 4°C and hot-held foods will be stored above 70°C for no longer than 2 hours
- Food storage areas will be clean and hygienic. Food will not be stored on the floor
- Gloves will only be worn when covering a bandage
- Separate knives and chopping boards will be used for raw and cooked meat
- Foods will be cooked to a safe temperature of at least 75°C
- Food will be served at safe temperatures, i.e. cooked food above 60°C and cold foods below 4°C
- Appropriate hand washing procedures will be adhered to
- Children will wash their hands before handling or eating food

**GOAL:**
To provide an eating environment that promotes the development of good eating habits and supports family and multicultural values

**Strategies:**
- Staff members will sit with children at mealtimes and share the same food as often as possible
- Staff members will positively role model healthy eating behaviours
- Food will at no time be used as a reward or form of punishment
- Special occasions will be celebrated with appropriate foods, e.g. birthdays, cultural and religious days
- Recipes from different cultures will be included on the menu
- Parents or carers of the children will be invited to at least one food occasion a year
SECTION 3

MENU PLANNING

A guide to menu planning in Early Childhood Education services
PLANNING A MENU

Planning the menu helps to ensure that the children’s nutritional needs are met, meals are varied and a budget can be adhered to. It also saves time in the long run.

Menu structure

- 4-6 week cycle menus are commonly used in ECE services
- Choose a cycle that is best suited to the centre
- It is useful to develop a summer cycle menu and a winter cycle menu to reflect seasonal variation of food and food prices
- Plan what will be provided each day in terms of drinks, snacks and main meals

Not all ECE services will provide all the meals and snacks for the children. However, if food is partially provided (i.e. morning tea and afternoon tea), much of the same advice will still apply.

What to consider

- Characteristics of the group:
  - Cultural and religious backgrounds
  - Special diets, e.g. allergies and intolerances
  - The length of time children attend the centre
  - Nutritional requirements of children (under 12 months and 1-5 years old)

- Available resources:
  - Budget and staffing
  - Cooking areas and facilities
  - Food storage and preparation facilities

- Characteristics of the food:
  - Taste and variety
  - Appearance and texture
  - Acceptability and cultural sensitivity

- Food preparation
  - Selecting appropriate foods and ingredients (with an emphasis on ‘everyday’ foods)
  - Preparing food with minimal added fat
  - Modifying recipes to make them healthier
  - Handling and cooking food safely
Menu Planning Tips

- Expand children’s food choices by introducing new foods with familiar foods
- Aim for variety from day-to-day and week-to-week
- Use tried and tested recipes
- Plan the protein portion of the main meal first
- Take note of foods that are popular and unpopular
- Seek input from parents
- Include theme days
- Follow Ministry of Health guidelines for children under 12 months
- Make menu’s available to parents and ensure these are a true record

Menu Planning Template

- Fill in main lunch dishes first
- Over two weeks, try to include:
  - Red meat (beef/lamb/pork) four times
  - White meat (chicken/fish) three times
  - Vegetarian dishes at least twice
- Add in remaining menu items (lunch extras, morning and afternoon snacks, drinks)
- Add up the number of servings from each of the food groups to ensure the nutrient needs are met and evaluate the menu (see page 30)
# MENU PLANNING TEMPLATE

Week ____

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning Tea</th>
<th>Lunch</th>
<th>Afternoon Tea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Snack:</td>
<td>Main dish:</td>
<td>Snack:</td>
</tr>
<tr>
<td></td>
<td>Drink:</td>
<td>Extras:</td>
<td>Drink:</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Snack:</td>
<td>Main dish:</td>
<td>Snack:</td>
</tr>
<tr>
<td></td>
<td>Drink:</td>
<td>Extras:</td>
<td>Drink:</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Snack:</td>
<td>Main dish:</td>
<td>Snack:</td>
</tr>
<tr>
<td></td>
<td>Drink:</td>
<td>Extras:</td>
<td>Drink:</td>
</tr>
<tr>
<td>Thursday</td>
<td>Snack:</td>
<td>Main dish:</td>
<td>Snack:</td>
</tr>
<tr>
<td></td>
<td>Drink:</td>
<td>Extras:</td>
<td>Drink:</td>
</tr>
<tr>
<td>Friday</td>
<td>Snack:</td>
<td>Main dish:</td>
<td>Snack:</td>
</tr>
<tr>
<td></td>
<td>Drink:</td>
<td>Extras:</td>
<td>Drink:</td>
</tr>
</tbody>
</table>
EVALUATE YOUR MENU

Are some of the children who attend your centre in care for 8 hours a day? If yes, you can use the table below to see how your menu compares with the food group guidelines outlined on page 9 and 10.

Remember that children attending the centre for 8 hours or more need to have at least half of their daily requirements from each of the four foods groups while at the centre.

**Step 1:** Count up how many servings of each of the food groups your menu provides on each day of the week, using the serving size examples on page 10

**Step 2:** Record your figures in the table below

**Step 3:** Compare your figures with the ‘recommended number of servings’ in the last column. Your menu should provide the recommended number of servings for each of the food groups each day of the week.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
<th>Recommended no. of servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads and cereals</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2+</td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1+</td>
</tr>
<tr>
<td>Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1+</td>
</tr>
<tr>
<td>Milk &amp; milk products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1-1½</td>
</tr>
<tr>
<td>Meat &amp; meat alternatives</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>½-1</td>
</tr>
</tbody>
</table>

Other items to check:
- Bread – wholemeal, wheatmeal or wholegrain bread available daily
- No deep frying
- Water is readily available
- ‘Everyday’ foods dominate the menu
- No ‘occasional’ foods
- Unsaturated oils and spreads used (see page 13)
SECTION 4

NUTRITIOUS MENU IDEAS
HEALTHY LUNCH IDEAS

A balanced and healthy lunch should be low in salt, sugar & saturated fat

- Try to provide food from the four food groups (refer to page 11)
- If you can’t do this, make sure you make up for it in morning or afternoon snacks
- Select appropriate foods and ingredients with an emphasis on ‘everyday’ foods
- Modify recipes where necessary to make them healthier. Healthy recipes have been included (see Section 5, page 38)
- A healthy lunch should include a main dish, extras and a drink

Examples of suitable main dishes
- Shepherd’s pie
- Casseroles
- Chicken, pork or beef stir-fry
- Wraps
- Toasties
- Burritos
- Soup
- Mixed salads
- Lasagne
- Boil-up
- Bolognese
- Sausage and baked bean hash
- Pizza
- Fish pie
- Sandwiches
- Meat balls
- Macaroni cheese
- Tuna and pasta bake
- Fish fingers
- Roast chicken

Examples of suitable extras
- Bread and/or toast
- Cheese
- Stir-fried vegetables
- Custard
- Dried fruit
- Yoghurt
- Raw vegetable sticks
- Fresh fruit
- Cocoa rice
- Baked pudding

Examples of suitable drinks
- Water
- Very dilute fruit juice
- Milk
- Milkshakes
HEALTHY SNACK IDEAS

Regular snacks are very important for growing children. Ensure that snacks provided are high in essential nutrients and low in saturated fat, sugar and/or salt.

<table>
<thead>
<tr>
<th>Everyday</th>
<th>Sometimes</th>
<th>Occasional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh fruit</td>
<td>Scones</td>
<td>Sweets</td>
</tr>
<tr>
<td>Canned/stewed fruit</td>
<td>Dried fruit</td>
<td>Cakes</td>
</tr>
<tr>
<td>Raw vegetable pieces (carrot, broccoli, cauliflower)</td>
<td>Rice crackers</td>
<td>Potato and corn chips</td>
</tr>
<tr>
<td>Celery sticks with peanut butter</td>
<td>Crumpets or English muffins</td>
<td>Muesli bars</td>
</tr>
<tr>
<td>Cheese or yoghurt</td>
<td>Dips or salsa</td>
<td>Chocolate, iced or cream-filled biscuits</td>
</tr>
<tr>
<td>Soup</td>
<td>Pikelets or pancakes</td>
<td>2 minute noodles</td>
</tr>
<tr>
<td>Fruit bread or fruit buns</td>
<td>Plain/wholemeal/wholegrain crackers</td>
<td>Deep fried foods</td>
</tr>
<tr>
<td>Plain popcorn</td>
<td>Muffins</td>
<td>Soft drinks or cordial</td>
</tr>
<tr>
<td>Toasted sandwiches</td>
<td>Cherios</td>
<td>Chocolate</td>
</tr>
<tr>
<td>Lean meat or chicken</td>
<td>Crispbreads or water crackers</td>
<td>Pastry items (sausage rolls, meat pies, pastries)</td>
</tr>
<tr>
<td>Mini-sandwiches or bread rolls</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hard boiled eggs</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Some items can fit into more than one category depending on their nutrient content and serving size. Adding fruits/vegetables to meals, using wholemeal flours/breads and healthy cooking techniques will improve the nutritional value of the snack or meal.

Remember to aim for ‘everyday’ foods to dominate the menu. Offer ‘sometimes’ foods less often and in small servings sizes.

See the User guide of the Food and Beverage Classification System for Early Childhood Education Services (Ministry of Health, 2007) for more information. Refer to [www.everyday-sometimes.org.nz](http://www.everyday-sometimes.org.nz) for an online listing of registered commercially produced ‘everyday’ and ‘sometimes’ foods.
## HEALTHY DRINK IDEAS

Children need around 1-1½ litres of fluid each day. Children attending a centre for 8 hours should have half this amount.

### Everyday

**Water**
- Refreshing and thirst quenching
- Ensure children have access to water at all times

**Milk**
- Milk is an important source of calcium, protein, energy & vitamins
- Cows milk shouldn’t be given before a child is 12 months old
- Plain whole cows milk is recommended for children between 1-2 years of age
- A reduced fat milk should be introduced from 2 years of age
- If a child doesn’t drink milk then a calcium fortified soy milk is a suitable alternative
- Limit milk consumption to no greater than 500 mls per day
- Offer milk at morning and afternoon snacks

### Sometimes

**Chocolate milk flavouring** *e.g. Milo or cocoa*
- Use no more than 1 teaspoon of powder per cup
- Do not add sugar
- Make with a reduced fat milk rather than water for added protein and calcium
- Dilute flavoured milk with reduced fat milk

**Fruit Juice**
- Fruit juice is high in vitamin C, but does not contain fibre and often has added sugar so use sparingly
- Dilute 1:5 with water before giving to children
- Full strength juice should not be provided

### Occasional

**Cordial, soft drinks, tea, coffee, energy drinks, sports drinks**
- Cordial and soft drinks are very high in sugar and low in other nutrients
- Tannins in tea and coffee impair iron absorption
- Energy drinks and sports drinks are not appropriate for children

Some items can fit into more than one category depending on their nutrient content and serving size. See the User guide of the Food and Beverage Classification System for Early Childhood Education Services (Ministry of Health, 2007) and refer to [http://www.everyday-sometimes.org.nz](http://www.everyday-sometimes.org.nz) for more information.
HEALTHY LUNCHBOX IDEAS

If food for children is coming from home use these lunchbox ideas as a guide for parents

In the lunchbox put:
- Something fruity or vege (or both)
- Something starchy
- Something meaty/fishy/beany/eggy/cheesy or milky

Something starchy:
- White/wholemeal bread
- Rye/multigrain bread
- Pita/raisin/mountain bread
- Spicy fruit buns
- Rolls/buns/english muffins
- Bran and fruit muffins
- Scones/pikelets
- Mouse traps
- Crackers/rice cakes

Something milky/cheesy:
- Milk
- Cheese
- Cheese slices/sticks
- Yoghurt

Something fruity and veggie:
- Fruit – fresh, dried or canned
- Vegetable sticks
- Texture/colour for sandwich filling, e.g. grated carrot, sprouts, tomato, cucumber

Something meaty/eggy/beany:
- Sliced ham/beef
- Cold chicken pieces
- Cold sausage
- Tuna or egg sandwich filling
- Hummus

An ideal lunch box for a full day should include:
- 1 serving of fruit
- 1 serving of vegetables
- 2 servings of starchy foods
- 1-1½ servings of milk or cheese
- 1/2 –1 serving of meat, chicken, fish, eggs or beans
SECTION 5

RECIPES

For use in Early Childhood Education services and at home

The recipes in this section serve 24 children. The recipes have also been modified to suit a family of four so that copies of the recipes can be given to parents.

See the Food and Beverage Classification System for Early Childhood Education Services Recipe Book (Ministry of Health, 2007) for more suitable recipes.
SNACKS

Peach and bran muffins

Makes 24 (or 72 mini-muffins)  Makes 12 (or 36 mini-muffins)

2 cups plain flour     1 cup plain flour
⅔ cup packed brown sugar ⅓ cup packed brown sugar
4 tsp baking powder 2 tsp baking powder
1 tsp salt ½ tsp salt
1 tsp ground cinnamon ½ tsp ground cinnamon
½ tsp ground nutmeg ¼ tsp ground nutmeg
2 x 410g can diced peaches in juice 1 x 410g can diced peaches in juice
1½ cups water ¾ cup water
1 cup reduced fat milk powder ½ cup reduced fat milk powder
½ cup vegetable oil ¼ cup vegetable oil
2 large eggs 1 large egg
4 cups bran flake cereal 2 cups bran flake cereal

- Preheat oven to 200°C. Lightly grease/spray or paper-line muffin tin
- Combine flour, sugar, baking powder, salt, cinnamon and nutmeg in large bowl
- Drain peaches; mix with water, milk powder, oil and egg in small bowl. Add to flour mixture; stir until moistened. Stir in bran cereal.
- Spoon into prepared muffin cups, filling two thirds full
- Bake for 12 to 15 minutes or until a wooden pick inserted in centre comes out clean.
- Remove and place onto wire rack; cool slightly. Serve warm

Banana muffins

Makes 24 (or 72 mini-muffins)  Makes 12 (or 36 mini-muffins)

4 cups plain flour 2 cups plain flour
2 tsp baking powder 1 tsp baking powder
1 tsp baking soda ½ tsp baking soda
½ tsp ground cloves ¼ tsp ground cloves
2 tsp cinnamon 1 tsp cinnamon
1 tsp ground nutmeg ½ tsp ground nutmeg
3 eggs 1 large egg
1 cup sugar ½ cup sugar
175g margarine, melted 80g margarine, melted
3 bananas, mashed 2 small bananas, mashed
2 tsp vanilla

- Preheat oven to 180°C. Lightly grease/spray muffin tin
- Sift dry ingredients together; beat eggs and sugar until thick and frothy
- Lightly combine wet ingredients into dry ingredients until mixture is dampened
- Add milk if mixture is too dry
- Put spoonfuls into muffin tins; bake at 190°C for 15-20 minutes until muffins are golden brown and risen
### Pineapple muffins

**Makes 24 (or 72 mini-muffins)**

- 1 cup wholemeal flour
- 2 cups plain flour
- 1 cup sugar
- 185g sultanas
- 1⅓ tsp mixed spice
- 2 tsp baking soda
- 1⅛ tbsp golden syrup
- 125g margarine
- 750g crushed pineapple
- 1 egg, beaten

**Makes 12 (or 36 mini-muffins)**

- ½ cup wholemeal flour
- 1 cup plain flour
- ½ cup sugar
- 90g sultanas
- 1 tsp mixed spice
- 1 tsp baking soda
- 1 tbsp golden syrup
- 60g margarine
- 450g crushed pineapple
- 1 small egg, beaten

- Preheat oven to 210°C. Lightly grease/spray muffin tins
- Sift flour, spice and baking soda; add sugar & sultanas,
- Heat together syrup and margarine
- Drain juice from pineapple; add pineapple to dry ingredients
- Add egg alternately with the margarine and syrup to the dry ingredients and pineapple mix; mix until the mixture is just dampened; do not over mix
- Spoon into muffin tins (approximately 60g in each tin)
- Bake at 210°C for 15-20 minutes until golden brown

### Corn muffins

**Makes 24 (or 72 mini-muffins)**

- 80g margarine
- 4 eggs
- 1 x 410g can creamed corn
- 300ml reduced fat milk
- 180g grated Edam cheese
- 100g sugar
- 1 tsp salt
- ½ tsp pepper
- 140g cornmeal
- 3 cups flour
- 1⅛ tsp baking powder

**Makes 12 (or 36 mini-muffins)**

- 40g margarine
- 2 eggs
- ½ x 410g can creamed corn
- 150ml reduced fat milk
- 90g grated Edam cheese
- 50g sugar
- ½ tsp salt
- Pinch pepper
- 70g cornmeal
- 1¼ cups flour
- ¾ tsp baking powder

- Preheat oven to 200°C. Lightly grease/spray muffin tins
- Melt margarine
- Add eggs and creamed corn; mix until combined
- Add reduced fat milk, cheese, sugar and salt; mix again
- Stir in the cornmeal; fold in the sifted flour and baking powder; do not over mix
- Spoon into muffin tins, fill to three-quarters
- Bake at 200°C for 10-15 minutes until the outside is crusty and browned; stand for several minutes before removing from tins
Cheese and tomato grill

Serves 24

- Cut English muffin in half
- Thinly spread each muffin with relish
- Slice tomatoes into 1 cm thick slices
- Sprinkle cheese over muffins and place tomato slices on top
- Place in the oven for 5-10 minutes at 150ºC, or until cheese is melted

Serves 4

- 2 English muffin splits
- ½ cup grated Edam cheese
- 1 tomato
- 1 tsp tomato relish

Party veggies with cucumber dip

Serves 24

- Cut carrots, zucchini, celery into slices
- Cut broccoli and cauliflower into small florets
- Finely chop mint leaves
- Peel cucumber and cut lengthwise into quarters. Remove inner seeds by slicing away.
- Cut cucumber into small pieces and mix with yoghurt, mint, mustard and pepper
- Serve vegetable pieces with chilled dip

Serves 4

- 1 carrot
- 1 zucchini
- 1 celery stalk
- ½ cup broccoli florets
- ½ cup cauliflower florets
- ½ cup cherry tomatoes

Dipping sauce

- 2 cups plain unsweetened yoghurt
- 1 cucumber
- ½ cup fresh mint leaves
- 1 tsp dried mustard
- Black pepper (to taste)

Serves 4

- ½ cup plain unsweetened yoghurt
- ¼ cucumber
- 1 tbsp fresh mint leaves
- ¼ tsp dried mustard
- Black pepper (to taste)

For variation add rice crackers, water crackers or pita bread wedges to the platter

Apple surprise

Serves 2

- Using an apple corer or a knife cut out the inside of an apple
- Remove the core and all seeds
- Fill the apple with peanut butter or a mixture of peanut butter and raisins
## Wholemeal scones

**Makes 24**

- 200g plain flour
- 200g wholemeal flour
- 2½ tbsp baking powder
- 1½ tsp salt
- 50g margarine
- 1½-2 cups reduced fat milk

**Makes 12**

- 100g plain flour
- 100g wholemeal flour
- 4 tsp baking powder
- ¾ tsp salt
- 25g margarine
- 1 cup reduced fat milk

- Sift plain flour, baking powder and salt. Stir in the wholemeal flour.
- Cut or rub in the margarine
- Mix in the milk quickly until blended
- Roll the dough to a ½ inch thickness
- Using a floured knife, cut into 2-inch squares and place on cold, ungreased oven tray
- Bake at 220°C for 12-15 minutes

**Variations: (Halve quantities if making 12)**

- **Cheese:** Add 175g grated Edam cheese with dry ingredients
- **Date or sultana:** Add 225g chopped dates or sultanas with dry ingredients
- **Bacon:** Add 175g finely minced lean bacon with dry ingredients

## Anzac biscuits

**Makes 24-30**

- 150g plain flour
- 1 cup sugar
- 2 cups rolled oats
- 150g coconut
- 150g walnuts (optional)
- 200g margarine
- 6 tbsp hot water
- 1½ tbsp golden syrup
- 2 tsp baking soda

**Makes 12**

- 1 cup plain flour
- ½ cup sugar
- 1 cup rolled oats
- 1 cup coconut
- 40g walnuts (optional)
- 100g margarine
- 2 tbsp hot water
- 1 tbsp golden syrup
- ½ tsp baking soda

- Preheat oven to 180°C. Lightly grease/spray oven trays (or use a non-stick tray)
- Mix dry ingredients together
- Heat the margarine, water and golden syrup together; add the baking soda and combine well
- Pour liquid ingredients over dry ingredients; mix well, until all the mixture is moistened
- Place mixture onto the oven tray in balls (approximately 25g), press slightly (allow space for spreading)
- Bake at 180°C for 15-20 minutes, or until the edges are firm
**Mini vegetarian pizzas**  

**Serves 24**
- 12 English muffin splits  
- 3 cans spaghetti or 2 cups pasta sauce  
- 6 cups chopped vegetables (onion, peppers, mushrooms, tomato, pineapple)  
- 3 cups grated Edam cheese  
- Cut muffins in half  
- Spread spaghetti or pasta sauce over muffins  
- Sprinkle toppings and then cheese over muffins  
- Bake in oven at 180°C for 10-15 mins  

**Serves 4**
- 2 English muffin splits  
- ½ can spaghetti or ½ cup pasta sauce  
- 1 cup chopped vegetables (peppers, mushrooms, tomato, pineapple, onion)  
- ½ cup grated Edam cheese  

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**Fruity oat crunch**  

**Serves 36**
- 1 cup plain flour  
- 1 tsp baking powder  
- 1 cup rolled oats  
- ½ cup raisins or sultanas  
- ½ cup sugar  
- 125g margarine, melted  
- Preheat oven to 180°C  
- Sift flour & baking powder into bowl  
- Stir in rolled oats, dried fruit & sugar  
- Add melted margarine and mix well  
- Press into a greased baking tin (20cm x 30cm)  
- Bake in oven for 20-25 minutes  

** Bugs on a log**  

**Serves 12**
- 6 celery sticks  
- 10 tbsp peanut butter  
- 1 ½ cups raisins  
- Wash the celery and cut it into pieces (about 5 inches long)  
- Spread peanut butter in the middle of the celery stick  
- Press raisins into peanut butter and serve  

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**Pikelets**  

**Makes 40**
- 2 cups plain flour  
- 4 tbsp sugar  
- 2 tbsp baking powder  
- 2 eggs  
- 1½ cups reduced fat milk  
- Oil  
- Sift flour and baking powder together in a bowl  
- Beat egg and milk, and then stir quickly into centre of dry ingredients  
- Heat a frying pan and brush with a little bit of oil  
- Place dessert spoonfuls of mixture into frying pan  
- When bubbles appear, turn pikelet over; cook second side until golden brown  
- Serve with yoghurt and fresh fruit  

**Makes 20**
- 1 cup plain flour  
- 2 tbsp sugar  
- 1 tbsp baking powder  
- 1 egg  
- ¾ cup reduced fat milk  
- Oil  

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MAIN MEALS

Chicken wraps

Serves 24
- 24 small soft tortilla shells
- 6 boneless skinless chicken breasts
- 500g lean bacon (optional)
- 8 tomatoes
- Lettuce
- 3 cups grated Edam cheese
- Ranch dressing
  - Cook chicken in a non-stick fry pan and cut into small pieces
  - Remove fat from bacon and cook until crisp.
  - Cut into small pieces.
  - Chop tomato into small pieces
  - Shred lettuce and grate cheese
  - Mix all together in a bowl and add Ranch dressing
  - Add spoonfuls of mixture into soft tortilla shells and roll up

Serves 4
- 4 small soft tortilla shells
- 1 boneless skinless chicken breast
- 100g lean bacon (optional)
- 2 small tomatoes
- Lettuce
- 1 cup grated Edam cheese
- Ranch dressing

Sweet & sour chicken

Serves 24
- 3 tbsp oil
- 3 onions, sliced
- 4 carrots, sliced
- 1 450g can pineapple pieces
- 3 courgettes, sliced
- ¼ cup soy sauce
- ½ cup tomato sauce
- 6 tbsp vinegar
- 3 tbsp brown sugar
- 1 cup pineapple juice
- 4 tbsp cornflour
- 2 cooked skinless chickens, flesh diced
  - Heat oil in saucepan, add the onions & carrot and stir fry for 3-4 minutes
  - Drain pineapple, reserve juice. Add pineapple pieces & courgettes to pan
  - Mix the soy sauce, tomato sauce, vinegar, sugar and half of the pineapple juice together in a bowl and add to saucepan
  - Bring to the boil. Mix the cornflour with the remaining pineapple juice
  - Stir into the sauce mixture and cook until thickened
  - Remove from heat. Add the diced chicken
  - Heat till piping hot and serve with rice

Serves 4
- 1 tbsp oil
- 1 onion, sliced
- 1 carrot, sliced
- ½ cup canned pineapple pieces
- 1 courgette, sliced
- 2 tbsp soy sauce
- ¼ cup tomato sauce
- 2 tbsp vinegar
- 1 tbsp brown sugar
- ¼ cup pineapple juice
- 1 tbsp cornflour
- 2 cooked skinless chicken breasts
## Mince and vegetable pasta bake

### Serves 24
- 1.5kg lean minced beef or lamb
- 3 onions, chopped
- 8 zucchini, chopped
- 600g mushrooms, sliced (optional)
- 4 x 400g can of diced tomatoes
- 8 tbsp tomato puree
- 4 tsp dried mixed herb

### Topping:
- 2 x 500g packets uncooked pasta
- 750g reduced fat cream cheese
- 3 cups grated Edam cheese

- Add mince to a non-stick fry pan and fry until browned
- Boil pasta according to packet instructions
- Add onion, zucchini, mushrooms to meat and continue cooking for 2-3 mins
- Add remaining ingredients and bring to the boil
- Place in an ovenproof dish
- Drain pasta, stir in cream cheese and ½ the grated cheese
- Place on top of the meat mixture and sprinkle remaining cheese on top
- Bake at 200ºC for 20 mins or until golden brown
- Serve with crusty bread and a lettuce based green salad

### Serves 4
- 400g lean minced beef or lamb
- 1 onion, chopped
- 2 zucchini, chopped
- 100g mushrooms, sliced (optional)
- 1 x 400g can of diced tomatoes
- 2 tbsp tomato puree
- 1 tsp dried mixed herb

### Topping:
- 225g uncooked pasta
- 220g reduced fat cream cheese
- ½ cup grated Edam cheese

- Add mince to a non-stick fry pan and fry until browned
- Boil pasta according to packet instructions
- Add onion, zucchini, mushrooms to meat and continue cooking for 2-3 mins
- Add remaining ingredients and bring to the boil
- Place in an ovenproof dish
- Drain pasta, stir in cream cheese and ½ the grated cheese
- Place on top of the meat mixture and sprinkle remaining cheese on top
- Bake at 200ºC for 20 mins or until golden brown
- Serve with crusty bread and a lettuce based green salad

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## Quick chicken casserole

### Serves 24
- 2 cooked skinless chickens
- 750g mixed frozen vegetables
- 2 cups uncooked rice
- 1 x 440g can of tomato soup
- 8 tbsp tomato puree
- 4 tsp dried mixed herb
- 2 x 500g packets uncooked pasta
- 750g reduced fat cream cheese
- 3 cups grated Edam cheese

- Add mince to a non-stick fry pan and fry until browned
- Boil pasta according to instructions and set aside
- Cook vegetables according to instructions and set aside
- Pour the soups into a large saucepan and add milk if necessary according to instructions on the can
- Add the diced chicken meat to the soup and gently heat
- Add drained rice and vegetables; heat till piping hot and serve

### Serves 4
- 2 cooked skinless chicken breasts
- 150g mixed frozen vegetables
- 1 cup uncooked rice
- 1 x 400g can of chicken soup
- 2 tbsp tomato puree
- 1 tsp dried mixed herb
- 225g uncooked pasta
- 220g reduced fat cream cheese
- ½ cup grated Edam cheese

- Add mince to a non-stick fry pan and fry until browned
- Boil pasta according to packet instructions
- Add onion, zucchini, mushrooms to meat and continue cooking for 2-3 mins
- Add remaining ingredients and bring to the boil
- Place in an ovenproof dish
- Drain pasta, stir in cream cheese and ½ the grated cheese
- Place on top of the meat mixture and sprinkle remaining cheese on top
- Bake at 200ºC for 20 mins or until golden brown
- Serve with crusty bread and a lettuce based green salad

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Shepherds pie

**Serves 24**

- 2 kg potatoes, quartered
- 2 tbsp oil
- 5 carrots, grated
- 2 onions, finely chopped
- 1 cup peas
- 1.5 kg lean beef mince
- 1 cup tomato paste
- 2 tsp Worcestershire sauce
- 2 tsp dried oregano
- ½ tsp pepper
- 1 cup reduced fat milk
- 250g grated Edam cheese
- ½ tsp nutmeg

- Cook potatoes until tender
- Sauté onion, celery and carrot in oil
- Add mince and cook well
- Add tomato paste, Worcestershire sauce and herbs
- Place mixture in baking dish
- Mash potatoes, mix in milk, cheese and nutmeg
- Spread over meat and bake in a hot oven until lightly browned

**Serves 4**

- 400g potatoes, quartered
- 1 tsp oil
- 1-2 carrots, grated
- 1 onion, finely chopped
- ½ cup peas
- ¼ cup tomato paste
- ½ tsp Worcestershire sauce
- 1 tsp dried oregano
- pepper to taste
- ¼ cup reduced fat milk
- 40g grated Edam cheese
- ¼ tsp nutmeg

Mini Meatballs

**Serves 24**

- 1.5kg lean minced beef or lamb
- 2 onions
- 2 eggs
- 2 cups wholemeal breadcrumbs

- Combine all ingredients in a bowl and mix well
- Roll into small balls and toss lightly in plain flour
- Heat 2 tsp oil in a fry pan on a medium heat and cook meatballs for approx 15 mins or until no longer pink inside. Drain off excess liquid.
- Serve with tomato sauce or yoghurt on the side.

**Serves 4**

- 400g lean minced beef or lamb
- 1 onion
- 1 small egg
- ½ cup wholemeal breadcrumbs

Try serving with salad vegetables placed inside a wholemeal pita pocket or soft bread roll.
**Meatloaf**

*Serves 24*
- 1.5kg lean beef mince
- 2½ cups wholemeal breadcrumbs
- 1 tsp pepper
- 2 onions, finely chopped
- 2 tomatoes, diced
- 500g canned or frozen peas
- 2 tsp garlic
- 2 eggs
- ½ cup tomato sauce

- Combine mince, pepper, tomato, drained peas, garlic, onion and breadcrumbs
- Mix in egg to combine
- Mould into a loaf and spread with tomato sauce
- Bake in a moderate oven at 180ºC for 45 minutes - 1½ hours depending on the size of the loaf

*Serves 4*
- 400g lean beef mince
- ½ cup wholemeal breadcrumbs
- pinch pepper
- 1 small onion, finely chopped
- 1 small tomato, diced
- 150g canned or frozen peas
- 1 clove garlic
- 1 egg
- 1 tbsp tomato sauce

**Tuna and rice croquettes**

*Serves 24*
- 6 cups cooked brown rice
- 2 large cans tuna (425-450g), flaked
- 6 eggs, separated
- 2 onions, minced
- 4 tbsp lemon juice
- 1 ½ tsp salt
- 1 tsp pepper
- 4 cups wholemeal breadcrumbs

- Combine slightly beaten egg yolk with flaked tuna
- Add rice and seasonings.
- Chill
- Just before shaping, fold in stiffly beaten egg white
- Shape into small patties or balls
- Roll in breadcrumbs
- Bake in oven at 175ºC for 30 minutes
- Serve hot with tomato sauce and a green salad

*Serves 4*
- 1 cup cooked brown rice
- 1 medium can tuna (185-210g), flaked
- 1 egg, separated
- 1 small onion, minced
- 1 tbsp lemon juice
- ½ tsp salt
- ½ tsp pepper
- ¾ cup wholemeal breadcrumbs
Tuna macaroni salad

Serves 24
- 6 cups uncooked macaroni pasta
- 8 hard boiled eggs, peeled and chopped
- 2 small onions, chopped
- 1 cup chopped celery
- 4 cups cooked frozen mixed vegetables
- 2 large cans of tuna in water (425-450g)
- 2 cups reduced fat salad dressing
- Chopped parsley

Serves 4
- 1½ cups uncooked macaroni pasta
- 2 hard boiled eggs, chopped
- 1 small onion, chopped
- ½ cup chopped celery
- 1 cup cooked frozen mixed vegetables
- 1 medium can of tuna (185-210g)
- ½ cup reduced fat salad dressing
- Chopped parsley

- Cook macaroni in boiling water until tender. Drain.
- In a bowl mix macaroni, eggs, onion, celery, mixed vegetables and tuna together.
- Cover and refrigerate.
- Add salad dressing just before serving.
- Mix thoroughly and sprinkle with parsley.
- Serve.

Special fish pie

Serves 24
- 2 heads broccoli or cauliflower
- 2 x 500g packet of uncooked macaroni pasta
- 2 large cans smoked fish fillets (425-450g)
- 120g margarine
- 2 onions, chopped
- 2 tsp curry powder
- 4 tbsp plain flour
- 3 cups reduced fat milk
- 2 cans lite coconut cream
- 1 cup grated Edam cheese

Serves 4
- ¼ head of broccoli
- 250g uncooked macaroni pasta
- 1 small can smoked fish fillets (185-210g)
- 30g margarine
- 1 small onion, chopped
- 1 tsp curry powder
- 1 tbsp plain flour
- ¾ cup reduced fat milk
- ½ can lite coconut cream
- ¼ cup grated Edam cheese

- Cut broccoli into small flowerets & cook in boiling water, drain immediately.
- Cook macaroni in boiling water until tender. Drain.
- Place cooked macaroni into two large greased ovenproof dishes.
- Melt margarine in a pan, add chopped onions. Cook until onion turns clear.
- Add curry powder & flour to onion, mix to combine.
- Gradually stir in milk and coconut cream. Stir until mixture boils and thickens.
- Add fish & broccoli to sauce.
- Spoon over macaroni.
- Sprinkle grated cheese over top.
- Bake uncovered in oven at 180ºC for 20 minutes or until golden brown.
Vegetable & bacon quiche (self basing)

**Serves 24**

- 1½ cups reduced fat milk
- 12 eggs
- ¾ cup oil
- 4 cups grated Edam cheese
- 1½ cups plain flour
- 3 onions, diced
- 9 rashers lean bacon, finely chopped
- 3 carrots, grated
- 3 potatoes, cooked and cubed
- 6 leaves silverbeet, sliced & cooked

- Mix milk, eggs, oil & flour together
- Add all the other ingredients and stir to combine.
- Place mixture into a large oven proof dish
- Bake at 180ºC for 30 minutes, or until set.

**Serves 4**

- ½ cup reduced fat milk
- 3 eggs
- ¼ cup oil
- 1 cup grated Edam cheese
- ½ cup plain flour
- 1 onion, diced
- 3 rashers lean bacon, finely chopped
- 1 carrot, grated
- 1 potato, cooked & cubed
- 2 leaves silverbeet, sliced & cooked

Macaroni cheese

**Serves 24**

- 750g uncooked macaroni pasta
- 180g lean bacon, chopped
- 450g zucchini, grated (optional)
- 200g margarine
- 150g plain flour
- 1 litre reduced fat milk
- 2 cups grated Edam cheese

- Cook pasta in boiling water according to packet instructions
- Trim fat from bacon and fry the chopped bacon in a small amount of the margarine
- Add grated zucchini and heat through
- Melt margarine in saucepan or microwave, add flour and mix thoroughly. Add milk slowly, stir continuously until all milk is added
- Mix the bacon, zucchini, white sauce and grated cheese through the cooked and drained pasta; serve

**Serves 4**

- 150g uncooked macaroni pasta
- 30g lean bacon, chopped
- 75g zucchini, grated (optional)
- 50g margarine
- 25g plain flour
- 200ml reduced fat milk
- ½ cup grated Edam cheese
Bean casserole

Serves 24

- 3 tbsp oil
- 2 cloves garlic, crushed
- 2 onions, chopped
- 4 vegetable stock cubes
- 4 cups water
- 2 carrots, diced
- 2 zucchini, diced
- 8 potatoes, diced
- 2 x 410g cans of crushed tomatoes
- 1 cup tomato paste
- 2 x 300g can baked beans
- 2 x 300g can chickpeas, drained
- 4 tsp paprika

Serves 4

- 2 tsp oil
- 1 clove garlic, crushed
- 1 onion, chopped
- 1 vegetable stock cube
- 1 cup water
- 1 carrot, diced
- 1 zucchini, diced
- 2 potatoes, diced
- ½ small can of crushed tomatoes
- ¼ cup tomato paste
- 1 small can baked beans
- 1 small can chickpeas, drained
- 1 tsp paprika

- Heat oil in non-stick saucepan and sauté garlic and onion until tender
- Dissolve stock cube(s) in water and add to pan
- Add carrot, zucchini and potato and simmer 5 minutes until vegetables are soft
- Add tomatoes, tomato paste, beans, chickpeas and paprika
- Cover and simmer for 10 minutes
- Serve with cooked brown or white rice

Chunky veggie sauce and spaghetti

Serves 24

- 2 onions, finely chopped
- 2 cloves garlic, minced
- 4 carrots, finely chopped
- 4 stalks of celery, finely chopped
- 400g mushrooms, sliced (optional)
- 1 tbsp dried basil
- 1 tbsp dried oregano
- 4 x 410 can of crushed tomatoes
- 1 cup water
- Salt and pepper to taste
- 800g spaghetti noodles

Serves 4

- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 carrots, finely chopped
- 1 stalk of celery, finely chopped
- 100g mushrooms (optional)
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 x 410 can of crushed tomatoes
- ¼ cup water
- Salt and pepper to taste
- 250g spaghetti noodles

- Sauté onion and garlic in a large fry pan with a drizzle of oil
- Add remaining ingredients and heat until vegetables are cooked through
- Bring a pot of water to the boil
- Cook spaghetti noodles in boiling water until soft; drain
- Pour hot vegetable sauce over pasta
- Serve – sprinkle with grated cheese if desired
Oakhill potatoes

Serves 24

4 kg potatoes
12 eggs (hard boiled and sliced)
700g lean bacon, diced, cooked
2 cups grated Edam cheese
1 cup wholemeal breadcrumbs

Thin White Sauce
75g margarine
75g plain flour
1 tsp salt
¼ tsp pepper
1.5 litre of reduced fat milk

Serves 4

700g potatoes
2 eggs (hard boiled and sliced)
120g lean bacon, diced and cooked
½ cup grated Edam cheese
¼ cup wholemeal breadcrumbs

40g margarine
40g plain flour
½ tsp salt
Pinch pepper
750ml reduced fat milk

- Peel and slice potatoes, and cook until tender
- Place potatoes into a lightly greased baking dish; cover with lightly fried bacon & sliced eggs
- Season with salt and pepper
- Sauce: Melt margarine in microwave or saucepan, add flour and mix thoroughly. Add milk slowly, stirring continuously so there are no lumps, until all milk is added
- Mix ¾ of the cheese into the sauce
- Pour sauce over potato mixture
- Cover with the breadcrumbs and remaining cheese
- Bake in a moderate oven at 175°C for 1 hour
PUDDINGS

Apple and rice pudding

Serves 24
4 cups rice
8 cups water
4 cups vanilla yogurt
4 cups apple sauce
4 tsp cinnamon

Serves 4
1 cup rice
2 cups water
1 cup vanilla yoghurt
1 cup apple sauce
1 tsp cinnamon

- Boil water in a large pot
- Add washed rice and stir constantly until boiling
- Cook slowly until rice is soft
- Mix rice and apple sauce together in a large bowl
- Add cinnamon and yogurt and stir well
- Spoon into dishes and serve

Banana custard

Serves 24
250g cornflour
200g sugar
4 L reduced fat milk
1 tbsp vanilla essence
2.5kg bananas

Serves 4
60g cornflour
50g sugar
1 L reduced fat milk
¼ tbsp vanilla essence
500g bananas

- Mix the cornflour and sugar to a thin paste with some of the cold milk
- Heat the remainder of the milk to boiling point
- Add a little of the hot milk to the cornflour paste, then whisk the cornflour paste into the remainder of the hot milk
- Stir until boiling and simmer until the cornflour is cooked (approx 5-8 minutes)
- Add the vanilla; chill
- Slice bananas into 5 mm slices; place in serving dishes
- Pour cooled custard over sliced bananas

Yoghurt Surprise

Mix fruit flavoured or plain unsweetened yoghurt with bite-sized pieces of fresh and dried fruit. Try fruits such as apples, pears, pineapple, mandarin
Sago custard

**Serves 24**
- 250g sago
- 2 litres reduced fat milk
- 2 tsp salt
- 1 cup sugar
- 1½ tsp vanilla
- 6 eggs

**Serves 4**
- 50g sago
- 500ml reduced fat milk
- ¼ tsp salt
- ¼ cup sugar
- ½ tsp vanilla
- 1 egg

- Heat the milk to boiling point
- Stir in the washed sago and cook. Stir well while cooking until the sago is clear.
- Beat the eggs with the sugar and add to cooked sago
- Heat slowly until egg has cooked
- Serve

Jellied fruit salad

**Serves 25**
- 3kg fruit salad, fresh or tinned
- 1.25 litres water, boiling
- 750g jelly crystals
- 1.25 litres water, cold

**Serves 4**
- 500g fruit salad, fresh or tinned
- 200ml boiling water
- 125g jelly crystals
- 200ml water, cold

- Drain fruit salad; place into required number of dishes
- Add jelly crystals to boiling water; stir until dissolved
- Add cold water and stir with a whisk to blend
- Pour jelly solution evenly over each dish of fruit; stir to combine; chill

Ice cream pudding

**Serves 24**
- 125g margarine
- 1 cup sugar
- 1¼ cups plain flour
- 5 eggs
- 2 litres reduced fat milk
- 1½ tsp vanilla

**Serves 4**
- 30g margarine
- ¼ cup sugar
- ½ cup plain flour
- 1 egg
- 500ml reduced fat milk
- ½ tsp vanilla

- Heat the milk to boiling point
- Cream the margarine and sugar
- Add the eggs; beat well
- Fold in the flour
- Add some hot milk to make a smooth mixture
- Blend into the remaining milk; cook until thick
- Add the vanilla; cool
**Chinese**

**Chinese stir-fry**

*Serves 24*

- 1.5kg lean beef schnitzel, cut into strips
- 3 packets hokkien noodles
- 2 tbsp oil
- 2 cloves garlic, crushed
- 4 carrots, thinly sliced
- 200g bok-choy, shredded
- 2 tbsp low salt soy sauce
- 2 tbsp oyster sauce

*Serves 4*

- 400g lean beef schnitzel, cup into strips
- 1 packet hokkien noodles
- 1 tbsp oil
- 1 glove garlic, crushed
- 1 carrot, thinly sliced
- 50g bok-choy, shredded
- 1 tbsp low salt soy sauce
- 1 tbsp oyster sauce

- Soak hokkien noodles in warm water for 2 minutes and drain
- Heat oil in a wok
- Fry beef and garlic until brown. Remove from wok.
- Add carrot and stir-fry for 1 minute
- Add all ingredients except beef and noodles. Cook for 2 minutes
- Add beef and noodles. Stir for 1 minute

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**Greek**

**Yerros**

*Serves 24*

- 24 small wholemeal pita bread
- 1 kg shaved roast lamb
- 1 lettuce, shredded
- 2 cucumbers, thinly sliced
- 4 tomatoes, thinly diced
- 2 cups grated Edam cheese

*Serves 4*

- 4 small wholemeal pita bread
- 250g shaved roast lamb
- 4 lettuce leaves, shredded
- ½ cucumber, thinly sliced
- 1 tomato, thinly diced
- ¼ cup grated Edam cheese

- Place each filling (roast lamb, lettuce, cucumber, tomato, grated cheese) in separate bowls
- Give each child 1 small pita bread
- Using tongs, allow children to choose their own fillings and place into their pita
- Roll the Yerros tight
**Italian Pizza**

**Serves 24**
- 2 large loaves of focaccia bread
- 410g can tomato paste
- 3 cups cooked beef mince/chicken/ham
- 2 tsp dried herbs
- Variety of sliced vegetables, e.g. mushrooms, capsicum, tomatoes
- 2 cups grated Edam cheese
- 2 cups grated mozzarella cheese

**Serves 4**
- ½ large loaf of focaccia bread
- ½ small can of tomato paste
- 1 cup cooked beef mince/chicken/ham
- ½ tsp dried herbs
- Variety of sliced vegetables, e.g. mushrooms, capsicum, tomatoes
- ¼ cup pineapple pieces
- ½ cup grated Edam cheese
- ½ cup grated mozzarella cheese

- Split focaccia bread in half, lengthways
- Cut each half into 5 pieces
- Spread with tomato paste
- Get children to put their choice of toppings provided on their pizza
- Top with cheese
- Bake at 180°C for 10-15 minutes

**Arabic Hummus**

**Makes 2 cups**
- 400g dried chickpeas (soaked overnight) or 2 x 410g cans of chickpeas
- 2 cloves garlic, crushed
- 4 tbsp tahini paste
- ½ cup lemon juice

**Makes 1 cup**
- 200g dried chickpeas (soaked overnight) or 1 x 410g can of chickpeas
- 1 clove garlic, crushed
- 2 tbsp tahini paste
- 3 tbsp lemon juice

- Boil soaked chickpeas or drain from can
- Puree in a mouli, blender or food processor
- Add tahini, garlic and lemon juice, and mix
- Serve with wholemeal pita bread or with a variety of raw vegetable pieces
Vietnamese

**Fresh spring rolls with dipping sauce**

**Serves 24**

1.6kg trim pork fillet
200g bean sprouts
2 heads of lettuce, shredded
4 sprigs fresh mint
2 cups vermicelli noodles
2 carrots, shredded
Rice paper

**Dipping Sauce:**

200ml Hoisin sauce
4 tsp oil
2 cloves garlic
2 tbsp vinegar
4 sprigs fresh basil
2 tbsp cornflour
2 tbsp sugar

**Serves 4**

400g trim pork fillet
50g bean sprouts
½ head of lettuce
1 sprig fresh mint
½ cup vermicelli noodles
½ carrot, shredded
Rice paper

**Dipping Sauce:**

50ml Hoisin sauce
1 tsp oil
1 clove garlic
½ tbsp vinegar
1 sprig fresh basil
½ tbsp cornflour
½ tbsp sugar

- Boil the pork until cooked and cut into fine slices
- Place rice noodles into boiling water for 5-10 minutes and drain well
- Dip the rice paper into a little hot water and place on a plate
- Place some lettuce, basil, mint and carrot onto the rice paper
- Place some of the noodles and pork on top
- Fold the sides in then roll up
- Repeat this until all the fillings have been used up
- Serve with the dipping sauce

**Dipping Sauce:**

- Heat the oil in a pan and add crushed garlic cloves
- Add Hoisin sauce, sugar and vinegar
- Stir and cook for 5 minutes
- Mix cornflour with a little water and add to sauce to make it thicker
Pacific Island
Island chop suey

Serves 24
240g bean thread vermicelli
1 cup hot water
1 tbsp oil
1kg lean pork pieces (or other meat)
2 onions, chopped
2 tbsp water
1 tbsp soy sauce

Serves 4
60g bean thread vermicelli
¼ cup hot water
¼ tbsp oil
300g lean pork pieces (or other meat)
1 onion, chopped
2 carrots, sliced
¼ tbsp water
¼ tbsp soy sauce

- Cover the vermicelli with hot water. Soak until soft, then drain.
- Heat oil in a large saucepan or wok. Add the pork, onion & carrots
- Stir-fry for 4-5 minutes.
- Add the vermicelli, water and soy sauce to the pork
- Simmer for 15-20 minutes or until the pork is tender.

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Maori
Rewena paraoa (maori bread)

Rewena
2 cups plain flour
3 medium slices of potato
1 tsp sugar

Rewena
- Boil slices of potato with 1 cup of water until soft
- Cool to lukewarm and mix in the flour and sugar to form a paste
- Cover and stand in a warm place until the mixture has fermented

Bread
5 cups plain flour
1 tsp salt
1 tsp baking soda

Bread
- Sift flour and salt into a bowl and make a well in the centre
- Fill with rewena and sprinkle baking soda over the top
- Combine and knead mixture for about 10 minutes, adding a little water if the mixture is too firm
- Shape into loaves or place the mixture into greased loaf tins
- Bake at 230°C for 45-50 minutes
SECTION 6

FUN WITH FOOD

Creative food activities for children under 5 years
FRIENDSHIP SOUP

These friendship recipes promote sharing and teamwork amongst children

- Ask each child to bring a different coloured vegetable from home, e.g. potato, zucchini, carrot, onion, celery etc
- Have the children wash their hands and then their vegetables
- Peel, cut the vegetables as appropriate
- Have the children add their vegetable to a large soup pot
- Add 4 cups of cold water with stock cubes to the pot
- Add pepper to taste
- Add parsley or any other herbs
- Simmer for approximately 20 minutes
- Cool slightly and serve with crusty bread

FRIENDSHIP FRUIT KEBABS

- Ask each child to bring a different coloured piece of fruit from home, e.g. apple, orange, banana, pear, kiwifruit
- Other ingredients to have on hand: marshmallows, skewers
- Have the children wash their hands and then their fruit
- Peel, cut the fruit as appropriate and place in individual bowls
- Give each child a skewer and invite them to make their own fruit kebab from the fruit pieces. Allow 1-2 marshmallows for each child to place on their kebab stick.
BREAD DOUGH PRETZELS

This recipe allows the children be creative and mould bread dough into their initials

2 tbsp quick-acting yeast
2 cups water
2 tsp sugar
2 tsp salt
4 cups plain flour
2 tbsp oil
4 eggs
Sesame seeds

- Preheat over to 400 degrees
- Measure the water, sugar and yeast into a bowl and mix
- Wait two or three minutes for the yeast to soften
- Stir in 2 cups of flour, then add oil, salt and remaining flour
- Sprinkle flour onto a wooden bread board and place the dough on it
- Knead dough for about five minutes. Place dough in a bowl and cover it, letting it rise for about 45 minutes in a warm place away from drafts, open windows, etc.
- Punch the dough down and work it into a ball.
- Separate the dough into smaller portions and let the children use their hands to roll the dough into ropes or snakes. Then they can arrange the snakes to make the first initial of their names
- Let the children brush their pretzel with beaten egg, sprinkle with sesame seed, and bake at 400ºF for about 10 minutes, until light brown.
LIST OF RESOURCES

Eating for Healthy Babies and Toddlers from Birth to 2 years old  Ministry of Health 2007

Eating for Healthy Children aged 2 to 12  Ministry of Health 2008

Food and Beverage Classification System for Early Childhood Education Services  Ministry of Health, 2007

Food and Nutrition for Healthy, Confident Kids:  
Order by email from: orders@learningmedia.co.nz

Nga Kupu Oranga Healthy Messages:  
A health and safety resource for early childhood services, Ministry of Health, 1997. This can be downloaded from http://www.moh.govt.nz

National Heart Foundation – Healthy Heart Award for Early Childhood Centres  
Programme that encourages early childhood centres to promote healthy eating and active movement. The programme includes assistance with nutrition policies, nutrition activities, menu planning, food safety and active movement. For information call 0800 863 375 or visit http://www.heartfoundation.org.nz

Other useful websites

- Food and Beverage Classification System: http://www.everyday-sometimes.org.nz
- Allergy New Zealand: http://www.allergy.org.nz
- New Zealand Food Safety Authority: http://www.nzfsa.govt.nz

Auckland Regional Public Health Service Resource Centres  
Access Ministry of Health pamphlets, posters, stickers, leaflets, teaching kits and other health promotion publications free of charge

- Central – Ground Floor, Building 15, Cornwall Complex, Claude Road, Greenlane Clinical Centre, Epsom. Phone: (09) 6234600 ext 27188
- South – 2nd Floor Westfield Tower, Leyton Way, Manukau City. Phone: (09) 261 1623