

COOKING UP some FUN!

- Fun Simple Recipes
- Meal Planning Tips
- Nutrition Information



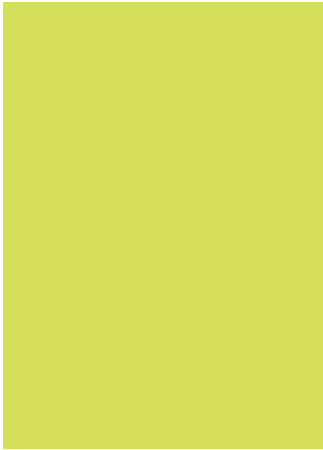
For Parents and Child Care Providers

TABLE of Contents

Introduction	5
Tips for Healthier Mealtimes	6
What Should My Child Eat?	7
Basic Foods to Have on Hand	8
Menu Planning	9
Meal Planning Tips	10
Meal and Snack Ideas	11
Drinks for Children	12
Fibre-Filled Tips	13
The Story on Fats	15

TABLE of Contents

Recipes	17-28
Golden Blueberry Pancakes	18
Cheesy Macaroni and Cheese	18
Bellybutton Soup	19
Veggie Fries	19
Mama's Chili	20
Easy Fajitas	20
Easy Stir Fry	21
Salmon Nuggets	22
Omelette Roll-It-Up	22
Pita Pizzas Pizzazz	23
Easy Chickpea Curry	23
Awesome Apple Crisp	24
Frozen Yogurt-Sicles	24
Icely Dicey Smoothie	25
Yummy in the Tummy Banana Muffins	25
Grandma's Rolled Oat Cookies with Filling	26
Make-Your-Own Fruit Kabobs	27
Tortilla Pinwheels	28
Make-Your-Own Yogurt Sundaes	28
Resources	29



IntROduCTiON

This booklet is for parents and caregivers of children three to twelve years of age. It includes helpful tips for meal planning, simple meal ideas and recipes which will help you and your family develop healthy eating habits.

Children are always learning. What they learn in these early years will last a lifetime. You are your child's most important role model. Provide a positive example by choosing healthy foods for yourself and eating together as a family. Mealtime rituals vary from culture to culture and family to family, but no matter the culture or family, a child's feelings about food can affect every aspect of their life.

Your goal as a parent, when it comes to feeding your children, is to ensure that they grow to be healthy and enjoy eating. You can help them enjoy eating a variety of interesting and nutritious foods by enjoying them yourself. You can help your children feel good about themselves by accepting that healthy people come in all shapes and sizes.

Your children will grow up to enjoy cooking if you let them share cooking duties with you. Children love being in the kitchen with you and working with food. When children are young, find tasks that are easy and safe for them such as pouring liquids, cutting soft foods with a blunt or plastic knife and peeling hard-cooked eggs. As children get older they can become more and more helpful. Older children can do most of the tasks for simple recipes and you can be the assistant. The main attraction for the child is being with you. Make it fun and even a picky eater will take more of an interest in the food they help prepare and will be more likely to eat it.

TIPS FOR Healthier MEALTIMES

Parents are responsible for what, when and where food is offered.

Children are responsible for how much they eat, and whether or not they eat.

Satter, E. JADA86:352. 1986



- Eat at the table together as a family. Research shows that families who eat together tend to eat healthier!
- Prepare one meal for the whole family. Include one or two foods that you know your children will eat, such as bread and fruit. Your children may not eat everything you prepare, and that's okay.
- Make mealtimes pleasant. Have enjoyable conversation without nagging or arguing.
- Let your child help prepare meals or set the dinner table.
- Keep the TV turned off at mealtimes
- Encourage your child to feed herself even if she makes a mess.
- Respect tiny tummies—serve small portions and let them have more if they want.
- Be patient—it can take many attempts before a child will accept a new food.
- Serve a new food along with a food your child likes.
- Let your child eat as much or as little as she wants from what you offer.
- Teach children how to refuse food politely.
- Be positive yourself and try new foods with your child.

WHAT SHOULD MY CHILD EAT?

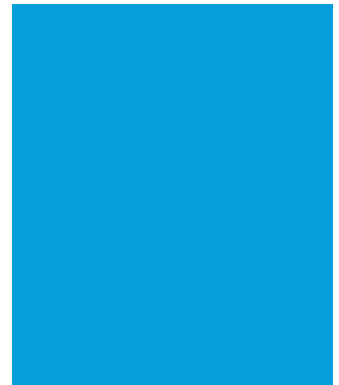
Good nutrition is important for all ages, especially for active, growing children! Canada's Food Guide is a guide to help people make wise food choices.

Each of the four food groups in Canada's Food Guide has its own set of nutrients. Nutrients are substances found in food that are needed for growth, energy and health. This makes it essential to select a variety of foods from each of the four food groups to get the many nutrients that we need.

Be careful not to over-ride your children's responsibility for deciding how much and whether or not they eat. Your responsibility is only to offer a variety of foods, not to decide how much is eaten.

“Everyday” and “Sometimes” foods

Foods should NOT be identified as “good” or “bad”. The term “bad” is often associated with negative feelings such as guilt or shame. Food selection and eating should always be approached in a positive manner. It is important for children to understand that some foods are more nutritious than others, however, all foods can be eaten and enjoyed. To create a positive pattern of healthy eating, the classification of foods as “everyday” and “sometimes” foods can be used.



BASIC FOODS TO HAVE ON HAND

It helps to have some basic ingredients on hand. You can use them to put together a quick and nutritious meal anytime. Buy these foods a few at a time and gradually build your pantry.

Tip: Whole wheat bread, bagels, crackers, pastas and brown rice offer more fibre and nutrition – choose these more often when choosing a Grain Product.

Vegetables and Fruit

- Potatoes
- Onions
- Carrots
- Canned, fresh or frozen vegetables
 - + corn
 - + tomatoes
 - + mushrooms
 - + peas
- Tomato paste
- Tomato sauce
- Canned, fresh or frozen fruit
 - + peaches
 - + pears
 - + berries

(canned fruit should be in their own juice)
- Frozen 100% fruit juice concentrate

Grain Products

- Rice
 - + brown
 - + white
- Crackers
- Cereal
- Bread
- Pita
- Bagels
- Pasta
 - + macaroni
 - + spaghetti
 - + lasagna
 - + egg noodles
- Couscous
- Bread crumbs

Milk and Alternatives

- Milk (white or chocolate)
- Skim milk powder
- Cheese
- Yogurt

Meat and Alternatives

- Canned beans, peas and lentils
- Dried beans, peas and lentils
- Peanut butter
- Canned tuna or salmon
- Eggs
- Chicken
- Ground beef

Baking Ingredients

- Flour
- Sugar
 - + white
 - + brown
- Baking powder
- Baking soda
- Cornstarch
- Vanilla extract
- Rolled oats
- Natural bran

Seasonings

- Salt
- Pepper
- Garlic powder
- Dry mustard
- Chicken/beef bouillon cubes (low salt)
- Soy sauce
- Vinegar
- Worcestershire sauce
- Ketchup
- Herbs
 - + basil
 - + oregano
 - + thyme
- Spices
 - + paprika
 - + cayenne
 - + cinnamon
 - + chili powder
 - + curry

Fats and Oils

- Margarine (non-hydrogenated)
- Vegetable oil

MENU PLANNING

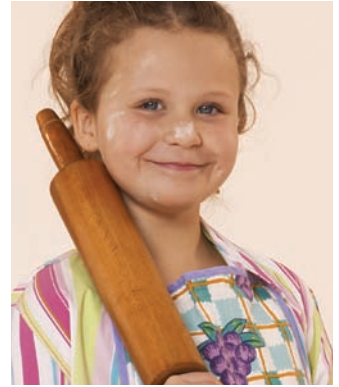
Simple meal solutions for a healthy balance

Preparing and eating healthy meals together as a family while juggling life's many demands can be challenging. A little planning can go a long way to ease the stress of preparing healthy meals. Spending just 15-20 minutes to plan your weekly menus can make it a lot easier to stay organized and have a healthy balance.

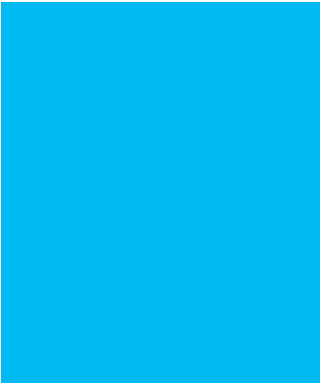
Get your family involved in meal planning. Ask them to suggest one or two of their favourite meals. Be sure to include foods from all four food groups in Canada's Food Guide. Once you have your menu for the week completed, writing your grocery list will be easy!

Children love to get involved and help you prepare meals. They can help you with shopping, washing vegetables, stirring, pouring ingredients, setting and clearing the table and cleaning up.

Adapted from *Healthy Start For Life*: Dietitians of Canada, 2003.



MEAL PLANNING TIPS



Start every day with breakfast.

Breakfast is important to “break the fast” after a night’s sleep. It provides energy and nutrients that help children and parents concentrate and learn better.

- If you don’t like the typical breakfast foods, try grilled cheese, pizza, crackers, peanut butter, pita with veggies or leftovers from the night before.
- Remember to set an example by eating a healthy breakfast yourself!

For all meals:

Include food from at least **three** different food groups.

- Grain products, e.g., pasta, whole grain cereal, bread
- Vegetables and fruit, e.g., tomato sauce, apple slices
- Milk and alternatives, e.g., milk, yogurt
- Meat and alternatives, e.g., chicken, chickpeas, eggs, tofu

For snacks:

Include food from at least **two** different food groups.

- Choose nutritious snacks such as bread, cereals, fruit, vegetables, milk, cheese, yogurt, meat and meat alternatives.
- Limit juice to 175-375 mL (6-12 oz). Serve water when children are thirsty.
- Limit sticky, sweet foods such as dried fruit and candy, which can stick to teeth and cause cavities. If you offer these foods encourage children to brush their teeth right after eating them

MEAL AND SNACK IDEAS

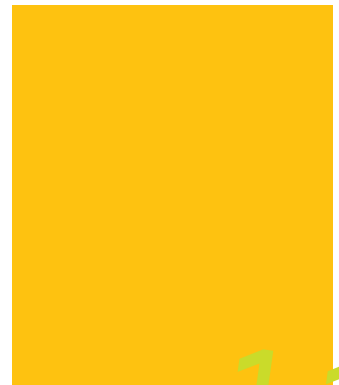
Healthy snack foods

- Whole grain bread, buns, bagels, pita, tortillas
- Bran, oatmeal, corn or whole grain muffins
- Bread sticks or whole grain crackers
- Whole grain, low-sugar cereals
- Fruit, fruit salad and individual serving containers of fruit or unsweetened applesauce
- 100% fruit juice popsicles
- Raw vegetables, vegetable juice
- Milk, yogurt, cheese, milk-based pudding
- Peanut butter (unless children with allergies are present)
- Plain popcorn (for children four years and older)

Healthy quick snacks and meals

- Applesauce, cheese slices and graham crackers
- Bran or oatmeal muffin, yogurt, pear
- Bean burrito with shredded lettuce and cheese, fruit
- Bagel with lean beef or cheese slices, tomato juice
- Garden salad with shredded cheese or chicken Caesar salad in a whole wheat pita
- Cheese, turkey or egg sandwich on whole wheat bread or bun, banana
- Lentil and pasta soup, crackers and cheese, orange
- Cold pizza, fruit cup, milk

Adapted from *Healthy Start For Life*: Dietitians of Canada, 2003.



DRINKS FOR CHILDREN



Drinks are important to keep children healthy, especially when the weather is hot, or they are very active and sweating. For hikes and family outings, take along your own water bottles.

- If children are thirsty, offer water. Serve milk (white or chocolate) or 100% fruit juice at meal and snack times only.
- Avoid pop and sugary drinks such as fruit punch or fruit drinks made from packaged powders or crystals. Instead choose 100% fruit juice but limit to 175–375 mL (6–12 oz.) per day. Look for the words “pure fruit juice”.
- Avoid drinks that contain caffeine such as energy drinks, sport drinks, colas, coffee or tea. They can overstimulate a child (a can of cola for a child has the same effect as four cups of coffee on an adult).
- Read the ingredient list. Limit any juice that has sugar or glucose (a form of sugar) as its first ingredient.

FIBRE-FILLED TIPS

Fibre is important to help prevent constipation, stabilize blood sugar, lower blood cholesterol and keep you feeling full between meals. You can easily add more fibre to your family meals with a few additions or changes to recipes.

Remember to drink water which helps fibre do its job better.

Natural bran

- Add ½–1 teaspoon of natural bran to any baked goods, sauces, scrambled eggs, etc. Natural bran can be found in the cereal aisle of grocery stores. You may also be able to buy it in bulk and save a few pennies.
- If you are adding bran to liquid recipes such as sauces or milkshakes, add it just before serving. Bran acts like a sponge and will absorb liquid in the recipe.
- Add bran gradually to your family's meals to avoid stomach cramps.

Vegetables and fruit

- A variety of vegetables and fruit can be added to your regular recipes by “sneaking” them in smoothies or sauces. Every little bit counts!
- Offer a variety of cut up vegetables and fruit with a yogurt or hummus dip.



MORE FIBRE-FILLED TIPS



Nuts, seeds and legumes

- Offer nuts and seeds to your family for snacks or food on the run. Keep in mind your child's age for choking risks.
- By adding sunflower seeds, almonds or sesame seeds to salads or stir fries, you are boosting the amount of fibre as well as other nutrients such as calcium.
- You can add a variety of beans, peas and lentils to soups, salads or sauces. A creative way to offer legumes is to mash them before adding them to a sauce.
- Nuts and seeds are also a great source of “healthy” fat.

Whole grain and high fibre products

- Whenever possible buy 100% whole grain products instead of white flour products, for example, whole wheat flour, whole wheat pasta, brown rice, 100% whole wheat bread, tortillas and pitas.
- Look on the ingredients list of cereals and other products for a fibre content of at least 2 grams per serving. An excellent source of fibre would contain 6 grams per serving.

Note: Before sending foods with nuts or peanuts to school or to child care facilities, check their policy regarding peanut/nut safe environments.

THE STORY ON **F**aT**S**

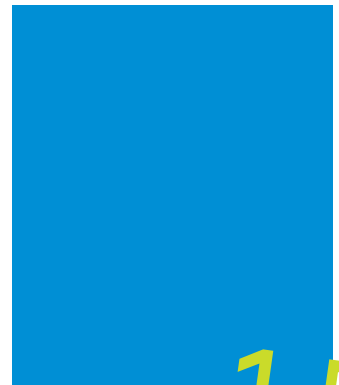
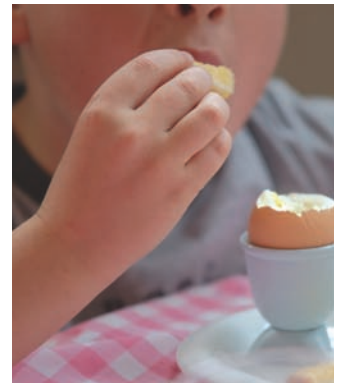
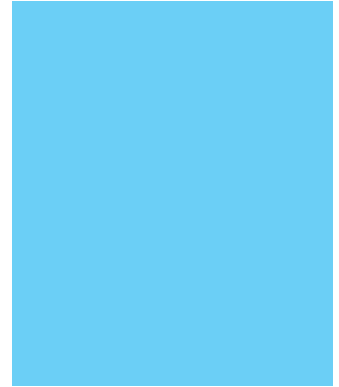
All fats are not created equal

There are different types of fat. Some are good for your health (e.g., olive oil and canola oil) and some need to be limited or avoided. Anything that says hydrogenated or partially hydrogenated should be limited. Animal fats like chicken skin and lard are not as healthy as vegetable fats. It is best to trim all fat from meat, poultry and fish.

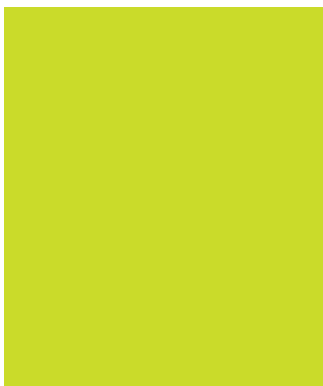
Children under the age of two need a high-fat diet for their brain and nervous system. Children under two years need high-fat foods like whole (3.25% M.F.) milk. Higher-fat foods are also part of healthy eating for children over two years. Nutritious higher-fat foods such as peanut butter and cheese can help to meet children's calorie needs. Starting at two years, children can begin learning to enjoy lower-fat foods. This means that you can offer the same lower-fat foods that are eaten by the other family members.

What about omega-3 fatty acids?

We all need omega-3 fatty acids in our diets for good health. The first source of omega-3 fatty acids a baby gets is from breast milk. Omega-3 fatty acids can also be found in flaxseed, vegetable oils, walnuts, soybeans, whole grains, fish, omega-3 eggs and products fortified with omega-3 fatty acids or DHA (docosahexaenoic acid). DHA is a type of omega-3 fatty acid that is especially necessary for the development of the brain, vision and nerves of infants and older children. The best source of DHA is fish.



LIMIT THE AMOUNT OF TRANS FATS



Trans fat, also called trans fatty acids, is an unhealthy type of fat mostly found in processed foods. A process called hydrogenation changes healthy fats into unhealthy ones. For example, if you buy a product that is made with 100% vegetable oil but it has been hydrogenated, then it is not considered a healthy choice. A product which has the words “partially hydrogenated” or “shortening” in its list of ingredients means that there is trans fat in the product.

It is very difficult to avoid all trans fat because it is in many of the food products that are found in grocery stores, fast food restaurants, snack bars and vending machines. Try to limit the frequency and amount of trans fat you eat.

Examples of food which may contain trans fat:

- Baked goods such as muffins, cookies, breads, cakes and pies
- Processed chicken nuggets and fish sticks
- Granola bars
- Packaged popcorn
- Packaged desserts and meals
- Salad dressings
- Packaged rice and pasta mixes

Your best bet is to read the label. Choose products that list non-hydrogenated oils or no trans fat. Offer more home-made meals rather than packaged. Eat at home more often as a family!

Recipes

Some of your child's favourite meals.

Eating healthy does not need to be boring!



Recipes

GOLDEN BLUEBERRY PANCAKES

500 mL (2 cups) all-purpose flour
250 mL (1 cup) whole wheat flour
15 mL (1 tbsp) granulated sugar
15 mL (1 tbsp) baking powder
2 mL (½ tsp) baking soda
2 mL (½ tsp) salt

3 eggs
625 mL (2 ½ cups) milk
125 mL (½ cup) plain yogurt
50 mL (¼ cup) margarine, melted
500 mL (2 cups) fresh or frozen blueberries
8 mL (½ tbsp) margarine for cooking

1. In large bowl, whisk together all-purpose and whole wheat flours, sugar, baking powder, baking soda and salt. In separate bowl, whisk eggs, milk, yogurt and melted margarine; pour over dry ingredients and sprinkle with blueberries. Stir gently just until combined. A few lumps should remain.
2. In large non-stick skillet over medium heat, melt a thin layer of margarine. Ladle about ¼ cup (50 mL) batter per pancake into skillet. Cook for 2 min or until bubbles break in batter but do not fill in; turn and cook for 1 to 2 min longer or until golden and puffed. Repeat with remaining batter, adjusting heat as necessary to prevent burning.

Makes 4 - 6 servings.

Source: Adapted from 2006 Milk Calendar, Dairy Farmers of Canada.

Food for thought

Boost calcium and vitamin D by adding skim milk powder to the liquid milk already in the recipe.

Need more fibre? Add a few teaspoons of natural bran or top up your pancakes with some fruit like kiwi, strawberries or bananas.

CHEESY MACARONI AND CHEESE

500 mL (2 cups) uncooked macaroni
284 mL (10 oz) canned cream of mushroom soup
250 mL (1 cup) milk
125 mL (½ cup) onion, finely chopped
375 mL (1 ½ cup) cheddar or mozzarella cheese, grated

1. Preheat oven to 175° C (350° F).
2. Cook macaroni in boiling water; drain and set aside.
3. Mix cream of mushroom soup, milk, and onion; heat and bring to a boil. Add macaroni and 175 mL (¾ cup) cheese.
4. Pour into an oven proof dish and sprinkle with remaining cheese.
5. Bake at 175° C (350° F) for 20 minutes. Turn oven to “broil” for 2 to 3 minutes, until cheese is browned.

Makes 4 - 6 servings.

Source: Dairy Farmers of Ontario, 2003.

Pasta is a source of B vitamins and iron.

Need some colour? Add broccoli or red peppers or both! You'll be adding vitamin C and fibre.

Food for thought

If you use cheese tortellini this meal contains all four food groups from Canada's Food Guide.

Need some extra protein? Add pieces of cooked chicken or tofu.

Sweet potatoes are an excellent source of vitamin A.

Try dipping the fries in hummus. Hummus is good for its protein, folic acid and fibre.

BELLYBUTTON SOUP

This recipe can be adapted to be vegetarian if desired. Save the leftovers for another meal.

- 500 mL (2 cups) fresh or frozen meat or cheese tortellini
- 1000 mL (4 cups) chicken or vegetable stock
- 500 mL (2 cups) frozen mixed, fresh or leftover vegetables
- 540 mL (19 oz) can beans of your choice (e.g., kidney, black beans, fava)
- 796 mL (28 oz) can diced tomatoes
- 5 mL (1 tsp) oregano or Italian seasoning
- 1 minced clove of garlic (optional)
- 1 bay leaf
- Grated Parmesan cheese for sprinkling on top (optional)

1. Mix all ingredients except Parmesan cheese and tortellini together in a large pot.
2. Bring to a boil. Add tortellini and boil for the amount of time indicated on the package.
3. Ready to serve when tortellini and veggies are tender.
4. Remove bay leaf. Serve in individual bowls and sprinkle with Parmesan if desired. Add extra water or stock to leftover soup if it becomes too thick.

Makes 6 - 8 servings.

VEGGIE FRIES

- 2 medium potatoes
- 1 parsnip
- 30 mL (2 tbsp) vegetable oil
- 30 mL (2 tbsp) fresh parsley, cilantro, rosemary or dill, chopped (optional)
- 1 sweet potato
- 2 carrots
- Salt and pepper

1. Preheat oven to 220°C (425°F). Lightly oil 2 baking sheets.
2. Cut the clean and peeled vegetables into wedges of the same size. Place in a bowl, add the oil and toss.
3. Spread the vegetables in an even layer on the baking sheets.
4. Bake for 20 minutes until crisp and lightly brown. Turn the fries over half way through the baking.
5. Sprinkle lightly with salt, pepper and fresh herbs (if using). Serve immediately.

Makes 6 - 8 servings.

Source: *Cooking in the Community, Toronto Public Health, 2004.*

Recipes

MAMA'S CHILI

900 g (2 lbs) of lean ground beef or chicken	200 mL (7 oz) can whole kernel corn
1 onion, minced	30 mL (2 tbsp) chili powder
3 cloves garlic, minced	5 mL (1 tsp) ground cumin
2 x 796 mL (28 oz) cans diced tomatoes	Pepper to taste
250 mL (8 oz) can tomato sauce	5 mL (1 tsp) hot pepper sauce (optional)
250 mL (1 cup) water	540 mL (19 oz) can kidney beans
540 mL (19 oz) can garbanzo or pinto beans	

1. In a large pot lightly brown lean ground beef or chicken, and drain fat.
2. Add onion and garlic and cook until onion is tender.
3. Add tomatoes, tomato sauce, water, kidney beans, garbanzo or pinto beans, corn, chili powder, cumin, pepper and hot sauce.
4. Simmer for 30 minutes and serve with rice, noodles or a bun.
Makes 8 servings.

Food for thought

Add your favourite chopped vegetables such as green pepper, shredded carrots, zucchini, etc. ...to add vitamins and minerals!

Adding legumes (beans, lentils and chick peas) to any recipe increases the amount of fibre, folic acid and iron.

EASY FAJITAS

If you prefer, substitute chicken with beef or pork - it's a great way to use leftover meat. Use any vegetable that your family loves.

15 mL (1 tbsp) vegetable oil	250 mL (1 cup) grated cheese
1 pepper or other vegetable sliced	500 mL (2 cup) cooked warm chicken
1 onion, sliced	300 mL (1 ¼ cup) salsa
1 tomato, diced	8 small whole wheat flour tortillas

1. Stir fry the onion and vegetable until tender in a pan with vegetable oil.
2. Place all ingredients on a large platter in piles.
3. Put the salsa in a bowl.
4. Each person can make their own fajita, adding the ingredients that they like onto the centre of a tortilla. Add a spoonful of salsa if desired.
5. Roll or fold the tortilla to contain the ingredients. It's ready to eat!

Makes 4 - 6 servings.

Try other great varieties of tortillas, such as tomato or spinach.

Red peppers are higher in beta carotene (vitamin A) and vitamin C than green peppers.

Food for thought

For extra calcium and protein, add sliced almonds or sesame seeds or both!

Meat is the best source of iron for you and your kids.

Add vitamin C-rich foods such as broccoli, red peppers and snow peas to meat and your body will absorb even more iron!

EASY STIR FRY

150 mL (2/3 cup) chicken or vegetable stock
30 mL (2 tbsp) soy sauce
5 mL (1 tsp) sugar
10 mL (2 tsp) corn starch
6 cloves garlic, peeled and minced
10 mL (2 tsp) fresh, minced or 2 mL (1/4 tsp) powdered ginger
350 g (3/4 pound) boneless chicken breast
1 onion, cut in thin wedges
1000 mL (4 cups) mixture of fresh vegetables
 Firm: carrots, broccoli, cauliflower, celery, green beans
 Medium: red or green peppers, zucchini, snow peas, mushrooms, green peas
 Soft: bean sprouts, spinach
30 mL (2 tbsp) vegetable oil

1. Place the chicken stock, soy sauce, sugar and cornstarch in a small bowl. Whisk together and set aside.
2. Cut the chicken in thin strips.
3. Using a clean cutting board, slice the vegetables into bite sized pieces.
4. Heat 15 mL (1 tbsp) of oil in a wok or large frying pan.
5. Add the chicken to the pan and stir fry until the chicken is no longer pink inside. Remove from pan and put on a clean plate.
6. Heat remaining 15 mL (1 tbsp) of oil in pan. Add the garlic, onion and ginger and stir fry one minute. Add the other vegetables starting with the firm ones, then add the medium and soft 1–2 minutes later.
7. Add the chicken and stir fry for one more minute to heat through.
8. Add the sauce to the same pan, stirring constantly until clear. Serve on cooked rice or noodles.

Makes 4 - 6 servings.

Source: Cooking in the Community, Toronto Public Health, 2004.

Recipes

SALMON NUGGETS

213 g (7½ oz) canned salmon
50 mL (¼ cup) chopped green onions
15 mL (1 tbsp) mayonnaise
5 mL (1 tsp) lemon juice
375 mL (1½ cups) dried bread crumbs
15 mL (1 tbsp) butter or non-hydrogenated margarine

5 mL (1 tsp) Dijon mustard
1 egg, beaten
Pinch of dried thyme
Pepper to taste

1. Mash entire contents of the salmon can in a mixing bowl.
2. Add onions, mayonnaise, lemon juice, 250 mL (1 cup) bread crumbs, mustard, egg, thyme, and pepper to taste. Mix with fork until well blended.
3. Shape mixture into 2.5 cm (1 inch) balls, and then flatten slightly.
4. Put the remaining bread crumbs in a bowl. Roll nuggets in bread crumbs.
5. Heat butter or margarine in non-stick skillet. Add nuggets and cook until lightly browned.

Makes about 20 nuggets.

Source: Dairy Farmers of Ontario, 1996.

Food for thought

If your kids don't like Dijon mustard, try a little curry powder. You can also add a little natural bran or grated cheese to the bread crumbs.

Salmon is one of the best choices for DHA (doco-hexaeisonic acid) one of the omega-3 fatty acids that are good for you and your children. Kids need DHA for the development of the brain, vision and nerves.

OMELETTE ROLL-IT-UP

1 egg
Pinch of salt and pepper
30 mL (2 tbsp) shredded cheese
5 mL (1 tsp) chopped fresh parsley (optional)

30 mL (2 tbsp) milk
5 mL (1 tsp) vegetable oil
1–7 inch whole wheat tortilla

1. Whisk together egg, milk, salt, pepper.
2. Heat a 6-inch non-stick skillet over medium high heat; brush with oil.
3. Pour in egg mixture, tilting to spread evenly. Cook, piercing any bubbles, for about 1 minute or until set.
4. Slide onto tortilla; sprinkle with cheese. Try any combination of herbs and cheese such as cheddar and chives or mozzarella and basil.
5. Roll it up.

Makes 1 serving.

Add a few sprinkles of natural bran and a teaspoon of skim milk powder to increase the fibre, calcium and vitamin D in this recipe! Add some chopped vegetables for additional vitamins and minerals.

Parsley is a source of vitamin C.

Food for thought

Offer different toppings so your kids can mix and choose.

Try pineapple, olives, mango pieces, asparagus, feta cheese, broccoli flowerets, etc.

PITA PIZZAS PIZZAZZ

4 whole wheat pitas	Cooked turkey or chicken breast pieces
250 mL (1 cup) tomato sauce	2 tomatoes, sliced
½ green pepper, chopped	150–200 g (6–8 oz) mozzarella cheese, grated
½ red pepper, chopped	50 mL (¼ cup) grated Parmesan cheese

1. Preheat oven to 230°C (450°F).
2. Put 50 mL (¼ cup) of sauce on top of each pita. Top with half of the mozzarella cheese.
3. Add toppings.
4. Top each pizza with remainder of mozzarella cheese and Parmesan cheese.
5. Put pizzas on baking sheet.
6. Bake for 10 minutes or until cheese is bubbly.

Makes 4 pizzas.

When tomatoes are cooked, they release a substance called lycopene which is very good for your health.

Just by adding rice or a bun to this meal, you have included food from each of the four food groups!

EASY CHICKPEA CURRY

15 mL (1 tbsp) pure vegetable oil	15 mL (1 tbsp) ground cumin
2 onions, sliced finely	15 mL (1 tbsp) ground coriander
4 cloves garlic, crushed	2 x 540 mL (19 oz) cans chickpeas, drained
5 mL (1 tsp) chili powder	540 mL (19 oz) canned tomato pieces
5 mL (1 tsp) salt	5 mL (1 tsp) garam masala (spice)
5 mL (1 tsp) turmeric	5 mL (1 tsp) paprika

1. Heat oil in a medium pan.
2. Add onion and garlic to pan; cook over medium heat, stirring until soft.
3. Add the chili powder, salt, turmeric, paprika, cumin and coriander. Stir over heat for 1 minute.
4. Add chickpeas and undrained tomatoes. Stir until combined. Simmer, covered, over low heat 20 minutes, stirring occasionally.
5. Stir in garam masala. Simmer, covered for another 10 minutes.
Serve with rice, chappatis, pita or naan breads.

Makes 6 - 8 servings.

Recipes

AWESOME APPLE CRISP

- 1250 mL (5 cups) apples, washed, peeled and sliced
- 25 mL (2 tbsp) brown sugar
- 125 mL (½ cup) rolled or quick oats
- 50 mL (¼ cup) whole wheat flour
- 125 mL (½ cup) brown sugar
- 2 mL (½ tsp) cinnamon
- 75 mL (⅓ cup) non-hydrogenated margarine or butter, softened

1. Preheat oven to 180°C (350°F).
2. Prepare the apples and place them in the baking dish. Add 25 mL (2 tbsp) brown sugar.
3. To make the topping, measure the oats, whole wheat flour, brown sugar, cinnamon and butter into a bowl. Mix together until crumbly.
4. Sprinkle the topping over the apples.
5. Bake uncovered for 30 minutes or until the fruit is tender when tested with a fork.

Makes 6 servings.

Source: Cooking in the Community, Toronto Public Health, 2004.

Food for thought

Oats and apples are good sources of fibre.

FROZEN YOGURT-SICLES

- 500 mL (2 cups) of vanilla or fruit yogurt
- 250 mL (1 cup) chopped fruit (berries, bananas, kiwi, grapes)

1. Combine all ingredients and blend in a blender until smooth.
2. Pour equal portions into popsicle moulds. Paper cups work well with a popsicle stick or plastic spoon for a handle.
3. Freeze.

Makes 6–12 servings, depending on the size of the popsicle moulds.

Add a few teaspoons of skim milk powder to this recipe for extra calcium and vitamin D!

Berries are good sources of antioxidants and fibre.

Recipes

Food for thought

Buy canned fruit in its own juice or drain the liquid if it is in syrup.

Milk is one of the best sources of vitamin D.

YUMMY IN THE TUMMY BANANA MUFFINS

125 mL (½ cup) all-purpose flour	50 mL (¼ cup) lightly packed brown sugar
125 mL (½ cup) whole wheat flour	2 ripe bananas
12 mL (2½ tsp) baking powder	1 egg
1 mL (¼ tsp) baking soda	125 mL (½ cup) milk
175 mL (¾ cup) rolled oats	45 mL (3 tbsp) non-hydrogenated margarine, melted
125 mL (½ cup) white sugar	

1. Preheat oven to 190°C (375°F).
2. Put the all-purpose flour, whole wheat flour, baking powder and baking soda in a large bowl. Stir in oats, sugar, and brown sugar. Set aside.
3. Mash bananas in a medium bowl. Add egg, milk, and melted margarine. Mix well. Stir banana mixture into the dry ingredients. Stir just until blended. Do not over mix.
4. Lightly grease 12 large muffin cups. Put the muffin batter into the muffin cups. Bake in oven until tops are firm when lightly touched with your finger, about 18-20 minutes.
5. Remove muffins from the tin and cool.

Makes 12 muffins.

Source: The Basic Shelf Cookbook, City of York Health Unit, 1995.

For little tummies, use mini muffin cups...they are more appealing to kids!

Add 15 mL (1 tbsp) of flaxseed powder to increase the fibre and omega-3 fatty acid content of this recipe.

ICEY DICEY SMOOTHIE

250 mL (1 cup) milk
1 scoop of frozen yogurt or 250 mL (1 cup) vanilla yogurt
125 mL (½ cup) chopped fresh or frozen fruit of your choice

1. Combine all ingredients and blend in a blender until smooth.
2. Pour into cups and enjoy.

Makes 1–2 servings.

Recipes

GRANDMA'S OAT COOKIES WITH FILLING

Cookie-Ingredients

375 mL (1½ cups) all-purpose flour
375 mL (1½ cups) rolled or quick oats
5 mL (1 tsp) baking soda
125 mL (½ cup) non-hydrogenated margarine
125 mL (½ cup) hot water

Filling-Ingredients

500 mL (2 cups) chopped dates
125 mL (½ cup) water
50 mL (¼ cup) granulated sugar
5 mL (1 tsp) vanilla

Cookie-Instructions

1. Combine flour, oats and baking soda.
2. Cut in margarine until mixture resembles coarse crumbs.
3. Add enough water to shape the dough into a roll.
4. Wrap in waxed paper; refrigerate overnight.
5. Remove the cookie dough from the fridge.
6. Preheat the oven to 160°C (325°F).
7. Cut cookie dough into thin wafers (3 mm; ⅛ inch).
8. Place on lightly greased or non-stick cookie sheet.
9. Bake in preheated oven for about 10 minutes.

Filling-Instructions

1. Mix the dates, water and sugar together and cook on low heat for about 30 minutes, stirring occasionally.
2. Stir in vanilla.
3. When cookies and filling are cool spread about 15 mL (1 tbs) date filling on one cookie.
4. Top with another cookie.
5. Enjoy!

Makes 3 dozen filled cookies.

Source: *Cook Great Food*, 2002. Published by Robert Rose.

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Food for thought

Dates contain more potassium than oranges and bananas. However, don't forget to brush your teeth; they are also high in sugar.

If you are short on time just make the cookies.

To make this dish more complete, add a fruit dip made with your favourite yogurt.

MAKE-YOU-OWN FRUIT KABOBS

Children often like to eat their own creations. If you have several ingredients on hand, children can mix and match to make their very own kabobs.

Ingredients and Supplies

Kabob sticks or bamboo skewers (These can be sharp, so provide close supervision of young children. As an alternative try thin straws).

- Grapes
- Melon balls
- Canned mandarin oranges
- Pears
- Bananas
- Orange wedges
- Kiwi
- Peaches
- Apples
- Cherry tomatoes
- Cucumber slices
- Green, red, yellow or orange peppers
- Cheese cut into cubes

You do not have to stick to these foods. Be creative!

Instructions

1. Cut foods into bite-size pieces
2. Help children thread their favourites onto a kabob stick.
3. Eat them up!

Number of servings will vary based on ingredients.

Recipes

TORTILLA PINWHEELS

7-inch whole wheat tortillas

Cream cheese, plain or flavoured

Any of the following fillings:

- grated carrot
- grated apple or pear
- sliced ham, roast beef, turkey or chicken

1. Spread tortillas with cream cheese.
2. Add filling of your choice.
3. Roll up and slice into pinwheels.

Number of servings will vary based on ingredients.

Food for thought

Peanut butter and banana, mashed or sliced lengthwise twice also makes delicious pinwheels!

Tortilla pinwheels are a fun change to everyday sandwiches!

MAKE-YOUR-OWN YOGURT SUNDAES

Vanilla yogurt or plain yogurt with some added sugar

Fruit e.g., peaches, strawberries, pears, berries, kiwi, cut up

Crunchy cereal e.g., granola, bran flakes

1. Set out the yogurt, fruit and cereal in small bowls.
2. Invite children to create their own special yogurt sundae by adding fruit to the yogurt and topping with crunchy cereal.
3. They may wish to make a funny face with the pieces of fruit.

Number of servings will vary based on ingredients.

Go for colourful fruit such as mangos, peaches, nectarines, oranges, berries and grapes.

Even young children can make their own yogurt sundaes.

Resources

Call the Porcupine Health Unit at **1-800-461-1818** to speak to a Registered Dietitian with any questions you have about feeding your family.

Check out these books and Web sites.

Books

- Secrets to Feeding a Healthy Family (1999) by Ellyn Satter
- Child of Mine: Feeding with Love and Good Sense (2000) by Ellyn Satter
- Raising Happy, Healthy, Weight-Wise Kids (2001) by Judy Toews and Nicole Parton
- Your Child's Weight: Helping Without Harming (2005) by Ellyn Satter

Web sites

- The Porcupine Health Unit: www.porcupinehu.on.ca/nutrition
- Dietitians of Canada www.dietitians.ca
- Health Canada, Healthy Start for Life www.dietitians.ca/healthystart/index.asp
- Canadian Pediatric Society www.cps.ca
- Canadian Health Network www.canadian-health-network.ca
- Anaphylaxis Canada www.anaphylaxis.ca

For more ideas on how to help your child
eat healthy, be active and feel good, speak to a
Registered Dietitian by calling the **Porcupine
Health Unit at 1-800-461-1818.**

Or visit our website at:

www.porcupinehu.on.ca/Nutrition



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