

GET UP & GROW

HEALTHY EATING AND PHYSICAL ACTIVITY FOR EARLY CHILDHOOD

COOKING FOR CHILDREN



Australian Government
Department of Health and Ageing

Minister's Foreword

It gives me great pleasure to introduce the *Healthy Eating and Physical Activity Guidelines for Early Childhood Settings*, an initiative that is an important element of the Australian Government's *Plan for Early Childhood* and *Plan for Tackling Obesity*.

Our children's early years are arguably their most important and establishing healthy behaviours from birth will lay the foundation for lifelong health and wellbeing. Nutritious food and regular physical activity supports the normal growth and development of children and reduces the risk of developing chronic lifestyle related diseases later in life.

As more children spend time in care, early childhood settings can play an important part in supporting healthy choices around nutrition and physical activity. This resource provides practical information and advice to assist practitioners, carers and families in this role.

The *guidelines* have been designed so that they can be applied in a variety of early childhood settings including centre-based care, family day care and preschools. They are evidence-based and consistent with current thinking on early childhood development.

They will also complement a range of other programs such as the Healthy Kids Check for all four-year-olds before they start school and resources such as the *Get Set 4 Life – habits for healthy kids* Guide.

These initiatives will help to ensure that all Australian children have the best possible start in life and every opportunity for the future.



The Hon Nicola Roxon
Minister for Health and Ageing

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Cooking for Children



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Get Up & Grow: Healthy eating and physical activity for early childhood provides general non-commercial, evidence-based information to early childhood education and care settings, to assist in developing healthy habits for children birth to five years. For children with particular medical or nutrition conditions, professional medical advice may be required.

Readers should be aware that these resources may contain images of Aboriginal and Torres Strait Islander people who are now deceased.

This resource has been updated to reflect the *Infant Feeding Guidelines* (2012) and *Australian Dietary Guidelines* (2013).

Introduction

The *Get Up & Grow: Healthy eating and physical activity for early childhood* guidelines and accompanying resources have been developed by child health and early childhood professionals in collaboration with the Australian Government Department of Health and Ageing. State and territory governments were also consulted in the development of these resources.

The *Get Up & Grow* resources are designed to be used in a wide range of early childhood settings by families, staff and carers, and to support a consistent, national approach to childhood nutrition and physical activity. When applying the guidelines and recommendations outlined within the resources, early childhood settings will also need to meet any other requirements set out in state, territory or federal regulatory arrangements.

These healthy eating and physical activity resources are based on three key national health documents that focus on children, namely:

- The *Australian Dietary Guidelines (2013)* and the *Infant Feeding Guidelines (2012)*, which form the basis for nutrition policy in Australia.
- The *National Physical Activity Recommendations for Children 0 to 5 years*, which has been developed to guide policy and practice around physical activity for young children.



'...encourage healthy eating habits in children...'

This collection of resources has also been developed in recognition of the rich cultural and religious diversity in Australia. To ensure that a range of needs were considered in the development, early childhood staff and carers, associated professionals, and parents from around Australia were consulted through surveys and focus groups. This consultation included a diverse range of people: some from urban, regional and remote locations, some with culturally and linguistically diverse backgrounds, some from Aboriginal and Torres Strait Islander backgrounds, and some who care for children with a disability.

In Australia, we presently face an increasing problem with overweight and obese children. *Cooking for Children* is designed to offer guidelines for healthy eating, and contains food ideas that promote children's growth and development, and that encourage healthy eating habits in children – habits that can form a foundation for later life.

Australia is a diverse community composed of many different families, including Indigenous Australian families and families from all around the world. Each has differing preferences and cultures, and so a range of recipes and styles have been included in *Cooking for Children*. Discussing specific needs and beliefs with parents and families is the best way to show respect for all cultures and religions, and may offer good ideas that you can share in the setting.



Food is a very important part of children's social life and development. *Cooking for Children* is designed to provide a range of eating opportunities and to make healthy eating enjoyable. *Cooking for Children* includes information on:

- the types of food suitable for children of different ages
- easy-to-use recipes with different ingredient options (to allow the use of available ingredients)
- choosing suitable recipes for children with allergies or intolerances
- kitchen and general food

preparation hygiene.

- ingredient quantities for six, 25 and 60 children's serves (quantities can also be used as a guide for easily adjusting your own recipes depending on the number of serves)

As well as the four resource books (*Director/Coordinator Book*, *Staff and Carer Book*, *Family Book* and *Cooking for Children*) there are additional materials, such as posters and stickers for the setting, flyers for parents, and newsletter inserts.

The food provided for children in early childhood settings plays an important role in ensuring that children get enough nutrition for healthy growth and development, and helps with forming a foundation for healthy eating throughout life. The information in this book will act as a guide for assisting children and families to get up and grow!

Breastfeeding



HEALTHY EATING GUIDELINE

Exclusive breastfeeding is recommended, with positive support, for babies until around six months. Continued breastfeeding is recommended for at least 12 months – and longer if the mother and baby wish.

Breastmilk is the ideal food for young babies. Babies need only breastmilk (or infant formula if breastfeeding is not possible) for around the first six months, with breastfeeding ongoing until 12 months of age, and longer if mother and baby wish. Your workplace should encourage mothers to offer breastmilk to their babies where possible. Until a baby starts on solid foods, there is no need for any food preparation – however, you may be required to handle breastmilk.

Safe handling of breastmilk

Babies should only drink breastmilk that has come from their own mother. Care is needed to ensure that breastmilk is kept in the best condition for the baby to drink. It is also important to make sure that breastmilk doesn't come into contact with other food or drink.



Labelling and storage

- Breastmilk that is not used on the day and is brought from home should be discarded at the end of the day.
- Breastmilk should be brought to the early childhood setting:
 - in sterilised plastic bottles, and in an insulated container
 - labelled with the name of the child, and the date to be used.
- Bottles should be placed in a non-spill tray on the lowest shelf of the refrigerator. This is to make sure that if knocked or spilled, breastmilk does not drip onto other food.

Heating breastmilk

Babies can drink breastmilk straight from the refrigerator, however if a baby prefers warm milk:

- Heat the milk by standing the bottle in warm water.
- Always check the temperature of the milk before giving it to a baby.
- Do not warm the milk in the microwave, as often this does not heat the milk evenly and can cause burns. Also, microwaving breastmilk may destroy some of its natural benefits.
- Discard any leftover breastmilk that has been heated, or any milk that is left in a bottle after a feed. This cannot be saved for later or rewarmed.





Protocols for breastmilk

When it is time to give a baby breastmilk from the fridge:

- Ensure that two staff members have checked that the name on the bottle is correct for the baby who is to be fed.
- Sign the baby's feeding record.
- Offer the breastmilk in the sterilised plastic bottle or cup provided by the mother. Some families will choose to feed their babies with bottles, while others may choose to have the expressed breastmilk offered in a cup. Babies are usually ready to drink from a cup at around seven or eight months of age.
- If a baby is given the milk of another mother, or if you *think* this might have happened, **notify your director or manager immediately.**

Infant formula

HEALTHY EATING GUIDELINE

If an infant is not breastfed, is partially breastfed, or if breastfeeding is discontinued, use an infant formula until 12 months of age.

Although breastmilk is best, if breastfeeding isn't possible, infant formula is the only safe alternative. Until babies are 12 months of age, infant formulas should be the main drink given to babies who have either ceased breastfeeding or are partially breastfed. Infant formula should be prepared according to the manufacturer's directions and given to babies in a clean bottle or cup.

Safe handling of bottles and formula in the early childhood setting

Parents should provide sterilised bottles and teats, as well as pre-measured powdered formula, each day. These need to be labelled clearly with the date, the child's name and the amount of water with which it is to be mixed. Water for infant formula should be prepared by bringing a fresh kettle or jug of water to the boil and allowing it to boil for 30 seconds (or, for an automatic electric kettle, until the cut-off point). Water should then be cooled before use. Infant formula should always be prepared as close as possible to the time it is needed. It is safest to prepare feeds individually, and not in bulk.

It is not safe for parents to provide already prepared infant formula – this is to avoid the small risk of bacteria growing in the pre-prepared formula and causing illness.



Your setting may prefer that parents bring bottles already filled with the correct amount of pre-boiled and cooled water. This saves staff and carers from having to boil and cool water before feeding each baby.

When making bottles of formula, remember the following:

- Water from water boiling units is not suitable for young children.
- Infant formula should be prepared as close as possible to the time of its consumption.
- If formula needs to be stored after it has been mixed, store it in the refrigerator until use and do not keep it longer than 24 hours.
- Don't add anything extra to infant formula. Adding infant cereal or other ingredients can interfere with babies' feeding.
- Do not warm bottles of formula in the microwave. Heat bottles in a water bath, for no longer than 10 minutes. This will heat the bottle evenly and reduce the risk of burning the baby.
- After use, rinse all bottles and teats in cold water and send them home to be washed and sterilised.

Cow's milk

Cow's milk should not be given to babies as a main drink until they are around 12 months of age. Small amounts of cow's milk can be used in mixed foods prepared for babies. Low-fat and reduced-fat milks are not recommended for children under the age of two years.

Introducing solids

HEALTHY EATING GUIDELINE

Introduce solid foods at around six months.

When to introduce solids

It is strongly recommended that solids are not introduced until around six months of age. There are many benefits to introducing new foods whilst still continuing to breastfeed, and breastfeeding should continue for at least the first 12 months of a baby's life. Breastfeeding can continue beyond 12 months if the mother and baby wish. Babies who have infant formula



should also continue to have formula while solids are being introduced, and up until they are 12 months of age.

'It is strongly recommended that solids are not introduced until around six months of age.'



Preparing first foods for babies

When you prepare first foods for babies, keep these points in mind:

- There is no need to add salt, sugar or other flavours.
- Plain water can be added if extra liquid is needed.
- Breastmilk or infant formula can be added, but only when individual meals are being made for each child. Remember that breastmilk provided by a mother is only to be given to her own baby.
- For most babies, first foods should be smooth, lump-free and similar thickness to custard.
- Babies should be fed only smooth foods at first. Their eating skills will quickly develop and they can then progress to mashed, minced or finely shredded foods.
- As long as iron rich foods are included in first foods, foods can be introduced in any order and at a rate that suits the infant.
- Any food served to babies but not eaten should be discarded.

What foods to introduce

Stage	Examples of foods that can be consumed
First foods (from around six months)	Iron rich foods, including fortified cereals (e.g. rice), vegetables (e.g. legumes, soy beans, lentils), fish, liver, meat and poultry, cooked plain tofu
Other nutritious foods to be introduced before 12 months	Cooked or raw vegetables (e.g. carrot, potato, tomato), fruit (e.g. apple, banana, melon), whole egg, cereals (e.g. wheat, oats), bread, pasta, nut pastes, toast fingers and rusks, dairy foods such as full-fat cheese, custards and yoghurt
From 12 to 24 months	Family foods Full-cream pasteurised milk

Note 1: Hard, small, round and/or sticky solid foods are not recommended because they can cause choking.

Note 2: To prevent botulism, do not feed honey to infants aged under 12 months.

Nuts and other hard foods

Foods with a high risk of choking such as whole nuts, seeds, raw carrot, celery sticks and chunks of apple should be avoided for the first three years as their size and/or consistency increases the risk of inhalation and choking. However nut pastes and nut spreads can be offered to infants from around six months of age.



Progressing to feeding from a cup

Babies can learn to use a cup from an early age, and are usually ready to try from around seven months. For some babies, this will be a progression from bottle-feeding to cup-feeding, while breastfed babies may skip using a bottle completely and start using a cup, often while continuing to breastfeed.

Breastmilk can be offered to babies from a cup if the mother has expressed milk and has chosen not to bottle-feed. Cooled boiled water can be offered as an additional drink in a bottle or cup after six months of age.

'Babies can learn to use a cup from an early age...'

Although water is sometimes offered in a bottle after six months, it is best to use a cup. By around 12 to 15 months of age (or earlier for formula fed babies) most babies can manage a cup well enough to satisfy their own thirst, and the bottle can be stopped. Babies who continue to drink from the bottle well into the second year may drink a lot of milk and have a reduced appetite for other foods – which increases the likelihood of a baby becoming iron-deficient.

Babies do not need sweet drinks such as cordial, soft drink and fruit juice. These should never be offered, especially not from a bottle. Sweet drinks can reduce a baby's appetite for nutritious foods and increase the risk of dental decay. Until 12 months of age, breastmilk or formula should be the main drink for babies.

Choking risks for babies

Babies must be supervised at all times when eating, because choking can easily occur. Babies should never be put in a cot or bed with a bottle. Propping up a bottle for a young baby or leaving a baby unsupervised when feeding puts them at risk of choking.

It is common for children to 'gag', with coughing or spluttering, while they are learning to eat. This is different to choking and is not a cause for concern. However, choking that prevents breathing is a medical emergency.

To reduce the risk of choking:

- Supervise babies whenever they are feeding.
- Offer foods that are suitable for the child's eating abilities. Start with smooth and soft food, then progress to family food.
- Grate, cook or mash apple, carrots and other hard fruits or vegetables before offering them to young children.
- Do not serve young children pieces of hard, raw fruits and vegetables, nuts, popcorn, corn chips or other hard, small, round and/or sticky solid foods.
- Never force a baby to eat.

Special feeding needs

Introducing solids for some children may be delayed, and their acceptance of solids and progression with different textures may be slower. It is important to discuss issues related to children's eating with parents, and work out a shared plan that meets the child's needs.

Family foods



Introduction to family foods for children

Establishing good eating habits early in life and having a balanced diet is essential for children's health and wellbeing. As someone who prepares and cooks food for children, you have the opportunity to positively influence what foods children eat, as well as their eating behaviours. This contributes to their development of good habits and good health in both childhood and later life.



HEALTHY EATING GUIDELINE

Make sure that food offered to children is appropriate to the child's age and development, and includes a wide variety of nutritious foods consistent with the *Australian Dietary Guidelines* (see below).

Australian Dietary Guidelines

Guideline 1

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

- Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active every day and their growth should be checked regularly.
- Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.

Guideline 2

Enjoy a wide variety of nutritious foods from these five groups every day:

- plenty of vegetables, including different types and colours, and legumes/beans
- fruit
- grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of two years).

And drink plenty of water.



Guideline 3	<p>Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.</p> <p>a. Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.</p> <ul style="list-style-type: none">• Replace high fat foods which contain predominantly saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominantly polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.• Low fat diets are not suitable for children under the age of two years. <p>b. Limit intake of foods and drinks containing added salt.</p> <ul style="list-style-type: none">• Read labels to choose lower sodium options among similar foods.• Do not add salt to foods in cooking or at the table. <p>c. Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.</p> <p>d. If you choose to drink alcohol, limit intake. For women who are pregnant, planning a pregnancy or breastfeeding, not drinking alcohol is the safest option.</p>
Guideline 4	Encourage, support and promote breastfeeding.
Guideline 5	Care for your food; prepare and store it safely.

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The basic food groups

The Australian Guide to Healthy Eating puts all foods into groups, based on the nutrients that they provide. The basic food groups provide the nutrients necessary for good health and everyday living.

The food groups are:

- Vegetables and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or alternatives, mostly reduced-fat (reduced-fat milks are not suitable for children under the age of two years)

Foods from the basic food groups are often called 'everyday foods'. It is important to choose most of the foods eaten each day, whether meals or snacks, from these food groups. Most foods offered at meals can also be offered as snacks. Common suitable snacks include bread or cereals, fruit, vegetables, milk, cheese and yoghurt.

'Discretionary choices' or 'occasional foods' (see page 23) on the other hand have little nutritional value and are not essential for good health. Eating discretionary choices can reduce a child's appetite for foods from the food groups.

Three meals and two snacks a day is ideal for young children; children who may not have an evening meal until very late may need a small snack late in the afternoon. Snacks are just as important as meals to children's nutrition.

Be sure to offer a wide variety of foods, and include traditional foods from various cultures in your menus (see the recipe section for a few ideas). Invite families to share their traditional or favourite recipes. Be mindful of food allergies when introducing new recipes, and check carefully before adding them to your menu – you may need to modify some recipes. Whether you are preparing meals and snacks for a large number of children in an early childhood setting or for just a few children at home, it is

important to consider the basic food groups and a few specific nutrients such as iron, calcium and vitamin C.

Breads, cereals, rice, pasta and other grains

Offer a variety of bread, cereal, rice, pasta or other grains (such as couscous or polenta) each day. Try different kinds of breads such as wholemeal bread, wholegrain bread, bread rolls, Lebanese bread, pita bread and English muffins.

Vegetables and legumes

Include one or more serves of vegetables in each main meal. Offer a variety of vegetables, choosing different colours and textures. Include cooked vegetables as well as salad vegetables. Be careful to avoid choking risks and do not serve raw, hard vegetables to young children.





Fruit

Offer fruit each day as a snack or second course. Choose a variety of fruit each week, including fruit that is in season as well as frozen or canned fruit. Most children will enjoy a fruit salad or a fruit platter.

Milk, yoghurt, cheese and/or alternatives

Plain milk, cheese and yoghurt are the most common dairy foods. Cow's milk should not be given as a main drink to infants before 12 months of age. It can however be used in small amounts in other foods from around six months such as in breakfast cereal, and other dairy products such as yoghurts, custards and cheese can be offered. Full-cream plain milk is recommended for children aged one to two years, and reduced-fat plain milk is suitable for children over the age of two years. Cream and butter are not adequate sources of calcium and are not included as everyday foods.

Try to offer a serve of milk, cheese or yoghurt at each meal or snack. This could be:

- a fruit smoothie
- yoghurt
- a glass of milk
- cheese served with a fruit or vegetable platter, bread or biscuits.
- milk or cheese used in cooking – for example in custard or a pasta dish.

Children over 12 months of age who do not drink cow's milk or cow's milk products can have a calcium-fortified soy drink instead. Rice and oat milks can be used after 12 months of age if calcium enriched and full fat. Health professional supervision is recommended.

Lean meat, fish, poultry and/or alternatives

Offer one children's serve of meat, or an alternative, in the midday and evening meal. This can be:

- lean red meat such as beef, lamb and kangaroo
- lean white meat such as chicken, turkey, fish, pork and veal
- protein-rich vegetarian foods such as eggs, cheese, legumes (including kidney beans, chickpeas and lentils), nuts and tofu.

Iron-rich foods

When serving white meat or vegetarian dishes, offer an extra serve of another food containing iron with the main meal. This is important because white meat, grains and vegetables provide small amounts of iron compared to red meat. Other foods which provide some iron include:

- wholemeal bread
- vegetables such as spinach, broccoli and cauliflower
- beans such as baked beans and lentils.





Vitamin C-rich foods

Offer a vitamin C-rich fruit or vegetable with every white meat or vegetarian meal, because vitamin C helps the body absorb iron. Vitamin C-rich foods include:

- broccoli, cauliflower, peas, tomato and capsicum
- citrus fruit, kiwi fruit, rockmelon and strawberries.

‘Discretionary choices’

‘Discretionary choices’ are not included in any of the basic food groups, and are generally high in kilojoules, saturated fat, added sugars and/or salt. They typically have very little nutritional value and are often processed and packaged. There is no need to offer discretionary choices on a regular basis.

‘There is no need to offer discretionary choices on a regular basis.’

Examples of discretionary choices include:

- chocolate and confectionary
- sweet biscuits, chips and high-fat savoury biscuits
- fried foods
- pastry-based foods such as pies, sausage rolls or pasties
- fast food and takeaway foods
- ice cream, cakes and some desserts
- soft drinks, fruit drinks, cordials, sport drinks, energy drinks, flavoured milk and flavoured mineral waters.

HEALTHY EATING GUIDELINE

Provide water in addition to age-appropriate milk drinks. Infants under the age of six months who are not exclusively breastfed can be offered cooled boiled water in addition to infant formula.

Water is essential for many important bodily functions including digestion, absorption of nutrients and elimination of waste products. Babies under six months who are not exclusively breastfed can be offered cooled boiled water. From six to 12 months, cooled boiled water can supplement breastmilk or formula. For children one to five years, water and cow's milk should be the main drinks offered.

Children should have access to drinking water at all times during the day. Where available, offer clean, safe tap water to children – purchasing bottled water is generally not necessary. Plain milk is also important, as it provides a good source calcium.



Sweet drinks are not part of a healthy diet because they do not provide much nutrition and can fill children up, resulting in a decreased appetite for more nutritious foods. Sweet drinks can also contribute to tooth decay and weight gain. It is important to avoid giving children sweet drinks, such as soft drink, flavoured mineral water, flavoured milk, cordial, fruit drinks and fruit juice.

'Children should have access to drinking water at all times...'

Planning meals



It is important to plan ahead when preparing meals for children, so that a variety of food is offered. Planning ahead also helps with shopping for ingredients and budgeting.

Developing a menu

Developing a menu will make planning and preparing meals much easier. A sample menu has been included on pages 34 and 35. To develop your own menu follow these steps, referring to the sample menu as you go.

1. Decide on the number of days your menu will cover.

It is generally easier to plan a 'cycle' menu, or a menu that is repeated over a period of time, than to come up with a large number of 'one-off' meals and snacks. Having a planned cycle reduces the time you spend on planning and ordering. Depending on your setting and its requirements, a three- or four-week menu may be needed for variety. If the majority of children attend only occasionally, a shorter cycle may work, although it still needs to be varied. If using a shorter cycle, consider a six- or seven-day menu to ensure children are offered a variety of food each time they attend care.

Refer to the sample menu on pages 34 and 35, which is a 10-day or two-week menu.

2. Decide whether you will offer one or two courses at lunchtime.

Refer to the sample menu on pages 34 and 35, which offers two courses at lunchtime.

If you decide to offer one course, additional food may be needed at snack times.

3. Draw up a chart on a piece of paper or on the computer.

Make sure you have enough columns to cover the number of days that will be in your menu cycle, and enough rows for the snacks and the number of courses each day.

Refer to the sample menu on pages 34 and 35. Across the top of the page are the column names. Since this is a two-week menu it consists of two pages, with a column for each of the ten days. Down the left side are five rows for the snacks and main courses scheduled in each day.





4. Review your recipe collection and think about meal ideas.

When you review your collection of recipes, think about what is in season. Seasonal items often taste better and are usually much cheaper. Each midday and evening meal needs to include the following for each child:

- one serve of lean meat, poultry, fish or an alternative
- one serve of bread, cereal or grains
- one or two serves of vegetables.

Refer to the sample menu on pages 34 and 35. This menu includes a variety of foods from each of the food groups.



5. Start filling in your table with meal ideas.

- Start with the dish that has the main source of protein (meat, fish, chicken or an alternative such as eggs or legumes). For example, a lamb curry has meat as the source of protein, a tuna bake has fish, and lentil soup has legumes as the protein source.
- Add foods that will go well with the main dish, and aim for a variety of colours. For example, is a green or orange vegetable needed because there are none in the main dish? Will the dish be served with rice, noodles or bread?
- If you offer a second course, choose foods that complement the main dish. Generally, fruit-based and/or milk-based second courses are the best choices.
- Make sure there is a variety of types of dishes over the week. A variety of flavours, colours and cooking styles will add to the appeal of the meal.

Refer to the sample menu on pages 34 and 35.
Throughout the cycle, there are various foods from each of the food groups.

**‘A variety of flavours,
colours and cooking styles
will add to the appeal of the meal.’**



6. Add snacks to the menu table.

You might have regular snack choices – for example, fruit at morning tea time, plain dry biscuits or a sandwich in the afternoon. You may want to consider varying this slightly. Some alternatives include canned fruit with yoghurt, a fruit smoothie, fruit with ricotta dip, steamed vegetable sticks with dip, or small pieces of corn on the cob. Occasionally, you may decide to offer baked items such as banana bread or pikelets.

For snacks, aim for one or two serves from a combination of:

- fruit
- vegetables
- milk, cheese, yoghurt or alternatives
- breads, cereal and grains.

Refer to the sample menu on pages 34 and 35. Morning tea includes a snack that takes only a little preparation time. Some afternoon tea snacks require baking or longer preparation time.

7. A few more things to consider...

Before you finish your menu, there are a few things to check, such as:

- The logistics and timing of the food preparation. For example, do not plan something baked for afternoon tea if you will need to use the oven for lunch, as there may not be enough time for both. Or be sure to plan dishes that need only a short preparation time for days when you will be grocery shopping.
- Consider swapping days when you repeat the menu. Offering dishes on different days of the week gives variety to children who only attend on certain days.

Vegetarian and vegan eating practices

Some families follow vegetarian eating practices. Usually, this means they avoid eating animal products such as meat, poultry and fish. Some vegetarians do eat animal-related products such as eggs, milk, cheese and yoghurt.

It is especially important for vegetarians to eat a variety of legumes, nuts, seeds and grain-based foods, as they provide the nutrients that would otherwise be provided by meat, poultry and fish. Be careful with offering nuts and seeds, as they are a choking risk for young children.

Vegan eating practices exclude all foods which have an animal origin, such as milk, cheese and eggs, as well as meat, poultry and fish. It is very difficult to meet children's need for nutrients with vegan eating practices, as the amount of food needed to supply sufficient nutrients may be too large for the child to manage. Families should plan carefully for a child on a vegan diet, and it may not be possible for a setting to offer meals and snacks for children who are vegans.





Religious and cultural practices

It is important to consider and respect the values of families, including those from culturally and linguistically diverse backgrounds. Some children and settings will follow religious and cultural beliefs that guide eating practices, for example Kosher or Halal. Settings that adopt particular practices such as these can still follow the nutrition guidelines previously described. Some parents may choose to provide food from home for their children – information on providing food from home can be found in the *Family Book* and the *Staff and Carer Book*.

Recommended serving sizes for toddlers and pre-schoolers

The following tables provide the recommended minimum number of serves and serve sizes from each of the five food groups that children need for good health. The 'serve size' is a fixed amount and can be used to work out the total amount of food required on average each day. The 'portion size' is how much a child actually eats. This will depend on their age and energy needs, as well as their appetite on a given day. At meals and snacks over the day, provide a variety of foods from all the food groups.

Food group	Australian Dietary Guidelines standard serve size
Breads and cereals	1 slice bread or ⅔ cup breakfast cereal or ½ cup cooked rice or ½ cup cooked pasta
Vegetables	½ cup vegetables – include 2 or 3 different types
Fruit	1 cup fresh or stewed fruit or 2 small pieces of fruit (for example apricot, kiwi fruit, plum) or 1 medium sized fruit (for example apple, banana, orange) or an equivalent amount of 2 or 3 different fruits
Dairy and alternatives	250 ml milk or 40g cheese or 200g yoghurt or 250ml calcium-fortified soy milk
Meat and alternatives	65g cooked lean red or 80g white meat or 100g cooked fish or 1 cup cooked legumes (for example baked beans, chickpeas) or 2 eggs

Serve amounts per day by age of child

Food group	13 – 23 months	2 – 3 years	4 – 8 years
Breads and cereals	4	4	4
Vegetables	2-3	2½	4½
Fruit	½	1	1½
Dairy and alternatives	1-1½	1½	1½ (girls); 2 (boys)
Meat and alternatives	1	1	1½

For further information on serve amounts for different age groups visit www.eatforhealth.gov.au



'I'm still hungry'

Children's appetites will vary and they will eat more on some days and less on others. It is important to have extra food available if a child is still hungry at the end of a meal or snack. Extra servings of the main meal or a part of the main meal can be offered, if available. If not available, offer a piece of fruit or one or two crackers.



Ordering and shopping

How much food do I need to buy?

Plan your meals and snacks at least one week ahead of time. Refer to your menu and write down all of the ingredients you will need for the week. Check the cupboards to see what you already have, then prepare a shopping list and purchase everything else that you will need. It is often cheaper to buy in bulk, so you may want to buy non-perishable foods in larger quantities, and just stock up on any fresh food each week.

Snack or course	Sample Menu Day 1	Sample Menu Day 2	Sample Menu Day 3	Sample Menu Day 4	Sample Menu Day 5
Morning tea	<ul style="list-style-type: none"> • Fresh fruit 	<ul style="list-style-type: none"> • Raisin toast 	<ul style="list-style-type: none"> • Fresh fruit 	<ul style="list-style-type: none"> • Wholemeal toast with spreads 	<ul style="list-style-type: none"> • Raisin toast
Drink	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water
First course for lunch	<ul style="list-style-type: none"> • Beef Stroganoff • Couscous • Pumpkin, peas and broccoli 	<ul style="list-style-type: none"> • Chicken and vegetable stirfry • Rice 	<ul style="list-style-type: none"> • Sweet potato and chickpea patties • Turkish bread • Mixed salad 	<ul style="list-style-type: none"> • Lasagne • Pita bread • Peas and broccoli 	<ul style="list-style-type: none"> • Baked chicken risotto • Green salad
Drink	<ul style="list-style-type: none"> • Water 	<ul style="list-style-type: none"> • Water 	<ul style="list-style-type: none"> • Water 	<ul style="list-style-type: none"> • Water 	<ul style="list-style-type: none"> • Water
Second course for lunch	<ul style="list-style-type: none"> • Stewed apple • Custard 	<ul style="list-style-type: none"> • Fresh fruit • Yoghurt 	<ul style="list-style-type: none"> • Stewed apricots • Yoghurt 	<ul style="list-style-type: none"> • Fresh fruit 	<ul style="list-style-type: none"> • Apple sponge • Custard
Afternoon tea	<ul style="list-style-type: none"> • Pita bread with hummus 	<ul style="list-style-type: none"> • Fruit smoothies 	<ul style="list-style-type: none"> • Pikelets • Berries 	<ul style="list-style-type: none"> • Scones with fruit jam 	<ul style="list-style-type: none"> • Fresh fruit • Yoghurt
Drink	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water

Snack or course	Sample Menu Day 6	Sample Menu Day 7	Sample Menu Day 8	Sample Menu Day 9	Sample Menu Day 10
Morning tea	<ul style="list-style-type: none"> • Cheese and biscuits 	<ul style="list-style-type: none"> • Fresh fruit 	<ul style="list-style-type: none"> • Wholemeal English muffin with spreads 	<ul style="list-style-type: none"> • Raisin toast with ricotta cheese 	<ul style="list-style-type: none"> • Fresh fruit
Drink	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water
First course for lunch	<ul style="list-style-type: none"> • Creamy tuna pasta • Mixed salad 	<ul style="list-style-type: none"> • Vegetable stir fry with broccoli, egg and tofu 	<ul style="list-style-type: none"> • Lamb with minted peas • Polenta • Carrots, corn and peas 	<ul style="list-style-type: none"> • Pea and chicken frittata • Wholemeal bread 	<ul style="list-style-type: none"> • Chilli con carne with rice and cheese • Tortilla • Green salad
Drink	<ul style="list-style-type: none"> • Water 	<ul style="list-style-type: none"> • Water 	<ul style="list-style-type: none"> • Water 	<ul style="list-style-type: none"> • Water 	<ul style="list-style-type: none"> • Water
Second course for lunch	<ul style="list-style-type: none"> • Fruity bread pudding 	<ul style="list-style-type: none"> • Fresh fruit • Yoghurt 	<ul style="list-style-type: none"> • Fruit kebabs • Yoghurt dip 	<ul style="list-style-type: none"> • Fruit salad 	<ul style="list-style-type: none"> • Canned pears • Custard
Afternoon tea	<ul style="list-style-type: none"> • Fresh fruit 	<ul style="list-style-type: none"> • Cheese and corn muffins 	<ul style="list-style-type: none"> • Banana bread 	<ul style="list-style-type: none"> • Steamed vegetable sticks • Tzatziki dip 	<ul style="list-style-type: none"> • Pikelets • Fresh fruit
Drink	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water 	<ul style="list-style-type: none"> • Milk or water



Section 1: Healthy Eating

The following foods will keep well in the cupboard, fridge or freezer, and are used in many recipes.

Dry ingredients

- Wholemeal plain flour
- Wholemeal self-raising flour
- Pasta, spaghetti and noodles
- Rice
- Dried beans, chickpeas and lentils
- Dried milk powder

Canned foods

- Canned tomatoes
- Canned fruit (in natural juice)
- Canned tuna (in springwater)
- Dried or canned beans, chickpeas and lentils
- Baked beans
- Canned evaporated milk

Frozen foods

- Peas
- Corn
- Mixed vegetables

Refrigerator foods

- Eggs

Fresh foods

- Onions
- Garlic

Other

- Olive oil
- Canola oil
- Long-life/UHT milk
- Dried herbs and spices



Breakfast

Breakfast is an important meal. Starting each day with breakfast is important in establishing a healthy eating routine.

If children don't eat breakfast:

- it is more difficult for them to control their behaviour and enjoy their day
- it is very difficult for them to get enough nutrients for the day
- they become hungry later in the day, so are more likely to eat less nutritious snack foods
- it is more likely that they will be overweight or obese.

Breakfast can be simple and nutritious, and does not have to be costly or involve a lot of preparation. Even if your setting does not offer breakfast, it is useful to have some breakfast foods available for children who arrive without having eaten. If you find that many children are arriving without having had breakfast, you may want to consider adding breakfast to your daily menu or encouraging families to supply breakfast for their children.

Some healthy and quick breakfast options include:

- wholegrain cereal, milk and fruit
- porridge with fruit and a glass of milk
- yoghurt with fruit, or a fruit smoothie
- toast or a crumpet with cheese and slices of fruit
- pikelets topped with ricotta and fruit.

Food Safety

Allergies, choking and food handling

Introduction to food safety

Food safety is an important consideration when providing food to children. This includes safety in all aspects of preparing and serving food, such as managing any risks of choking, avoiding allergic reactions, sensitivities and intolerances, and ensuring that food is not contaminated.



'Food allergies are caused by a reaction of the immune system to a protein...'



Allergies and intolerances

Some children may have adverse reactions to certain foods. The cause of such reactions may be an allergy or intolerance to that food. Allergies and intolerances are not the same thing. Food intolerance is far less severe than an allergy. How each should be managed in the individual childcare settings is different.

Food allergies

Food allergies are caused by a reaction of the immune system to a protein in a food. The most common sources of food allergy in children under five are cow's milk, soy, eggs, peanuts, tree nuts, wheat, sesame, fish and shellfish. Food allergies occur in around one in every 20 children, and some of these allergies are severe. Ensuring that children avoid exposure to any foods they are allergic to is the only way to manage food allergies.

As the person responsible for preparing food, it is your role to ensure that children with allergies are not exposed to a 'trigger' food or foods. When a child with a known food allergy is enrolled with your setting, the child's parents will provide medical information and work with staff and carers in the setting to develop an allergy management plan. In addition to a risk management plan, the setting will need:

- the name of the child and a photo
- details of all allergies and trigger foods
- details of a first aid or anaphylaxis management plan, co-written by parents and the setting's director or coordinator.



Trigger foods should never contaminate any food that is to be served to children with allergies. If a meal provided by the setting is to be eaten by all the children, including a child with a certain allergy, it should not contain any ingredients that pose any risk. Meals made with ingredients that state ‘May contain traces of nuts’ on the label should never be given to a child with a nut allergy, unless the child’s family has specified particular foods that are safe for their child.

Keep all food preparation areas clean and wash all utensils carefully, especially if you have been working with a known trigger food.

Some settings will choose to leave trigger foods off their menu completely. This is not always necessary, and should only be considered upon written recommendation from an appropriate medical professional. Refer to your setting’s allergy management policy for specific details.



If an allergy is severe, it may be decided that the child will only eat food brought from home. This will need to be decided when the child is enrolled.

Refer to the Australasian Society for Clinical Immunology and Allergy (ASCI) website for more information on allergy management plans: www.allergy.org.au

‘Trigger foods should never contaminate any food that is to be served to children with allergies.’

Food intolerance

Reactions from food intolerance are usually less severe than allergic reactions, and require a larger dose of food. Parents will usually provide early childhood settings with strategies for minimising their child’s exposure to particular foods.

Remember, you must be confident that the food you are preparing for each child is safe.



Choking risks for toddlers and young children

Young children's teeth and chewing skills are still developing. They have small airways, and food that is inhaled or ingested can sometimes easily lead to blockage of the airway. Because of this, children should always be seated and supervised while eating.

Particular food items pose greater choking risks to young children, and extra care should be taken with these foods. Hard, small, round and/or sticky solid foods are not recommended because they can cause choking and aspiration.

Common foods that may cause choking include:

- hard food that can break into smaller lumps or pieces
- raw carrot, celery and apple pieces, which should be grated, finely sliced, cooked or mashed to prevent choking
- nuts, seeds and popcorn
- tough or chewy pieces of meat
- sausages and hot dogs, which should have the skin removed and be cut into small pieces to prevent choking.

Hard lollies and corn chips also present a choking risk, but these should not be offered in the setting as they are discretionary choices.

'...food that is inhaled or ingested can sometimes easily lead to blockage of the airway.'



Safe handling of food

Young children's immune systems are still developing, so it is particularly important that food safety guidelines are followed whenever preparing food for them.

Contamination in food can include:

- foreign bodies – hair, pieces of metal or other objects accidentally picked up during the preparation and cooking process
- chemicals from the food production process, or cleaning materials
- natural contaminants, such as toxins
- contamination from pests
- bacteria.

Unsafe food and children

Children are more likely than adults to become ill from eating unsafe food. In early childhood settings, the larger the number of children being fed, the larger the risk of contamination. This is because it is more difficult to handle larger quantities of food safely.



Bacteria in foods

There are bacteria present in most foods, and food spoilage is often caused by bacteria. Bacteria often make food inedible and unpleasant, but are not always harmful. Some bacteria, called pathogens, *are* harmful and can cause food poisoning or gastro-enteritis.

Symptoms include nausea, vomiting, diarrhoea and stomach cramps. Different bacteria cause different illnesses – some are short-term and quite mild, while others are more serious and may include dehydration and require hospitalisation for treatment.

Food poisoning is especially serious when it occurs in children and elderly people because their immune systems are more vulnerable and they become dehydrated more easily.

Preventing gastro-enteritis

The most common cause of gastro-enteritis is viral illness passed on through contact between people, rather than through food. Good hygiene, particularly hand-washing, is extremely important to limit the spread of viral gastro-enteritis.

**'Food poisoning
is especially serious
when it occurs in children...'**



High-risk foods

Foods that allow the easy growth of bacteria are those that are moist and contain a lot of nutrients. These foods, called 'high-risk' foods, include milk, meat, fish and eggs, as well as any dishes containing these ingredients. Cooked rice also allows some bacteria to grow. If these foods are left out of the refrigerator for long periods of time, they will spoil and not be edible. However, they will only cause illness if they contain harmful pathogenic bacteria. Following the correct cooking and storage procedures will help to keep food safe, by controlling any conditions that could otherwise allow bacteria to reproduce and grow to large numbers.

Low-risk foods

Foods unlikely to encourage bacterial growth, or 'low-risk' foods, include uncooked pasta and rice, biscuits, packaged snack foods, lollies and chocolates. These foods can be kept safely for long periods of time without refrigeration. Canned food is safe while the can is still sealed, but once opened the food may become high-risk. Lollies, chocolates and many packaged snack foods are discretionary choices, and are not suitable for settings.

Preparing food safely

There are a number of factors to consider when ensuring that food is safe.

Sourcing food

- Buy food from trusted suppliers.
- Buy fresh foods from places where turnover is high.
- Make sure that packaging is unbroken and products are within their use-by date.
- Transport high-risk foods quickly or in cool containers.

Food storage

- Protect low-risk foods by placing them in sealed containers once packages have been opened.
- Keep high-risk foods refrigerated before cooking, or until they are ready to be eaten.
- Place any cooked high-risk foods back in the refrigerator if they are not being eaten straight away.





Food preparation

- Always wash hands before handling any food. Wash them again after touching your hair, wiping your nose or a child's nose with a tissue, sneezing, going to the toilet, assisting a child with toileting, changing a nappy or touching other items that may carry bacteria.
- Use separate cutting boards for raw meat and fish, cooked items such as meat and vegetables, and fruit and sandwiches. Colour code boards to ensure that they are used only for the right foods.
- Wash knives after use with uncooked meat and fish, and before use with any foods that are ready to be eaten.
- Ensure food is cooked or reheated to the correct temperature.

Food preparation with children

- Ensure that children always wash hands before handling any food.
- Supervise children at all times while in the kitchen.
- Take care to avoid any injuries from sharp knives and hot surfaces.



Reusing food

- Do not reheat cooked food more than once.
- Discard any food served but not eaten.
- Discard any food that was not served but has been out of the refrigerator for more than two hours.
- When reheating food, reheat it to steaming hot, allow it to cool to serving temperature and then serve immediately.

Kitchen environments

- Keep all kitchen areas clean.
- Check daily that the refrigerator is working and that food is cold.
- Wash dishes between use with hot soapy water and leave them to dry, rather than using a tea towel. Generally, a dishwasher is required for safe washing of children's dishes.

Food safety laws

Most states and territories have separate legal requirements, in addition to regulations for early childhood settings, relating specifically to food safety. In some areas, these may be handled by the local government authority. Some authorities require staff and carers to undertake formal training.



‘Food already reheated ... cannot be reheated again and served later.’



Serving food safely

It is important that both adults and children understand some basic rules for serving food in a hygienic way.

Some key points include:

- Children and adults should wash hands before eating.
- Tongs and spoons should be used for serving food. By providing child-sized serving utensils, children can be encouraged to be independent while still maintaining safe food-handling practices.
- All food served to the table or individual plates should be discarded if uneaten, rather than served later.
- Any food not served from the kitchen can be covered and refrigerated, then reheated and served later. Food already reheated cannot be heated again – for example, a curry cooked the day before and refrigerated, then reheated and served the next day in the setting cannot be reheated again and served later.
- Children should not share bowls or utensils, or eat from each other's plates or cups.
- Food dropped on the floor should not be eaten.

Handling kitchen emergencies safely

What if the refrigerator breaks down?

You may sometimes be faced with events that are out of your control, such as the refrigerator breaking down. If this happens, change the menu so that you can use the most expensive foods straight away. If the refrigerator is kept closed, it will keep the temperature low for some time. It may be worth buying some ice to keep food cold, and this gives you time to cook and arrange a refrigerator service and alternative storage if needed.

You may be able to store the food you cannot use straight away in another refrigerator – a parent’s, for example.

Serve low-risk food items if it is going to be some time before the refrigerator is repaired. Some examples include:

- sandwiches with fillings such as baked beans, peanut butter (if it is allowed in your setting), egg or tuna (cooked or prepared just before needed)
- pasta, rice, onions and canned tomatoes or tuna (all cooked and served immediately)
- canned evaporated or dried milk
- canned or freeze-dried vegetables
- fresh and canned fruit.

Any food not used at a mealtime should be discarded.

The cook’s day off

Having an extra day’s meal prepared and frozen is good preparation for a planned day off, or days when you are unexpectedly unable to come to work (see the recipe section for recipes which freeze well). Unless the freezer is very large, it may be easier to prepare and freeze items that can be used along with items from the cupboard. For example, frozen pasta sauce can be combined with pasta cooked on the day.

Any frozen food should be used within three months. If the pre-prepared frozen food is not needed within three months, use it on the menu and replace it in the freezer with a freshly-cooked meal.

Sandwiches are time-consuming to prepare for large numbers. A good alternative is baked beans, served with bread or toast.

Introduction to recipes



Selecting recipes

Choose recipes that include foods from the basic food groups, and avoid those that include ingredients with large amounts of fat, sugar or salt.

Look for recipes that use healthy cooking methods such as stir frying, steaming, baking and grilling. Limit the amount of fats or oils added. Most dishes which use oil can be prepared with much less than recommended, and still work well and taste good.

If you need to increase a recipe to cater for the number of children in your setting, use the children's serves described on page 32 to make sure you have enough food to offer at least one serve from each relevant food group for each child. Take care when adjusting the quantities of extra ingredients such as onions and garlic, or flavourings like herbs and spices. These will not need to be increased by as much as the main ingredients. The recipes in this book may provide some guidelines for the amount of main ingredients and flavourings needed for different numbers of children.



Modifying recipes

Many ingredients that may make a recipe high in fat or salt can be swapped for a healthier alternative. The following table provides some suggestions.

Ingredient	Healthier option
Milk	Reduced-fat milk can be used for children over 2 years (Full-cream milk is recommended for children under 2 years)
Cream	Reduced-fat evaporated milk or reduced-fat cream
Sour cream	Natural yoghurt
Coconut milk	Reduced-fat, coconut-flavoured evaporated milk or low-fat coconut milk
Meat	Lean meat
Chicken	Chicken with no skin
Sausage mince	Lean beef or chicken mince
Pastry	Use filo pastry and spray alternate sheets with oil, or only serve pastry on top of a pie
Butter	Polyunsaturated margarine or vegetable oil
Oils	Vegetable-based oils such as olive or canola
Stock	Reduced-salt stock
Salt	Omit completely, and use fresh or dried herbs and spices to boost flavour
Sugar	Limited amounts



Recipe ideas

The following pages contain recipes that can be prepared both at home or in an early childhood setting. All recipes have been designed to offer a variety of healthy foods to young children.

Recipe notes

The recipes on the following pages are easy to prepare. Some recipes need longer cooking time, while others require longer preparation time. There are some recipes that you will need to start preparing earlier in the day, or you might like to prepare them the day before.

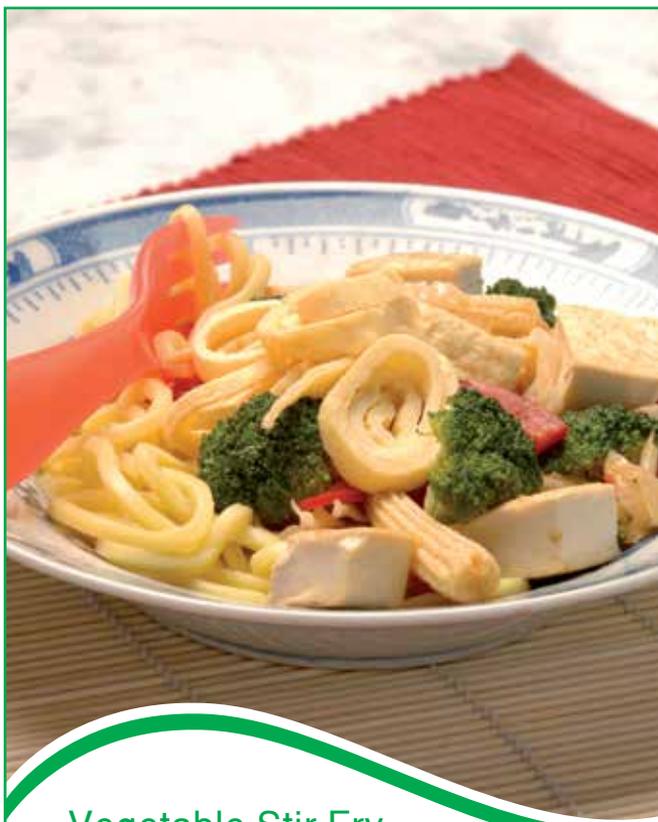
- Lean cuts of meat and lean mince are recommended anywhere meat is used.
- Skinless chicken thighs are recommended. If using other types of chicken pieces, remove all skin and bones or buy boned, skinless pieces.
- Choose low-salt stocks and sauces where available.
- Where eggs are used, 70g eggs are recommended.
- Suggested cooking times may vary depending on your oven/stove.
- Each recipe has been designed for young children. Quantities are approximate estimates, for serving six, 25 or 60 children as a main meal. Some exceptions are in the second course and snack recipes.
- Measurement abbreviations:
 - tsp = teaspoon (5 millilitres)
 - tbsp = tablespoon (20 millilitres)
 - cup = metric cup (250 millilitres)

Stir fries

Stir fries are typically cooked in a wok or large flat pan, over high heat. They are a great way to include lots of vegetables in a meal. Stir fries work well with beef, lamb, pork or chicken and a combination of vegetables. To make a vegetarian stir fry, include plenty of vegetables and some protein such as eggs or tofu. Serve stir fries in lettuce cups or on a bed of cooked rice cups or noodles.



Beef Mince
San Choy Bau (p. 57)



Vegetable Stir Fry
with Egg and Tofu (p. 55)



Vegetable Stir Fry with Egg and Tofu

*Not suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Canola oil	½ tbsp	2 tbsp	3 tbsp
Brown onion	1 small	1 large	2 large
Eggs	3	12	30
Cabbage	¼ large	1 large	2½ large
Baby corn	1 cup	4 cups	10 cups
Red capsicum	1	4	10
Broccoli florets	1 cup	4 cups	10 cups
Firm tofu	200g	800g	2kg
Soy sauce	2 tbsp	3 tbsp	125ml
Hokkien noodles	300g	1.2kg	3kg

Method

1. Cook noodles according to packet instructions.
2. Beat eggs with fork and pour into hot wok or non-stick pan. Cook to form a thin omelette, then set aside.
3. Peel and finely dice onion.
4. Wash vegetables and slice into pieces of similar size (discarding capsicum seeds and stalk).
5. Drain baby corn and slice in half.
6. Heat oil in pan, add onion and garlic, and gently cook until brown.
7. Add all vegetables and soy sauce. Stir and cook until vegetables are soft and tender.
8. Cut cooked egg into strips. Cut tofu into small blocks.
9. Add egg and tofu to pan. Stir for 2 to 3 minutes to heat through.
10. Serve with hokkien noodles.

○ Dairy free ○ Gluten free ○ Vegetarian ○ Egg free

Chicken and Vegetable Stir Fry

*Not suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Canola oil	½ tbsp	2 tbsp	3 tbsp
Crushed garlic	1 clove	2 cloves	3 cloves
Chicken thigh fillets (skinless)	350g	1.5kg	3.5kg
Cabbage	¼ small	1 small	2½ small
Carrot	1 medium	4 medium	10 medium
Red capsicum	1	4	10
Zucchini	1 medium	4 medium	10 medium
Sweet chilli sauce	2 tbsp	3 tbsp	125ml
Rice (uncooked)	1 cup	4 cups	10 cups

Method

1. Cook rice according to packet instructions.
2. Wash vegetables and slice into pieces of similar size (discarding capsicum seeds and stalk).
3. Cut chicken into small strips, removing and discarding any skin or bones.
4. Heat oil in pan, add chicken and garlic, and gently cook until chicken is brown and cooked through. Set aside.
5. Add cabbage, carrot and capsicum to pan and cook for 2 to 3 minutes.
6. Add zucchini and continue to cook for 3 to 5 minutes.
7. Add chicken and sweet chilli sauce to pan. Stir and cook until vegetables are tender and chicken is warmed through.
8. Serve with steamed rice.

🍌 Dairy free 🍌 Gluten free 🍌 Vegetarian 🍌 Egg free

Variation: Beef and Broccoli Stir Fry

- Replace chicken fillets with lean beef strips.
- Leave out zucchini.
- Add broccoli at Step 5 (2 cups for 6 serves, 8 cups for 25 serves and 20 cups for 60 serves).
- Replace sweet chilli sauce with the same quantity of Hoisin or plum sauce.

🍌 Dairy free 🍌 Gluten free 🍌 Vegetarian 🍌 Egg free



Beef Mince San Choy Bau

*Not suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Canola oil	½ tbsp	2 tbsp	3 tbsp
Crushed garlic	1 clove	2 cloves	3 cloves
Grated ginger	1 tsp	2 tsp	3 tsp
Spring onion	1	4	10
Beef mince	400g	1.75kg	4kg
Cabbage	¼ small	1 small	2½ small
Carrot	1 medium	4 medium	10 medium
Green beans	2 cups	8 cups	20 cups
Capsicum	½	2	5
Soy sauce	2 tbsp	3 tbsp	125ml
Rice noodles (dried)	200g	800g	2kg
Iceberg lettuce	6 leaves	25 leaves	60 leaves

Method

1. Break rice noodles into small pieces, place in large heatproof bowl and cover with boiling water. Stand for 5 minutes or until just tender. Drain.
2. Crush garlic. Grate ginger. Finely slice spring onion.
3. Wash vegetables and finely dice into pieces of similar size.
4. Heat wok or frying pan over medium-high heat until hot. Add oil, garlic, ginger and spring onion. Cook for 30 seconds.
5. Add mince. Stir fry, using a wooden spoon to break up lumps of meat, until all meat is browned. (For large quantities, this will need to be done in small batches.)
6. Add soy sauce. Stir and cook for 2 to 3 minutes or until sauce has thickened slightly.
7. Add cabbage, capsicum, carrot and beans. Stir and cook for 5 minutes, until vegetables are tender.
8. Drain noodles and add. Stir to mix.
9. Serve with lettuce cups. Allow children to scoop mixture into the lettuce, roll up and eat.

○ Dairy free ○ Gluten free ○ Vegetarian ○ Egg free

Rice

Rice can be used in many different ways. The recipes here include risotto, rice cooked inside meatballs and rice as a side dish. Rice needs to be cooked in plenty of liquid as it absorbs a lot while cooking. Rice will triple in volume once cooked; 1 cup of uncooked rice will make 3 cups of cooked rice.



Baked
Chicken Risotto (p. 59)



Tomato and
Meatball Soup (p. 61)



Chilli Con Carne
and Rice (p. 60)



Baked Chicken Risotto

*Can be prepared early *Not suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Olive oil	½ tbsp	2 tbsp	3 tbsp
Brown onion	1 small	1 large	2 large
Chicken thigh fillets	350g	1.5kg	3.5kg
Chicken stock	1 litre (4 cups)	4 litres	10 litres
Baby spinach leaves	150g	600g	1.5kg
Pumpkin	400g	1.5kg	4kg
Arborio or basmati rice (uncooked)	1 cup	4 cups	10 cups
Parmesan cheese	1 tbsp	¼ cup	¾ cup

Method

1. Preheat oven to 180°C.
2. Peel and finely dice onion.
3. Cut chicken into small strips, removing any skin or bones.
4. Wash spinach. Cut pumpkin into small cubes.
5. Heat oil in non-stick frying pan over medium heat.
6. Add chicken to pan. Cook, turning, for 5 minutes or until browned.
7. Remove from pan and set aside.
8. Add onion and rice. Stir to combine.
9. Add stock, spinach and pumpkin to pan and bring to the boil for 1 minute.
10. Transfer mixture to a baking dish. Place chicken on top of rice, cover and bake for 25 minutes.
11. Remove lid, stir and return to oven, cooking for a further 10 minutes or until rice is cooked through and all liquid has been absorbed.
12. Serve with steamed vegetables.

⦿ Dairy free ⦿ Gluten free ⦿ Vegetarian ⦿ Egg free



Little fingers: Kids can help by washing and drying baby spinach leaves.

Chilli Con Carne and Rice

*Can be prepared early *Suitable to freeze (chilli only)

INGREDIENTS	6 serves	25 serves	60 serves
Olive oil	½ tbsp	2 tbsp	3 tbsp
Brown onion	1 small	2 large	2 large
Garlic	1 clove	2 cloves	3 cloves
Carrot	1 medium	2 medium	4 large
Celery	1 stalk	2 stalks	4 stalks
Red capsicum	1	2	10
Chilli powder	½ tsp	1 tsp	2 tsp
Ground cumin	½ tsp	1 tsp	2 tsp
Lean beef mince	250g	1kg	2.5kg
Chickpeas	1 x 125g can	1 x 400g can	3 x 400g can
Red kidney beans	1 x 125g can	1 x 400g can	3 x 400g can
Tomatoes	1 x 400g can	1 x 800g can	5 x 800g can
Cold water	250ml (1 cup)	1 litre	2.5 litres
Flour tortilla	6	25	60
Rice (uncooked)	1½ cups	4½ cups	15 cups

Method

1. Cook rice according to packet instructions.
2. Peel and finely dice onion. Dice carrot, celery and capsicum.
3. Heat oil in large saucepan over medium heat. Add onion, carrot, celery, capsicum to pan. Add chilli powder and cumin. Stir and cook for 6 or 8 minutes, until vegetables soften.
4. Add beef, stir and use wooden spoon to break meat into small pieces. Cook for 2 to 3 minutes, until mince browns slightly.
5. Drain and rinse chickpeas and kidney beans. Add to pan along with canned tomatoes and cold water. Stir and bring to the boil.
6. Turn heat down, allow to simmer for 30 minutes or until sauce has thickened.
7. Serve with plain cooked rice and flour tortilla. Provide toppings for children to add – mashed avocado, tomato, shredded lettuce or grated cheese.

⦿ Dairy free ⦿ Gluten free ⦿ Vegetarian ⦿ Egg free



Little fingers: Kids can help with choosing toppings and sprinkling them onto the chili con carne.



Tomato and Meatball Soup

*Can be prepared early *Suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Concentrated reduced salt tomato soup	1 x 420g can	4 x 420g can	10 x 420g can
Cold water	1¾ cups	1.75 litres	4.25 litres
Beef mince	400g	1.75kg	4kg
Brown onion	1 small	2 large	4 large
Basmati rice (uncooked)	1 cup	4 cups	10 cups
Eggs	1	2	4
Flat leaf parsley	¼ cup	½ cup	1 cup

Method

1. Place soup and water in large saucepan over medium-high heat. Bring to the boil.
2. Combine mince, onion, rice, egg and finely-chopped parsley in a large bowl.
3. Using 1 tablespoonful of mixture at a time, roll mixture into balls.
4. Carefully add meatballs to boiling soup. Reduce heat to low. Cover and simmer for 40 minutes or until rice and meatballs are cooked through.
5. Serve with peas, mashed pumpkin and potato and wholegrain bread.

Variation: Tomato and Chicken Meatball Soup

- Replace minced beef with the same quantity of lean minced chicken.
- Serve with mashed potato, steamed greens and soft bread.

⦿ Dairy free ⦿ Gluten free ⦿ Vegetarian ⦿ Egg free



Little fingers: Kids can help by rolling the meatballs into shape.

Pasta

There are many types of pasta available and so many different sauces to accompany the pasta; the number of combinations you could make is endless! When choosing pasta, try penne, rigatoni, spirals, shells, bows, spaghetti, fettuccine, gnocchi, cannelloni or lasagna. When it comes to sauce, tomato based sauces are popular with either meat or vegetables or both thrown in. Creamy sauces are another option. The recipes below use evaporated milk to add 'creaminess' to the pasta sauce. Pasta usually doubles its size when cooked; half a cup of uncooked pasta will give one cup of cooked pasta.



Creamy
Tuna Pasta (p. 64)



Lasagne (p. 65)





Bolognese

*Can be prepared early *Suitable to freeze (sauce only)

INGREDIENTS	6 serves	25 serves	60 serves
Olive oil	½ tbsp	2 tbsp	3 tbsp
Garlic	1 clove	2 cloves	3 cloves
Brown onion	1 small	2 large	4 large
Carrot	1 large	4 large	10 large
Celery	2 stalks	1 kg	2.5 kg
Zucchini	1 large	4 large	10 large
Lean beef mince	400g	1.75kg	4kg
Crushed tomatoes	1 x 800g can	3 x 800g can	8 x 800g can
Brown lentils	1 x 125g can	1 x 400g can	3 x 400g can
Dried basil	½ tsp	1 tsp	1½ tsp
Dried oregano	½ tsp	1 tsp	1½ tsp
Spiral pasta (uncooked)	1½ cups	6 cups	15 cups
Grated cheddar or parmesan cheese	¼ cup	1 cup	4 cups

Method

1. Finely chop onion, carrot and celery. Grate zucchini. Drain and rinse lentils.
2. Heat oil in large frying pan over medium heat. Add onion, garlic, carrot, celery and zucchini. Cook, stirring, for 3 to 4 minutes or until onion is tender.
3. Add mince. Cook, stirring and using a wooden spoon to break up mince, for 5 to 6 minutes or until mince is browned. (For larger quantities, this will need to be done in small batches.)
4. Add tomato, lentils, basil and oregano to pan. Reduce heat to medium-low. Cook covered, stirring occasionally, for at least 30 minutes or until sauce has thickened slightly.
5. Cook pasta in boiling water, following packet instructions, until tender. Drain.
6. Serve pasta with sauce over the top and a sprinkle of grated cheese.
7. Serve with pita bread or wholemeal dinner rolls.

Creamy Tuna Pasta

*Not suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Penne pasta (uncooked)	1½ cups	6 cups	15 cups
Broccoli florets	1 cup	4 cups	10 cups
Carrot	2 large	8 large	20 large
Water	50ml	200ml	500ml
Corn kernels	200g (1 cup)	800g	2kg
Low-fat evaporated milk	1 x 185ml can	2 x 375ml can	5 x 375ml can
Cornflour	1 tsp	1 tbsp	2 tbsp
Tuna (in spring water)	1 x 425g can	3 x 425g can	8 x 425g can

Method

1. Wash broccoli florets. Wash and finely slice carrots.
2. Cook pasta in large saucepan of boiling water, following packet instructions. Add broccoli 5 minutes before pasta is cooked.
3. Add carrots and water to large saucepan over low heat. Cover and allow to cook for 5 minutes or until carrots are soft.
4. Add evaporated milk and cornflour. Bring to the boil.
5. Drain tuna, add to pan. Simmer for 2 minutes.
6. Drain pasta and broccoli. Return to saucepan.
7. Add sauce to pasta and broccoli. Stir gently to combine.
8. Serve immediately.

🌱 Dairy free 🌱 Gluten free 🌱 Vegetarian 🌱 Egg free

Variation: Vegetarian Pasta Bake

- Replace penne pasta with shell pasta.
- Replace tuna with sliced button mushrooms (120g for 6 serves, 500g for 25 serves, 1.2kg for 60 serves).
- Once pasta and sauce are combined (Step 8), spoon into large baking dish.
- Sprinkle the top with grated cheese (100g for 6 serves, 400g for 25 serves, 1kg for 60 serves).
- Bake in oven at 180°C for 30 minutes, until golden brown on top.

🌱 Dairy free 🌱 Gluten free 🌱 Vegetarian 🌱 Egg free



Lasagne

*Can be prepared early *Suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Bolognese sauce	Quantity for 6 serves	Quantity for 25 serves	Quantity for 60 serves
Ricotta cheese	375g	1.5kg	3.5kg
Instant lasagne sheets	225g	1kg	2.25kg
Parmesan cheese	¼ cup	1 cup	2½ cups

Method

1. Preheat oven to 200°C.
2. Prepare bolognese sauce, as in previous recipe (p. 61). (You will not need to cook the spiral pasta.)
3. Place small spread of meat sauce on the base of a large baking dish. Add one layer of lasagne sheets.
4. Top with layer of meat sauce and half the ricotta cheese.
5. Continue layering lasagne sheets and bolognese sauce, repeating until dish is almost full. Finish with layer of bolognese sauce.
6. Top with remaining ricotta cheese and sprinkle parmesan over the top.
7. Bake in oven at 200°C for 1 hour.
8. Serve with wholemeal bread and mixed vegetables.

⦿ Dairy free ⦿ Gluten free ⦿ Vegetarian ⦿ Egg free



Little fingers: Kids can help by sprinkling the cheese on top.

Casseroles & curries

Casseroles and curries almost always begin with a base of onions, carrots and celery and liquid from either tomatoes or stock. Then, any number of combinations can be added to this base. Add other vegetables, seasoning and some red or white meat and then cook over low heat on the stove or in a moderate oven for at least an hour.



Beef
Stroganoff (p. 68)



Chicken
Curry (p. 67)



Side serving for
Casseroles & Curries



Chicken Curry

*Can be prepared early *Suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Brown onion	1 small	1 large	2 large
Carrot	1 medium	4 medium	10 medium
Celery sticks	1	2	4
Tomatoes	1 x 800g can	4 x 800g can	8 x 800g can
Olive oil	½ tbsp	2 tbsp	3 tbsp
Curry powder	1 tsp	3 tsp	2 tbsp
Pumpkin	1 cup	4 cups	10 cups
Green beans	1 cup	4 cups	10 cups
Zucchini	1 medium	2 medium	5 medium
Chicken thigh fillets	350g	1.5kg	3.5kg
Sultanas	1 tbsp	4 tbsp	8 tbsp
Pineapple	120g	500g	1.2kg
Natural yoghurt	¼ cup	1 cup	4 cups
Rice (uncooked)	1 cup	4 cups	10 cups

Method

1. Cook rice according to packet instructions.
2. Preheat oven to 180°C.
3. Peel and chop onion. Wash and slice carrots and celery.
4. Heat oil in large frying pan over medium heat.
Add onion, carrots and celery. Cook gently for 5 minutes.
5. Add curry powder and cook for 1 to 2 minutes.
6. Peel pumpkin. Chop pumpkin, zucchini and beans into bite size pieces. Add to pan and stir for 1 to 2 minutes.
7. Add chicken, canned tomatoes and sultanas to pan. Bring to the boil, then reduce heat and simmer for 1 hour.
8. Serve with steamed rice, chopped pineapple and natural yoghurt.

⦿ Dairy free ⦿ Gluten free ⦿ Vegetarian ⦿ Egg free



Little fingers: Kids can help with choosing toppings and adding them to their plate of curry.

Beef Stroganoff

*Suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Brown onion	1 small	1 large	2 large
Carrot	1 medium	4 medium	10 medium
Celery sticks	2	4	6
Beef stock (salt reduced)	2 cups	8 cups	20 cups
Olive oil	½ tbsp	2 tbsp	3 tbsp
Button mushrooms	250g (1 cup)	1kg	2.5kg
Small potatoes	200g	800g	2kg
Plain flour	1 tbsp	¼ cup	½ cup
Lean beef strips	400g	1.75kg	4kg
Worcestershire sauce	2 tbsp	8 tbsp	20 tbsp
Tomato paste	2 tbsp	¼ cup	½ cup
Light sour cream	2 tbsp	½ cup	1 cup
Pasta (uncooked)	1 cup	4 cups	10 cups

Method

1. Cook pasta according to packet instructions.
2. Peel and chop onion. Wash and slice carrots and celery.
3. Heat oil in large frying pan over medium heat. Add onion, carrots and celery. Cook gently for 5 minutes.
4. Slice mushrooms. Wash and finely slice potatoes.
5. Add potatoes to pan. Cook for 3 minutes.
6. Increase heat to high. Add mushrooms. Cook for 4 minutes, or until tender. Set aside.
7. Sprinkle flour into a shallow dish. Lightly coat beef strips in flour.
8. In non-stick pan, cook beef in small batches until brown.
9. Return beef, onion, potatoes and mushrooms to frying pan. Add stock, Worcestershire sauce and tomato paste. Bring to the boil. Reduce heat to medium-low. Simmer for 10 minutes, or until sauce has thickened slightly.
10. Remove from heat. Stir through sour cream.
11. Serve with pasta, couscous or rice and mixed vegetables.

© Dairy free © Gluten free © Vegetarian © Egg free



Vegetable Hotpot with Couscous

*Can be prepared early

*Suitable to freeze (before Greek yoghurt is added)

INGREDIENTS	6 serves	25 serves	60 serves
Olive oil	1 tbsp	2 tbsp	3 tbsp
Brown onion	1 small	1 large	2 large
Sweet paprika	½ tsp	2 tsp	1 tbsp
Tomatoes	1 x 800g can	4 x 800g can	8 x 800g can
Hot water	275ml	1 litre	2.75 litres
Tomato paste	1 tbsp	3 tbsp	6 tbsp
Cauliflower	½ small	2 small	4 large
Carrot	1 medium	4 medium	10 medium
Zucchini	1 medium	4 medium	10 medium
Potato	2 large	8 large	10 large
Green capsicum	1	4	10
Chickpeas	1 x 400g can	3 x 400g can	4 x 800g can
Low-fat Greek yoghurt	¼ cup	1 cup	2½ cups
Couscous (uncooked)	1 cup	4 cups	10 cups

Method

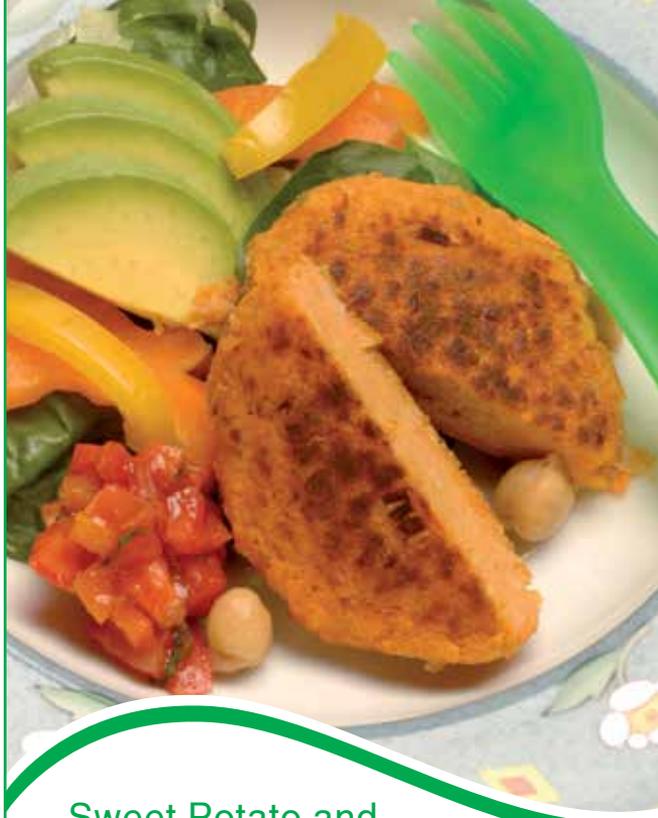
1. Cook couscous according to packet instructions.
2. Preheat oven to 180°C.
3. Peel and chop onion. Break cauliflower into small florets. Slice carrot, zucchini, potato and capsicum into pieces of similar size.
4. Heat oil in large frying pan over medium heat. Add onion and cook for 5 minutes, until soft.
5. Add paprika, tomatoes, water and tomato paste. Stir and bring mixture to a simmer.
6. Add vegetables and chickpeas to pan. Stir to mix.
7. Transfer to ovenproof baking dish, cover and cook in oven at 180°C for 40 minutes (until all vegetables are soft).
8. Stir through Greek yoghurt just before serving.
9. Serve with couscous. Alternatively, use rice, pasta or polenta.

⦿ Dairy free ⦿ Gluten free ⦿ Vegetarian ⦿ Egg free

Patties & frittatas

Patties begin with a starch base such as mashed potato, rice or breadcrumbs. Add to this some vegetables, minced meat and egg to help it bind and shape the patties to the size you require.

Frittatas are usually baked in the oven and always include egg as the main ingredient. Almost any combination of vegetables, cheese, fish, chicken or meat can be added to the eggs and then baked.



Sweet Potato and Chickpea Patties (p. 72)



Pea and Chicken Frittata (p. 73)



Tuna and Corn Patties (p. 72)



Meat and Vegetable Rissoles

*Suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Lean mince	400g	1.75g	4kg
Potato	1 medium	4 medium	10 medium
Carrot	1 medium	4 medium	10 medium
Brown onion	1 small	1 large	2 large
Capsicum	1	4	10
Zucchini	½ small	2 small	5 small
Breadcrumbs	2 tbsp	¼ cup	¾ cup
Eggs	1	4	10
Olive oil	1 spray	2 sprays	3 sprays

Method

1. Peel and grate onion.
2. Wash and grate potatoes, carrots and zucchini.
3. Finely dice capsicum.
4. Combine mince, breadcrumbs and vegetables in bowl, add egg and mix well.
5. Roll small handfuls of the mixture into balls.
6. Heat non-stick pan, spray lightly with oil and cook rissoles in batches, flattening slightly with a spatula as you put them in pan.
7. Cook for 4 to 5 minutes on each side, until lightly browned and cooked through.
8. Serve with pita bread and salad.

⦿ Dairy free ⦿ Gluten free ⦿ Vegetarian ⦿ Egg free



Little fingers: Kids can help by rolling the rissoles into shape.

Sweet Potato and Chickpea Patties

*Suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Sweet potato (orange)	1 medium (400g)	4 medium (1.5kg)	10 medium (4kg)
Chickpeas	1 x 400g can	4 x 400g can	10 x 400g can
Lemon juice	2 tsp	2 tbsp	100ml
Red onion (finely chopped)	¼ small	1 small	4 small
Breadcrumbs	½ cup	2 cups	5 cups
Eggs	1	4	10

Method

1. Preheat oven to 180°C.
2. Peel and chop sweet potato into small pieces.
3. Steam sweet potato for 20 minutes or until tender.
4. Drain sweet potato. Drain and rinse chickpeas.
5. Mash sweet potato and chickpeas with lemon juice until smooth. Place in fridge to cool for 30 minutes.
6. Combine sweet potato and chickpeas with onion, breadcrumbs and egg.
7. Take small handfuls of mixture and roll into balls. Flatten gently to form patties.
8. Line baking tray with non-stick baking paper. Place patties on lined tray.
9. Spray lightly with olive oil spray.
10. Bake in oven at 180°C, turning once, for 30 minutes or until golden.
11. Serve with Turkish bread, chutney and salad or soft vegetables.

🌱 Dairy free 🌱 Gluten free 🌱 Vegetarian 🌱 Egg free

Variation: Tuna and Corn Patties

- Replace sweet potato (2 medium white potatoes for each sweet potato).
- Replace chickpeas with drained tuna in spring water (180g for 6 serves, 720g for 25 serves, 1.8kg for 60 serves).
- Add canned sweet corn kernels (drained and rinsed) at Step 7 (125g for 6 serves, 500g for 25 serves, 1.25kg for 60 serves).
- Serve with wholemeal rolls and cream cheese, and salad or soft vegetables.

🌱 Dairy free 🌱 Gluten free 🌱 Vegetarian 🌱 Egg free



Little fingers: Kids can help by rolling patties into shape and spreading cream cheese onto rolls.



Pea and Chicken Frittata

*Not suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Olive oil	½ tbsp	2 tbsp	3 tbsp
Onion	1 small	1 large	2 large
Eggs	4	15	40
Chicken (cooked and diced)	200g	800g	2kg
Peas	1 cup	4 cups	10 cups
Boiled potato (sliced)	1 large	4 large	10 large
Grated cheese	½ cup	2 cups	5 cups

Method

1. Heat oil in pan and add onions. Stir and cook until soft but not brown.
2. Add chicken, peas and potato. Gently stir to heat through.
3. Whisk eggs in separate bowl.
4. Place vegetables into ovenproof dish.
5. Sprinkle grated cheese over vegetables.
6. Pour egg mixture over vegetables and cheese.
7. Bake in oven at 160°C for 30 minutes (or until cooked through).
8. Serve with bread or wholemeal crackers.

Variation: Tuna and Broccoli Frittata

- Replace chicken with drained tuna in spring water (200g for 6 serves, 800g for 25 serves, 2kg for 60 serves).
- Replace peas with the same quantity of broccoli florets.
- Add fresh, frozen or canned sweet corn kernels (drained and rinsed) at Step 4 (125g for 6 serves, 400g for 25 serves, 1.25kg for 60 serves).
- Serve with bread or wholemeal crackers.

⦿ Dairy free ⦿ Gluten free ⦿ Vegetarian ⦿ Egg free

Second course & snacks

Choose second course dishes and snacks that are based on nutritious foods. Avoid offering 'discretionary choices' as second courses or snacks. In many cases, fresh fruit and yoghurt is a tasty second course. The following recipes provide second course and snack ideas that require a little extra preparation while still including healthy foods.



Fruit Kebabs (p. 79)



Fruit Smoothies (p. 80)



Pikelets (p. 78)



Apple Sponge

*Not suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Pie apple	1 x 880g can	3 x 880g can	7 x 880g can
Cinnamon	½ tsp	1 tsp	2 tsp
Eggs	3	12	30
Castor sugar	¼ cup	1 cup	2½ cups
Wholemeal self-raising flour	¾ cup	3¼ cups	7½ cups
Low-fat milk	1 tbsp	80ml	200ml
Water	¼ cup	1 cup	2½ cups

Method

1. Preheat oven to 180°C.
2. Layer apple across the base of large, ovenproof baking dish.
3. Sprinkle cinnamon evenly over apple.
4. Beat or whisk eggs and sugar until thick and creamy.
5. Fold flours, milk and water into egg mixture.
6. Pour combined flour and egg mixture evenly over apple.
7. Bake in oven at 180°C for about 20 minutes. Sponge will be golden brown on top when ready.

Variations

- Add sultanas to apple and cinnamon layer.
- Use canned peaches or pears instead of apple.

🍌 Dairy free 🍌 Gluten free 🍌 Vegetarian 🍌 Egg free

Fruit Crumble

*Suitable to freeze (crumble mix only)

INGREDIENTS	6 serves	25 serves	60 serves
Oats	100g	400g	1kg
Wholemeal flour	100g	400g	1kg
Brown sugar	2 tbsp	¼ cup	¾ cup
Margarine	2 tbsp	125g	300g
Fruit	1 x 440g can	2 x 800g can	6 x 800g can
Cinnamon	1 tsp	2 tsp	3 tsp

Method

1. Preheat oven to 180°C.
2. Combine flour, oats, sugar and margarine in bowl.
3. Using fingertips, rub margarine into dry ingredients until mixture feels like breadcrumbs.
4. Drain any fruit juice from can and layer fruit across base of a large, ovenproof baking dish.
5. Sprinkle cinnamon evenly over apple.
6. Scatter crumble mixture evenly over apple.
7. Bake in oven at 180°C for about 20 minutes, until golden brown on top.

☉ Dairy free ☉ Gluten free ☉ Vegetarian ☉ Egg free



Little fingers: Kids can help by mixing the crumble and sprinkling it over the fruit.



Fruity Bread Pudding

*Not suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Fruit bread	6 slices	25 slices	60 slices
Eggs	3	12	30
Milk	500ml	2 litres	5 litres
Sugar	1 tbsp	¼ cup	¾ cup

Method

1. Preheat oven to 180°C.
2. Cut each slice of bread into 4, and layer slices in a deep baking dish.
3. Lightly whisk eggs in a jug. Add milk and sugar, and whisk to combine.
4. Pour mixture evenly over bread. Allow to stand for 10 minutes, so bread absorbs liquid.
5. Bake in oven for 45 minutes or until custard sets in centre and top layer of bread is golden brown.
6. Serve with chopped banana or other fresh fruit.

☉ Dairy free ☉ Gluten free ☉ Vegetarian ☉ Egg free



Little fingers: Kids can help by layering bread and pouring the mixture over the top.

Pikelets

*Not suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Wholemeal self-raising flour	½ cup	2½ cups	6 cups
Castor sugar	1 tsp	1½ tbsp	4 tbsp
Milk	100ml	400ml	1 litre
Eggs	1	3	8

Method

1. Sift flour into large bowl.
2. Stir in castor sugar. Make a well in the centre.
3. In jug, whisk together milk and eggs.
4. Pour milk and eggs into flour mixture and whisk to make a smooth batter.
5. Heat non-stick frying pan over medium heat, or heat flat-based sandwich press.
6. Drop heaped tablespoonfuls of batter onto pan or sandwich press and cook for 1 minute or until bubbles appear on surface. Turn and cook for a further minute or until golden and cooked through.
7. Repeat until all batter has been used.
8. Serve with chopped fresh fruit and plain yoghurt. Allow children to decorate their own pikelets with toppings.

⦿ Dairy free ⦿ Gluten free ⦿ Vegetarian ⦿ Egg free



Little fingers: Kids can help with dropping mixture onto sandwich press or pan and adding their choice of toppings.



Fruit Kebabs

*Not suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Oranges	1	3	5
Strawberries	6	25	60
Kiwi fruit	2	7	15
Melons	¼	½	1
Wooden paddle pop sticks	6	25	60

Method

1. Peel oranges and cut into cubes.
2. Rinse strawberries, remove stalks and cut in half.
3. Peel kiwi fruit and cut into quarters.
4. Remove skin from melon and cut into cubes.
5. Arrange fruit on platter and thread pieces onto wooden paddle pop sticks.

⦿ Dairy free ⦿ Gluten free ⦿ Vegetarian ⦿ Egg free



Little fingers: Kids can help by threading pieces of fruit onto paddle pop sticks.

Fruit Smoothies

*Not suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Milk	600ml	2.5 litres	6 litres
Yoghurt	300ml	1.75 litres	3 litres
Fruit	1½ cups	6 cups	15 cups

Method

1. Blend milk, yoghurt and chopped fruit in blender until smooth.
2. Pour and serve straight away.

Fruit ideas

- Bananas
- Strawberries
- Blueberries
- Canned peaches
- Frozen berries

⦿ Dairy free ⦿ Gluten free ⦿ Vegetarian ⦿ Egg free



Little fingers: Kids can help by garnishing each smoothie with fresh pieces of fruit.

For more information



Healthy eating

Allergy and Anaphylaxis Australia

T: (02) 9482 5988 or 1300 728 000

W: www.allergyfacts.org.au

Australasian Society of Clinical Immunology and Allergy (ASCIA)

W: www.allergy.org.au

Australian Dietary Guidelines and the *Infant Feeding Guidelines*,
Australian Government Department of Health and Ageing and
National Health and Medical Research Council

W: www.eatforhealth.gov.au

Australian Guide to Healthy Eating, Australian Government
Department of Health and Ageing and National Health and Medical
Research Council

W: www.eatforhealth.gov.au

Food Standards Australia New Zealand (FSANZ)

T: (02) 6271 2222

W: www.foodstandards.gov.au

Kidsafe

W: www.kidsafe.com.au

Recipes

Dietitians Association of Australia

W: www.daa.asn.au

Australian Dietary Guidelines

Guideline 1	<p>To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.</p> <ul style="list-style-type: none">• Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active every day and their growth should be checked regularly.• Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.
Guideline 2	<p>Enjoy a wide variety of nutritious foods from these five groups every day:</p> <ul style="list-style-type: none">• plenty of vegetables, including different types and colours, and legumes/beans• fruit• grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley• lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans• milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of two years). <p>And drink plenty of water.</p>



Guideline 3	<p>Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.</p> <p>a. Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.</p> <ul style="list-style-type: none">• Replace high fat foods which contain predominantly saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominantly polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.• Low fat diets are not suitable for children under the age of two years. <p>b. Limit intake of foods and drinks containing added salt.</p> <ul style="list-style-type: none">• Read labels to choose lower sodium options among similar foods.• Do not add salt to foods in cooking or at the table. <p>c. Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.</p> <p>d. If you choose to drink alcohol, limit intake. For women who are pregnant, planning a pregnancy or breastfeeding, not drinking alcohol is the safest option.</p>
Guideline 4	Encourage, support and promote breastfeeding.
Guideline 5	Care for your food; prepare and store it safely.

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