

# Cooking up Some Fun!

For Parents and Caregivers  
of Young Children

★ Fun, Simple Recipes

★ Meal Planning Tips

★ Nutrition Guidelines

 **Region of Peel**  
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Public Health

# Introduction

This booklet is for parents and caregivers of children one to six 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 under the age of six 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. Mealtimes 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 his or her 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 kids 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. 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 he helps prepare and will be more likely to eat it.

*In addition to solid food, you may still be breastfeeding your child. Breastfeeding is the healthiest choice for your child and should be done exclusively from birth to six months. You can keep breastfeeding when you introduce solid foods at six months and continue breastfeeding up to two years and beyond.*

***\*Parents who have a child under the age of one year can refer to Feeding Your Baby: From Six Months to One Year.***



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# 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.*



- ★ Eat at the table together as a family
- ★ Keep the TV turned off at mealtimes
- ★ Make mealtimes pleasant and talk about your day
- ★ Encourage your child to feed himself even if he makes a mess
- ★ Respect tiny tummies - serve small portions and let her have more if she wants
- ★ Be patient - it can take many attempts before your child will accept a new food
- ★ Let your child help prepare meals or set the dinner table
- ★ Serve new food along with a food your child likes
- ★ Let your child eat as much or as little as he wants from what you offer
- ★ Teach children how to refuse food politely
- ★ Be positive yourself and try new foods with your child



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# What Should My Child Eat?

## Recommended Number of *Canada's Food Guide* Servings per Day

	Children		
Age in Years	2-3	4-8	9-13
Sex	Girls and Boys		
<b>Vegetables and Fruit</b>	4	5	6
<b>Grain Products</b>	3	4	6
<b>Milk and Alternatives</b>	2	2	3-4
<b>Meat and Alternatives</b>	1	1	1-2

Source: *Eating Well with Canada's Food Guide* (Health Canada, 2007)

Canada's Food Guide promotes healthy eating and physical activity for Canadians at different ages and stages in life.

Following the healthy eating pattern in Canada's Food Guide, children age two years and older can get the nutrients and calories they need for healthy growth and development.

Eating foods from each of the four food groups and including small amounts of unsaturated fat is the best way to ensure that children get the nutrients they need.

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# How much does my child eat?

Following Canada's Food Guide helps children to grow and thrive. Young children have small appetites and need calories for growth and development. Serve small nutritious meals and snacks each day. Offer a variety of foods from the four food groups. Children have small stomachs. Depending on their age they usually eat **one-quarter to one-half** of the Canada's Food Guide serving. Remember to always feed your child according to how hungry they are and never pressure them to eat more or restrict the amount of food.



Food Group	Examples of One Food Guide Serving	Examples of One Child-Size Portion
<b>Vegetables and fruit</b>	1/2 cup of squash 1/2 cup of green beans 1 medium banana	1/8 – 1/4 cup of squash 1/8 – 1/4 cup of green beans 1/4 – 1/2 of medium banana

Offer one dark green and one orange vegetable daily.

<b>Grain products</b>	1 slice of whole grain bread 1/2 of pita bread, whole grain 125 ml (1/2 cup) cooked rice, pasta, couscous	1/4 – 1/2 slice of whole grain bread 1/8 – 1/4 of pita bread, whole grain 1/8 – 1/4 cup cooked rice, pasta, couscous
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Provide at least half of the grain products as whole grain each day.

<b>Milk and alternatives</b>	250 ml (1 cup) of milk or 50 g (1 1/2 oz.) of cheese, paneer 175 ml (3/4 cup) of yogurt, kefir	1/4 – 1/2 cup of milk 13 g – 25 g (3/8 – 3/4 oz.) of cheese, paneer 1/8 – 1/4 cup of yogurt, kefir
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Children age two and older need two cups of milk or fortified soy beverage each day for adequate vitamin D and calcium.

Remember: Provide homogenized milk to children less than two years of age. Do not give your child skim or low-fat milk products or soy, rice or vegetarian beverages if they are under two years of age.

<b>Meat and alternatives</b>	75 g (2 1/2 oz.) of cooked meat, chicken, fish 2 eggs 3/4 cup of cooked legumes or tofu	25 g (1/2 – 1 1/4 oz.) of cooked meat, chicken, fish 1/2 – 1 egg 1/8 – 1/4 cup of cooked legumes or tofu
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Provide meat alternatives such as beans, lentils and tofu often. Offer fish at least twice a week.

Source: Health Canada - Eating Well with Canada's Food Guide (2007)  
Dietitians of Canada - What are some healthy snacks for kids? (May 2008)



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# 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  
Canned soups  
(low sodium)

## Grain Products

Rice  
(white, brown)  
Crackers  
Cereal  
Bread  
Pita  
Bagels  
Pasta  
(macaroni, spaghetti, lasagna, egg noodles)  
Whole wheat couscous  
Quinoa  
Bulgur  
Barley  
Bread crumbs

## Fats and Oils

Margarine  
(non-hydrogenated)  
Vegetable oil  
e.g. olive oil  
canola oil

## Milk and Alternatives

Milk  
(white or chocolate)  
Skim milk powder  
Cheese, Yogurt  
Kefir, Paneer

## Seasonings

Pepper  
Garlic powder  
Dry mustard  
Chicken/beef bouillon cubes  
(low sodium)  
Soy sauce  
Vinegar  
Worcestershire sauce  
Ketchup  
Herbs  
(basil, oregano, thyme, parsley)  
Spices  
(paprika, cayenne, cinnamon, chili powder, curry, turmeric, ginger)  
Salt - limit

## 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  
Rolled oats  
Natural bran

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# 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—Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives. 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 and pouring ingredients, setting and clearing the table, and cleaning up.

*Adapted from Healthy Start For Life:  
Dietitians of Canada, 2007.*



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# 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 at school and at work.

- ★ 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:

- ★ Vegetables or Fruit e.g., tomato sauce, apple slices
- ★ Grain Products e.g., pasta, whole grain cereal or bread
- ★ Milk and Alternatives e.g., milk, yogurt
- ★ Meat and Alternatives e.g., chicken, chickpeas, eggs or tofu

## For snacks:

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

- ★ Choose nutritious snacks such as bread, cereals, fruits, vegetables, milk, cheese, yogurt, meat or meat alternatives.
- ★ Limit 100% fruit juice to 125-175 ml (4-6 oz), per day for children one to five years old. Serve water when children are thirsty.
- ★ Avoid sticky, sweet foods such as dried fruit and candy, which can stick to teeth and cause cavities. They are also a choking hazard for children under four. If you offer these foods, encourage children to brush their teeth right after eating them.



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# Meal and Snack Ideas

## Healthy snack foods

- ★ Whole grain breads, 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, fortified soy beverage, yogurt, cheese, milk-based pudding
- ★ Peanut butter (unless children with allergies are present; smooth is preferred over chunky to reduce the risk of choking)
- ★ Plain popcorn (for children four years and older)

## Healthy quick meals

- ★ Applesauce, cheese slices and whole wheat 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, 2007.*



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# How to Prevent Choking

Some foods can block your child's breathing and cause choking. These foods are usually round, hard, sticky or crunchy and should not be given to children under the age of four years. Make sure your child eats sitting at the table, with adult supervision.

- ★ Avoid raisins (unless soaked in water until soft), popcorn, nuts, chunky peanut butter, seeds, hard candies, chewing gum.
- ★ Sausages and hot dogs should be cut lengthwise into strips then cut into bite-sized pieces.
- ★ Grapes should be cut in half, and seeds removed.
- ★ Meat bones and fish bones should be removed.
- ★ Raw vegetables should be cut into narrow strips or grated. Remove pits, seeds and peel from raw fruit and cut into bite-sized pieces.
- ★ Spread smooth peanut butter thinly on toast (avoid serving chunky peanut butter to children under the age of four years). Never serve peanut butter on a spoon.

# Drinks for Young Children

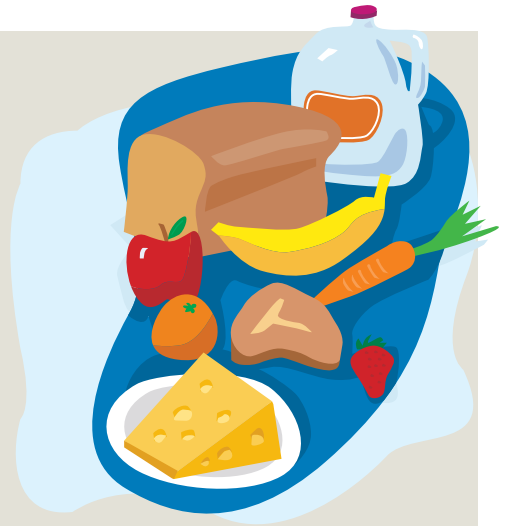
Drinks are important to keep young children healthy, especially when the weather is hot, or they are very active and sweating. For hikes and family outings, take along your own water bottles to avoid having to buy expensive, sugary drinks.

- ★ 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 125-175 ml (4 - 6 oz) per day. Look for the words "unsweetened," "pure fruit juice from concentrate," and "no artificial flavours or colours added."
- ★ Avoid drinks that contain caffeine such as energy drinks, sport drinks, colas, coffee or tea. They can over-stimulate a child and make them lose even more fluid (a can of cola for a child has the same effect as four cups of coffee on an adult).
- ★ Read the ingredient list. Avoid any juice drinks that have sugar or glucose (a form of sugar) as one of its first ingredients.
- ★ Use 100% fruit juice.



# 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 1/2 - 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 abdominal cramps.

## Vegetables and fruit

- ★ A variety of vegetables and fruit can be added to your regular recipes by 'sneaking' them in smoothies or sauces, or by freezing juice in popsicle molds. Every little bit counts!
- ★ Offer a variety of cut up vegetables and fruit with a yogurt or hummus dip.

## 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 to soups, salads or sauces. A creative way to offer beans is to mash them before adding them to a sauce.
- ★ Nuts and seeds are also a great source of "healthy" fat.

## Whole grain 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 grain bread, tortillas and pitas.
- ★ Look on the ingredients list for a fibre content of at least 2 grams per serving. An excellent source of fibre would contain 6 grams per serving.



# The Story on Fats

Let's start by saying that all fats are not created equal! There are different types of fat. Some are good for your health (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 fat for healthy growth and development. Higher fat foods that are also nutritious, like cheese and non-hydrogenated peanut butter, help children meet their energy needs. After two years of age, you can gradually reduce the amount of fat in their diet. Lower fat products, such as 2% milk, should not be given to children under two years of age.



## ***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 unhealthy fats***

A process called hydrogenation changes healthy fats into unhealthy ones called trans fats. Read the nutrition facts table on pre-packaged food products and limit the amount of trans fat containing foods that you buy. Trans fat may be found in commercially fried foods, some processed foods, such as store-bought cookies, commercially baked goods and crackers that are made with vegetable shortening or partially hydrogenated oils.

If you see the phrase "partially hydrogenated oil" in the list of ingredients on the label, it means the product contains trans fats. For example, if you buy a product that is made with 100% vegetable oil that has been hydrogenated, then it is not considered a healthy choice.

Trans fats are also naturally present in very small amounts in foods such as dairy products, beef and lamb. These naturally occurring trans fats do not have the same unhealthy effect as the commercially made trans fats.

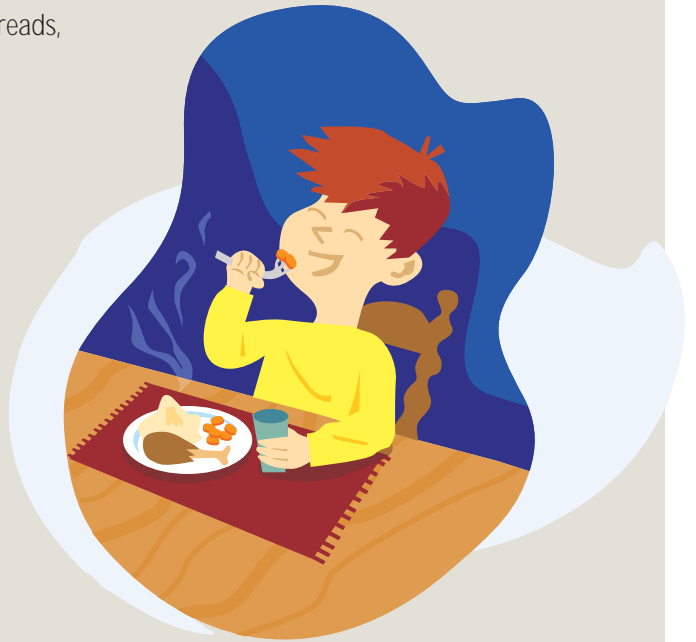
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## ***Examples of food which may contain trans fat:***

- ★ Baked goods such as muffins, cookies, breads, cakes
- ★ Processed chicken nuggets or 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 homemade meals rather than packaged. Eat at home more often as a family!





*Some of your child's favourite meals.  
Eating healthy does not need to be boring!*

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## Alphabet Pancakes

375 ml (1 1/2 cups) flour  
 15 ml (1 tbsp) baking powder  
 20 ml (3 3/4 tsp) salt  
 45 ml (3 tbsp) melted, non-hydrogenated  
 margarine or vegetable oil

1 egg  
 300 ml (1 1/4 cups) milk  
 15 ml (1 tbsp) sugar

1. Combine dry ingredients in a bowl.
2. Add wet ingredients and mix until combined.
3. Pour batter into frying pan in the shape of the letters of the alphabet. You can put the batter in a funnel or a bag cut at the corner, and squeeze out the batter to make the letters.
4. Cook pancakes until bubbles start appearing on surface; turn carefully and cook the other side.

Makes 3 - 4 servings.



*Need to fibre it up? Mix whole wheat flour to the white flour. 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 (1/2 cup) onion, finely chopped  
 375 ml (1 1/2 cups) 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 (3/4 cup) cheese.
4. Pour into an ovenproof 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.



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

## Food for Thought:

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

## Food for Thought:

*Pasta is a source of vitamin B and iron.*



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## Food for Thought:

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

## 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  
 1 can of beans of your choice (540 ml / 19 oz) of kidney, black beans, fava, etc.  
 1 large can of diced tomatoes (796 ml / 28 oz)  
 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.
3. Add tortellini and boil for the amount of time indicated on the package.
4. Ready to serve when tortellini and veggies are tender.
5. Remove bay leaf. Serve in individual bowls and sprinkle with Parmesan if desired.
6. Add extra water or stock to leftover soup if it becomes thick.

Makes 6 - 8 servings.



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

## Food for Thought:

*Sweet potatoes are an excellent source of vitamin A.*

## 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.



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

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## Mamma'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
3 x 445 ml (14.5 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.



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

## 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.*

1 pepper or other vegetable sliced	250 ml (1 cup) grated cheese
15 ml (1 tbsp) vegetable oil	500 ml (2 cups) cooked warm chicken
1 onion sliced	300 ml (1 1/4 cups) salsa
1 diced tomato	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.



*Want to try something a bit different? Try other great varieties of tortillas, such as tomato or spinach.*

## Food for Thought:

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

## Food for Thought:

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



## Food for Thought:

*Meat is the best source of iron for you and your kids. Add vitamin C - rich foods like broccoli, red peppers, 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 or powdered ginger  
 350 g (3/4 pound) boneless chicken breast  
 1 onion, cleaned and cut in thin wedges  
 1000 ml (4 cups) mixture of fresh vegetables  
     Firm: carrots, broccoli, cauliflower, celery and 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. Prepare the garlic and ginger, place in a small bowl and set aside.
3. Cut the chicken in thin strips.
4. Using a clean cutting board, slice the vegetables into bite-sized pieces. Place in separate piles on the counter or on a baking sheet.
5. Heat 15 ml (1 tbsp) of oil in a wok or large frying pan.
6. 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.
7. Heat remaining 15 ml (1 tbsp) of oil in pan and cook vegetables. Start with the firm ones, then add the medium and soft 1-2 minutes later.
8. Add the chicken and stir fry for one more minute to heat through. Empty on to a platter or large plate.
9. Cook the sauce in the same pan, stirring constantly until clear. Pour over the stir fry and serve with cooked rice or noodles.

Makes 4 - 6 servings.

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



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

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## Salmon Nuggets

213 g (7 1/2 oz) canned salmon  
 50 ml (1/4 cup) chopped green onions  
 15 ml (1 tbsp) mayonnaise  
 5 ml (1 tsp) lemon juice  
 375 ml (1 1/2 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.*



*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.*

## 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 (1/4 tsp) vegetable oil  
 1 7-inch flour tortilla

1. Whisk together egg, milk, salt, pepper.
2. Heat 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. A little bit of this and a little bit of that will add more fibre, calcium and vitamin D to this recipe!*

*Add some chopped vegetables for additional vitamins and minerals.*

## Food for Thought:

*Salmon is one of the best choices for DHA (doco-hexaeisonic acid) which is 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.*

## Baby-Friendly Tip:

*When serving fish to young children, always check for bones that might cause them to choke.*

## Food for Thought:

*Parsley is a source of vitamin C.*



**For parents and caregivers of young children.**

## Food for Thought:

To prevent the toppings from slipping off, sprinkle some of the mozzarella on top of the sauce before adding the other toppings.

## Pita Pizzas Pizzazz

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

1. Preheat oven to 230°C (450°F).
2. Put 50 ml (1/4 cup) of sauce on top of each pita.
3. Let your child choose what toppings to add. Top each pizza with cheese.
4. Put pizzas on baking sheet.
5. Bake for 10 minutes or until cheese is bubbly.

Makes 4 pizzas.



*Provide choice...offer different toppings so your kids can mix and choose. Try pineapple, olives, mango pieces, asparagus, feta cheese, broccoli flowerets, etc.*

## Food for Thought:

When tomatoes are cooked they release an ingredient called lycopene which is very good for your health.

## Easy Chickpea Curry

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

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

Makes 6 - 8 servings.



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

**Cooking up some fun!**



## Awesome Apple Crisp

900 g (5 cups) apples, washed, peeled and sliced  
 25 ml (2 tbsp) brown sugar  
 125 ml (1/2 cup) rolled oats  
 50 ml (1/4 cup) all-purpose flour  
 125 ml (1/2 cup) brown sugar  
 2 ml (1/2 tsp) cinnamon  
 75 ml (1/3 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 brown sugar, rolled oats, all-purpose flour, 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.



*Instead of using just all-purpose flour, mix half whole wheat flour and half all-purpose flour to add extra fibre.*

## Frozen Yogurt-Sicles

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

1. Mix all ingredients.
2. Pour equal portions into popsicle moulds. Paper cups work well with a popsicle stick or plastic spoon for a handle.
3. Freeze.



*If your child doesn't drink enough milk, add a few teaspoons of skim milk powder to this recipe. She'll be getting extra calcium and vitamin D without even knowing it!*

### Food for Thought:

*Rolled oats and apples are good sources of fibre.*

### Food for Thought:

*Berries are good sources of antioxidants and fibre.*



## Food for Thought:

*Milk is one of the best sources of vitamin D. Most yogurts are not a source of vitamin D.*

## Icy Dicey Smoothie

250 ml (1 cup) milk  
1 scoop of frozen yogurt  
125 ml (1/2 cup) diced 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.



*If you have no fresh or frozen fruit, canned fruit is great too! Buy the canned fruit in its own juice or drain the liquid if it is in syrup.*

## Food for Thought:

*Omega-3 fatty acids are important for children's healthy development of the eyes, nerves and brain.*

## Yummy in the Tummy Banana Muffins

125 ml (1/2 cup) all-purpose flour  
125 ml (1/2 cup) whole wheat flour  
12 ml (2 1/2 tsp) baking powder  
1 ml (1/4 tsp) baking soda  
175 ml (3/4 cup) rolled oats  
50 ml (1/4 cup) lightly packed brown sugar  
125 ml (1/2 cup) white sugar  
2 medium, ripe bananas  
1 egg  
125 ml (1/2 cup) milk  
45 ml (3 tbsp) non-hydrogenated margarine, melted

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.
4. Stir banana mixture into the dry ingredients. Stir just until blended. Do not over mix.
5. Lightly grease 12 large muffin cups. Put the muffin batter into the muffin cups.
6. Bake in oven until tops are firm when lightly touched with your finger, about 18-20 minutes.
7. Remove muffins from the tin and cool.

Makes 12 muffins. For little tummies, use mini muffin cups...they are more appealing to kids!

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



*Add 15 ml (1 tbsp) of flaxseed powder to increase the fibre and omega-3 fatty acid content of your recipes.*

**Cooking up some fun!**



## Grandma's Rolled Oat Cookies with Filling

### Cookie Ingredients:

375 ml (1 1/2 cups) all-purpose flour  
 375 ml (1 1/2 cups) rolled oats  
 5 ml (1 tsp) baking soda  
 125 ml (1/2 cup) non-hydrogenated margarine  
 125 ml (1/2 cup) hot water

### Filling Ingredients:

500 ml (2 cups) chopped dates  
 125 ml (1/2 cup) water  
 50 ml (1/4 cup) granulated sugar  
 5 ml (1 tsp) vanilla

### Cookie Instructions:

1. Preheat the oven to 160 C (325 F).
2. Combine flour, oats and baking soda.
3. Cut in margarine until mixture resembles coarse crumbs.
4. Add enough water to shape the dough into a roll.
5. Wrap in waxed paper; refrigerate overnight.
6. Remove the cookies from the fridge.
7. Cut cookie dough into thin 3mm wafers (1/8 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 then 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 tbsp) date filling between 2 cookies.

Makes 3 dozen filled cookies.

Source: *Great Food*, Copyright 2002. Published by Robert Rose.  
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*Add a few teaspoons of natural bran to boost up the fibre!*

### 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.*

### Food for Thought:

*If you are short on time, just make the cookies without the filling.*



## Food for Thought:

*Many children are not eating enough vegetables and fruits. Children will love making this recipe and eating it too!*

## Make-Your-Own Fruit Kabobs

*Children often like to eat their own creations.*

Here are some ideas for children to make their own kabobs. 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, provide close supervision of young children. As an alternative, try thin straws).

Here are some ideas of foods that you may want to have the children choose from:

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!

### Method:

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



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

**Cooking up some fun!**



Call **Region of Peel – Public Health** at **905-799-7700** to speak to a Public Health Nurse with any questions you have about feeding your family.

Call **EatRight Ontario** at **1-877-510-5102** to speak to a Registered Dietitian.

## *Check out these books, websites and pamphlets.*

### ***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

### ***Websites***

- ★ Region of Peel, Peel Healthy Kids website  
[www.peelhealthykids.ca](http://www.peelhealthykids.ca)
- ★ Peel Public Health, Healthy Eating  
[www.healthyeatingpeel.ca](http://www.healthyeatingpeel.ca)
- ★ Eating Well With Canada's Food Guide  
[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)
- ★ Dietitians of Canada  
[www.dietitians.ca](http://www.dietitians.ca)
- ★ Health Canada, Healthy Start for Life  
[www.dietitians.ca/healthystart/index.asp](http://www.dietitians.ca/healthystart/index.asp)
- ★ Canadian Pediatric Society  
[www.cps.ca](http://www.cps.ca)
- ★ Canadian Health Network  
[www.canadian-health-network.ca](http://www.canadian-health-network.ca)
- ★ Healthy Ontario  
[www.healthyonario.com](http://www.healthyonario.com)
- ★ Anaphylaxis Canada  
[www.anaphylaxis.ca](http://www.anaphylaxis.ca)
- ★ Toronto Public Health  
[www.toronto.ca/health](http://www.toronto.ca/health)
- ★ EatRight Ontario  
[www.Ontario.ca/EatRight](http://www.Ontario.ca/EatRight)



## *Pamphlets*

*- Call Peel Public Health to order your copy*

- ★ Your Kids are Listening: Set a Healthy Example When Your Kids are Young
- ★ Breastfeeding Your Baby
- ★ Feeding Your Baby: From Six Months to One Year. Your guide to help you introduce food to your baby.
- ★ Do You Need New Snack Ideas?
- ★ Is Your Child a Picky Eater?



*Cooking up some fun!*







*To speak with a Public Health Nurse or Registered Dietitian for more ideas on how to help your child eat healthy, be active and feel good, call Region of Peel — Public Health at*

**905-799-7700**

*or visit [www.peelhealthykids.ca](http://www.peelhealthykids.ca)*