

This mini-guide has been written by parents, one of whom is a Nutritionist.



# Healthy Eating

## Recipes and Suggestions

Parent Mini  
Guides

The Three Schools

### Packed Lunches

Some children may prefer to have a packed lunch from home instead of a school meal. We would like to encourage parents to help their child make sensible food choices by providing food which is consistent with the nutritional standards provided by school meals.

Packed Lunches should be based on the EatWell plate model, click the link below to access the guide.

<https://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

You can use the guide to help make healthier choices when cooking a meal at home, eating out, or planning what to eat.

Include one each of the following food group to make sure your child's lunch is healthy and nutritious:

**Starchy Carbohydrates** - important for sustained energy. You can choose from various types of bread such as wraps, chapattis, pitta and bagels. Wholegrain options contain more fibre so is a better choice if possible. Other options are noodles, pasta, rice, potatoes and cereals such as couscous.

**Fresh fruit**, canned fruit in natural juice is ok however avoid the ones in syrup. Satsuma segments, grapes, berries, melon slices. Dried fruit is also a good choice such as raisins, apricots and sultanas. Dried fruits and juice do have a high sugar content and so are best eaten as part of a meal rather than a between meal snack to reduce the risk of tooth decay.

**Vegetables or salad** – Cucumber, carrot and pepper sticks, celery, sugar snap peas, baby corn – these are all great as they are or to have with a houmous or other bean dip. Cherry tomatoes, lettuce, avocado and cress are also good salad items.

**Protein** -Eggs, oily fish such as salmon or tuna, lean meats or meat substitutes such as tofu, soya and beans and pulses. These items work well in sandwiches, wraps or salads

**Dairy /dairy substitutes** - low fat cheese cubes or slices, low fat and sugar yoghurt or fromage fraise. Reduced fat and sugar Rice pudding or custard pots are good puddings.

**Drink** – Plain water or milk is best for a child's teeth, but if choosing to include a fruit juice, dilute it with water to make it more hydrating and to reduce the sugar content. Avoid squashes, flavoured milks and waters as often these will have high sugar content and the ones labelled sugar free offer very little nutritional benefit.

Click the link below for lots of great lunch box ideas

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#xHlz1ysuQdZX8UUf.97>

### Recipes

#### **Mediterranean Vegetable Wrap**

A healthy main meal or Lunch box item

#### **Ingredients**

1 TBSP Olive oil

1 Red pepper sliced into strips

1 Yellow pepper sliced into strips

1 Courgette cut into chunks

1 Onion sliced

1 pack reduced fat halloumi cheese

1 TBSP Italian seasoning/mixed herbs

Wholemeal wraps / Pitta breads

#### **Method**

Put all vegetables and cheese into oven proof dish and toss with olive oil.

Sprinkle over the herbs.

Cook at 180° fan for 30-40 mins stirring half way through.

Spoon into wraps or pitta.

You can use sliced chicken breast instead of Haloumi.

Spread houmous in wrap or pitta before loading with the filling for added protein.

### No Added Sugar Banana Bread

This is a great little recipe which is popular with children and will keep for 1 week in an air-tight tin. It is great for a nutritious snack between meals or for a packed lunch! There are **no processed** sugars in this recipe; the sweetness comes from natural sweetness of the bananas and orange juice and whole meal flour adds fibre to the bread.

#### Ingredients

30g oil ( olive, coconut or rapeseed)	200g Whole wheat flour
3 Very ripe bananas (The riper the better)	50ml Pure orange Juice
2 Tsp Cinnamon powder	1 TSP Vanilla Essence
1 TSP Bicarbonate of soda	2 Eggs – beaten

#### Method

Grease and line a loaf tin and pre-heat oven to 160° fan

Sift flour, cinnamon and bicarbonate of soda.

In a separate bowl, combine, eggs, vanilla, orange juice and oil.

Fold in the flour mix and stir

Finally, mash bananas into a pulp and stir in.

Pour into tin and bake for 50-60 mins.

Once cooked, allow to cool before removing from tin.

Optional- You can add a handful of raisins or other dried fruit or chopped nuts to the mix.

### Cheese Broccoli and Tomato Muffins

Another snack or lunchbox idea. These freeze well and make 12 muffins.

Grease muffin tins.

Pre heat oven to 160° fan oven

#### Ingredients

- 6 Broccoli florets, cooked and chopped
- 8 Cherry tomatoes – chopped
- 100g- Mature cheese - grated
- 230g Self raising flour - sifted
- 150 ml semi skimmed milk
- 2 eggs – beaten
- Pinch mixed herbs ( opt-chopped basil leaves)

#### Method

In a bowl, mix the flour, cheese, and chopped broccoli

Add chopped tomatoes, milk, herbs and mix thoroughly

Spoon the batter into the greased muffin tins halfway up

Bake for 25 mins or until golden