



healthyfood@sport

8 Good Foods Young Kids Love – Fact Sheet

(and why they are good for them!)

Fruit - universally liked, sweet and enjoyable. It is nutritious and refreshing. And remember, whole fruit contains more fibre than juice. Think about bananas – they are beautiful for babies and scrumptious in smoothies.

Yoghurt - smooth and pleasant, and an excellent food for children. A good source of dairy for those unable to digest milk or those with lactose intolerance, yoghurt adds friendly bacteria to the gut. It is also acceptable in most non-western cultures.

Bread - our first convenience food – soft, chewy and satisfying. You can do a million things with the humble loaf – from toast to sandwiches, and jaffles to pudding. Bread is a quick food for kids who can't sit still for long. Choose mostly wholegrain and/or high fibre varieties.

Breakfast cereals - convenient, nutritious, and mostly low in fat (except for toasted types). They make a good snack and are a food that children can prepare for themselves. The enormous variety of cereals available caters for all dietary needs, but make sure you choose low-sugar varieties (you can always sweeten with fresh fruit if need be). Importantly, eating cereal also encourages milk consumption. As with bread, look for wholegrain and/or high fibre cereal varieties.

Lean mince - a great, easy way to get kids to eat meat – the best source of bioavailable iron. Mince can be turned into kid-friendly meals like the ever popular spaghetti bolognese, savoury mince, meatballs, hamburgers, meatloaf and rissoles. Mince is both inexpensive and versatile, and can be kept frozen flat in 500g or 1kg packs so that you always have some on hand.

Pasta - a fabulous source of carbohydrates and energy, that is also relatively cheap. Most parents say 'thank goodness for macaroni, spaghetti and noodles' – they are soft and easy for kids to eat and can be served with endless variations of toppings.

Eggs - always in the fridge, a quick meal when other grocery supplies are low. Eggs are underrated with regard to their nutritional content due to cholesterol scares. However, eggs are popular with children and are a great standby for busy parents.

Baked beans - quick, handy and good to eat. One of the highest fibre foods, baked beans on toast is an excellent meal for kids. Make sure that you always have a can in the cupboard!

Remember to always supervise young children while they are eating and don't let them run while eating as this increases the risk of choking.



Hot Cross Scones – Recipe

EASTER and ANZAC Day: These two days are fast approaching. Why not try baking some Hot Cross Scones. This is a fun version of Hot Cross Buns and is an easy alternative for baking over the holidays.

Ingredients

Serves 8

$\frac{3}{4}$ cup self-raising flour (plus extra for dusting surface)

$\frac{3}{4}$ cup wholemeal self-raising flour

75 g poly unsaturated margarine

40 g light brown sugar

75 g sultanas

50 g mixed peel

$\frac{1}{2}$ tsp cinnamon

1 large egg, beaten

3 tbs buttermilk (plus extra for brushing)

50 g plain flour (for making crosses)

Method:

Preheat the oven to 220°C. Sift the self-raising flours into a large bowl; rub in the margarine with your fingers. Stir in the brown sugar, sultanas, peel and cinnamon. In a jug, beat together the egg and buttermilk. Pour into the flour mixture and bring together to make a soft dough. Lightly dust a work surface with extra flour, and then roll out the dough to 2 cm thickness. Use a 4 cm cutter to make rounds. Re-roll the trimmings and repeat to make more. Transfer to a non-stick baking sheet. Mix together the plain flour and 1-2 tablespoons of water and knead to make a smooth dough. Roll out, cut into thin strips and place as a cross on top of each scone. Brush with extra milk, then bake for 15 minutes or until well risen and golden.

Variation: Omit peel or sultanas if desired. Try replacing with diced apple or dates.

Serving suggestion: Eat while warm, or split and toast the next day and serve with a scraping of margarine or on its own.

Cost per scone: \$0.26 approximately for ingredients only

Information and recipe supplied by Nutrition Australia

www.nutritionaustralia.org

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