Quick and easy, no-cook snacks and recipes for parents and carers to make with their children.

EASY RECIPES AND SNACK IDEAS

MAKING FOOD FUN FOR YOU AND YOUR CHILD
Encouraging children under 5 to eat a healthy balanced diet can be a challenge. This is especially true as your child grows and they develop their own ideas about food. Children are often attracted to the many high fat, high sugar, high salt foods on offer to them just like adults.

Make & Taste for Tiny Tums are quick and easy, mainly no-cook snacks, ideas and recipes for parents and carers to make with their children, making food fun and developing key skills.

Learning about food with you can be a fun activity and will help encourage your child to have good eating habits. Though the recipes are suitable for all children, they are particularly for toddlers and under 5 years.

Toddlers will require more help to make the recipes, but as your child grows they will be able to manage more of the task themselves. Older children might manage to make some of the recipes by themselves.
Keeping your child safe while preparing food.

Children should be encouraged and helped to wash their hands;
• before touching food
• after visiting the toilet
• after coughing, sneezing or blowing their nose

Make sure work surfaces are clean.

Wearing an apron not only keeps clothes clean, it keeps food clean too.

Wash all fruit and vegetables.

Use a chopping board or a plate to chop fruit and vegetables.

Letting your child help tidy up is part of learning about food.

Show and help your child use kitchen equipment safely. Encourage children to use simple, non-dangerous kitchen tools, such as potato mashers, mixing spoons.

Remember!
Some kitchen utensils, e.g. knives, graters, corers and scissors can be potentially dangerous and should only be used under strict adult supervision.
Good snack ideas
Cut into small finger size chunks

BREAD AND
PLAIN CRACKERS
bagel
tost
pitta
teabread
crumpets
(crackers
oatcakes
ricecakes
melba toast
(bread sticks
fruitloaf

CHEESE
edam
cheddar
stilton with apricot,
pasteurised brie
(smoked cheese
triangle of cheese spread
cheese strings

Watch out!
(it is best to eat dried
fruits, low sugar
biscuits and cereals at
meal times to protect
your child’s teeth
**Fruit**
- banana
- apple
- grapes
- melon
- strawberries
- oranges
- kiwi
- pear
- pineapple
- blueberries

**Vegetables**
- carrot
- cucumber
- cherry tomatoes
- cauliflower
- baby sweetcorn
- red, yellow, orange pepper
- celery
- broccoli
- mangetout
- peas

**Dips**
Dips can be a fun way to encourage young children to try different vegetables and salad. They can be easily made at home or bought ready made. Examples include:
- houmous (chickpea),
- tzaiki (yoghurt and cucumber),
- salsa (mild tomato),
- guacamole (avocado).

Make mini kebabs using vegetables like peppers, cherry tomatoes and cucumbers.
CRUMBLING AND TOPPING

CHEESE AND SALSA CRUNCH

FOODS YOU NEED
• plain (unsalted if possible) tortilla chips
• cranberry or apricot Wenslydale cheese (grated cheddar is a good alternative)
• mild tomato salsa

EQUIPMENT YOU NEED
• Chopping board or plate
• Spoon
• Serving plate

TO MAKE
• Break tortilla chips into smaller pieces and put onto a small serving plate
• Spoon a little salsa on top of the tortilla chips
• CRUMBLE or grate the cheese into smaller pieces and put on TOP of the salsa

Question
What age should I let my child make their own food?

Use Oatcakes or plain crackers instead of tortilla chips
BASHING AND SHAKING

CRUNCHY FRUIT ROCKS

FOODS YOU NEED
• Any fruit, banana, kiwi, peach or nectarine (fresh or tinned)
• Plain biscuit e.g. tea, digestive, oatmeal type biscuit

EQUIPMENT YOU NEED
• Dinner knife
• Chopping board or plate
• Rolling pin
• Food bag
• Paper cases or small tub

TO MAKE
• Wash and peel fruit (if required)
• Cut fruit into large cubes
• Put biscuit into a food bag and BASH using a rolling pin/ wooden spoon to crush the biscuits
• Drop the cut fruit into the crushed biscuit and SHAKE, SHAKE, SHAKE!
• Take the fruit rocks out of the bag and serve in a paper case or small tub.

Try other moist fruits, strawberries or pineapple. Tinned fruit in natural juice is especially good as it is moist and the crumbs stick on easily.

Answer

It’s never too early to get children involved in making their own food. Babies learn about food through touching, feeling, smelling and tasting. ‘Playing with food’ is normal and it is the way children learn. Involving your child in making food as they grow, is really great for learning and playing, encouraging skills for life, promotes healthy eating, and in particular encourages children to eat a range of foods including fruit and vegetables.
MASHING AND SPREADING

FRUITY PIZZA

FOODS YOU NEED
• Pancakes
• Fresh raspberries or strawberries or tinned in natural juice
• Banana
• Pineapple fresh or tinned in natural juice or satsumas
• Grapes
• Desiccated coconut (optional)

TO MAKE
• MASH the raspberries or strawberries to make a puree
• Thinly SPREAD puree on to the pancakes
• Slice the banana
• Cut the pineapple into small cubes
• Cut the grapes in half
• Arrange fruit on top of the pancake
• Sprinkle with coconut

EQUIPMENT YOU NEED
• Chopping board/ plate
• Fork
• Knife suitable for spreading

Savoury pizzas work well too. Spread with soft cheese, use grated carrot, cherry tomato, red peppers.
SLICING AND COUNTING

CATERPILLAR ONE, TWO, THREE

FOODS YOU NEED
- Piece of cucumber
- 1 small tomato
- Soft cheese spread
- Raisins
- Few lettuce leaves

EQUIPMENT YOU NEED
- Chopping board
- Knife suitable for spreading
- Sharp knife
- Plate

TO MAKE
- Wash and SLICE cucumber into rings (3 rings for each caterpillar)
- SLICE tomato into 3 rings
- Spread cheese onto the cucumber slices
- On the plate, put 2 slices of the cucumber alternating with a slice of tomato, overlapping each other
- Put the 3rd slice of cucumber on top
- Place 3 raisins on top for 2 eyes and 1 for the nose

For toddlers have the cucumber and tomato ready sliced. A little bit of soft cheese will help the tomato stay in place.

Question
No matter how hard I try to encourage my child to eat fruit for a snack, all they want to eat is crisps and sweets. What can I do?
MIXING AND CRUSHING

FRUIT CRUNCHIES

FOODS YOU NEED
• Selection of dried fruits e.g. raisins, cranberries
• Any low sugar cereal e.g. Krispies or Cornflakes
• Greek Style natural yoghurt or plain fromage frais

EQUIPMENT YOU NEED
• Mixing bowl
• Spoon
• Paper cases or small tub

TO MAKE
• Place cereal in a mixing bowl and CRUSH with their hands to make smaller pieces
• Add the dried fruit and mix together
• Add a few spoonfuls of fromage frais or yoghurt, and MIX together to bind fruit and cereal
• Spoon into small paper cases or small tubs

Answer
It can be difficult to encourage children to eat healthy snacks. If a child is involved in preparing their snack then they are more likely to eat it. Spend time together doing this, as well as being fun it will help your child find out more about healthy food which may help to encourage them to try other snacks.

To add lots of colour use a variety of dried and exotic fruit pieces for example dried pineapple, mango or guava.
CHOPPING AND LAYERING

FRUITY CRUMBLE TUMBLERS

FOODS YOU NEED
• Fruit tinned in natural juice e.g. pears, peaches, pineapples
• Greek style natural yoghurt
• Cereals e.g. Cornflakes, Krispies

EQUIPMENT YOU NEED
• Tin opener
• Clear plastic cup
• Knife suitable for cutting
• Spoon
• Chopping board or plate

TO MAKE
• CHOP tinned fruit into small chunks then spoon into the bottom of a clear plastic cup
• Spoon yoghurt on top of the fruit LAYER
• Sprinkle cereal over the yoghurt
• Repeat the LAYERS if desired
• These are best eaten straight away

Allow your child to experiment with the order and number of layers. Use different fruits with different colours on each layer.
TEARING AND WRAPPING

SALAD TORTILLA WRAPS

FOODS YOU NEED
- Tortilla wraps
- Houmous
- Salad/lettuce leaves
- Cucumber
- Mild salsa

EQUIPMENT YOU NEED
- Knife suitable for spreading
- Chopping board
- Plate
- Spoon

TO MAKE
- Wash all vegetables
- TEAR the lettuce into small pieces
- Slice or chop the cucumber into chunks
- Cut tortilla wraps in half (semi-circles)
- Spread tortilla with houmous and salsa
- Put cucumber and lettuce on top
- Then fold the WRAP into a wee parcel

Question?
Does it matter what food I give my child at snack time even if the rest of their food is healthy?

Use soft cheese in place of houmous. As your child develops chopping skills, add more vegetables, like slices of peppers.
STUFFED PITTA POCKETS

FOODS YOU NEED
• Mini pitta pockets or half of a full size pitta pocket
• Carrot
• Cheddar cheese
• Apple

EQUIPMENT YOU NEED
• Chopping board
• Plate
• Grater
• Knife suitable for cutting
• Peeler
• Small bowls for mixing

TO MAKE
• Wash and peel the carrot
• Wash and core the apple
• GRATE the carrot and cheese, chop the apple into small cubes
• Put carrot, apple and cheese into separate bowls, children can select what they want and mix together in a small bowl
• STUFF pitta pockets with the mixture

Answer
Yes - although your child’s meals are healthy it is important to continue to build on their experience of healthy food. High calorie snacks like sweets, chocolate, biscuits, fizzy juice and squash can lead to tooth decay, and dull their appetite for healthy food. By helping your child to learn about healthy food you could reduce their risk of heart disease, high blood pressure and diabetes in later life.
CUTTING AND SPOONING

SALMON BOATS

**FOODS YOU NEED**
- Baby gem lettuce
- Small tin of salmon
- 1 spoon of mayonnaise
- Carrot
- Fresh herbs (chives or dill) optional

**EQUIPMENT YOU NEED**
- Colander
- Peeler
- Grater
- Scissors
- Spoon
- Plate

**TO MAKE**
- **CUT** the hard end off the lettuce this will allow the leaves to separate
- Rinse the lettuce leaves individually and put into the colander and leave sitting over a bowl to drain any extra water, or dry with paper towel
- Wash, peel and grate the carrot into a small bowl
- Use scissors to **CUT** the fresh herbs into small pieces
- Drain the salmon and put into a bowl, add the mayonnaise and mix together until smooth

**MAKE THE BOATS**
- If you hold the lettuce leaf you will see that one way it has a well on it like a boat, **SPOON** salmon mixture into the well on the lettuce leaf
- Place on the serving plate
- Decorate with grated carrot and chopped herbs

Add a sail made with a triangle of cheese (cheddar or cheese triangles)
FILLING AND ROLLING

ROLY POLY PIECES

FOODS YOU NEED
• Thin slice bread (wholemeal or white)
• Choose a filling:
  – tuna and low fat mayonnaise
  – cheese spread and mild salsa
  – mashed banana
  – houmous

EQUIPMENT YOU NEED
• Knife suitable for spreading
• Chopping board or plate
• Rolling pin

TO MAKE
• Cut crust off bread
• Use the rolling pin to flatten the bread
• Spread a little FILLING onto bread
• ROLL up like a swiss roll from the short end
• Place on a flat surface with join on the bottom and slice into 2 - 4 pieces

Try making fruity roly poly’s using thin crepes. Thinly spread mashed fruit (banana or soft fruits) onto a crepe, sprinkle with coconut, roll into a swiss roll and cut into 2 - 4 pieces

Question?
My two year old daughter eats a healthy balanced diet, my health visitor has told me that she still needs extra vitamin D.
THREADING AND DRIZZLING

FRUIT PANCAKE KEBAB

FOODS YOU NEED
- Choose 2 or 3 fruits: strawberries, raspberries, melon, pineapple, kiwi, peaches, nectarines, grapes, satsuma, banana, apple
- Natural greek style yoghurt or fromage frais
- Small pancakes

EQUIPMENT YOU NEED
- Knife suitable for cutting
- Cocktail sticks or skewers
- Chopping board
- Plate
- Teaspoon

TO MAKE
- Wash and peel fruit where required
- Chop larger fruit into small chunks
- Cut the pancakes into quarters
- To make the kebabs THREAD a piece of pancake followed by 2 pieces of fruit and repeat until the cocktail stick/skewer is full
- DRIZZLE the yoghurt or fromage frais over the fruit pancake kebabs or put into a small tub for dipping

Take care when using the cocktail sticks or skewers, as they can be quite sharp. Children should not be left unsupervised when making or eating these kebabs.

Answer

Growing children, even those who eat a varied diet will not get enough vitamin D through food alone. The best source of vitamin D is summer sunlight. It is important to protect children's skin from sunlight, however they are then at risk of not getting enough vitamin D. That is why it is recommended that children up to age five years are given supplements that contain vitamins A, C and D.

Check if you are entitled to Healthy Start vitamins
www.healthystart.nhs.uk

If you are not entitled to Healthy Start vitamins then ask your pharmacist about an appropriate vitamin supplement for children. Most pharmacies are able to sell Healthy Start vitamins.
RUBBING AND SQUIDGING

APPLE SCONES
THIS RECIPE USES A HOT OVEN AND THEREFORE REQUIRES ADULT SUPERVISION

FOODS YOU NEED
• 8 spoons of self-raising flour
• 1 spoon of sunflower spread
• 1 spoon of sugar
• Finely chopped or grated apple
• 6 to 8 spoonfuls of milk

EQUIPMENT YOU NEED
• Bowl
• Knife
• Dessert spoon
• Baking tray

TO MAKE
• Preheat oven to gas mark 6 or 200°C
• Put flour into a bowl
• Add spread use the knife to chop the spread into the flour
• Use fingertips to RUB flour and spread together until it looks like breadcrumbs
• Stir in sugar and apple
• Add spoonfuls of milk to form a sticky SQUIDGY dough (add more milk if needed)
• Turn dough onto a well floured surface
• Use hands to pat dough and flatten slightly. Dough should be quite thick
• Make into shapes using hand or cutter, place on baking tray. Bake in oven for about 10 - 15 mins until risen and golden brown

Scones are a great introduction to baking as the experience is soothing and tactile, allowing children to feel different textures and create lots of shapes. Let your child enjoy rubbing in, then when you add the milk, your child can mix this and feel the squishiness and make into shapes, by hand or cutter. Although, the scone may not be as light and airy, your child will still have created an edible scone.

Omit the apple and sugar, add grated cheese and use as a base for a pizza. Top with tomato and grated cheese before cooking.
Make & Taste for Tiny Tums

The recipes and snack ideas have all been designed for you to make with your child, so you can:
• spend time together and have lots of fun
• experiment and become actively involved in learning about food and developing new tastes
• become familiar with healthy foods such as fruit and vegetables
• investigate and discover different shapes, colours, textures and smells

www.healthystart.nhs.uk
Healthy Start information, how to apply, recipes and advice.

www.nhsforthvalley.com/healthpromotion
NHS Forth Valley Health Promotion - click “Nutrition” - information on healthy eating and to download a range of nutrition resources.

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