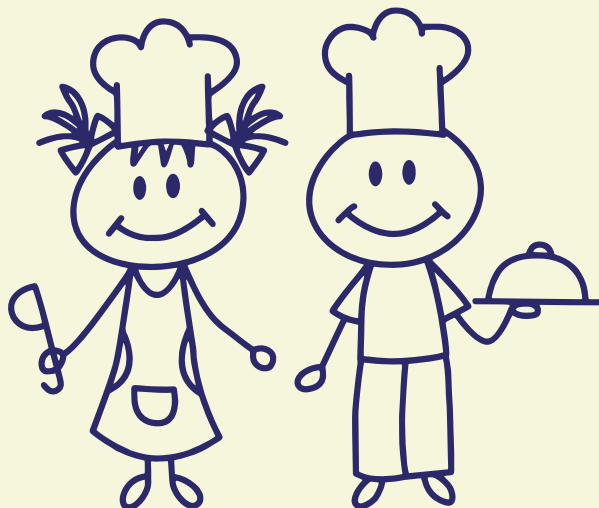


Make & Taste



Simple Snack Ideas

Making Food Fun

**Quick, Easy, Low Cost
Non - Cook Food Activities**

For more easy,
low cost recipes





Make & Taste

Keeping your child safe while preparing food together

- Encourage and help your child to wash their hands with warm water and soap and dry thoroughly:

- Before touching or eating food
- After visiting the toilet
- After coughing, sneezing or blowing their nose



- Make sure all work surfaces are clean, tidy and free from clutter.
- When in nursery or school, provide clean aprons to those involved in the cooking activity and encourage participants to tie back long hair, remove jewellery and roll up their sleeves.
- Wash all fruit and vegetables including herbs.
- Use a chopping board or a plate to chop fruit and vegetables on.
- Encourage your child to help tidy and wash up, as it is part of learning about food.
- Show your child how to use non-dangerous kitchen tools, such as potato mashers, mixing spoons.
- Show and help your child how to use kitchen equipment safely – some utensils e.g. knives, graters, corers and scissors can be potentially dangerous, so should only be used under strict adult supervision.
- Avoid giving your child glass bowls and measuring jugs, just in case they get dropped or broken.

Be allergen alert!



Make sure no-one has any food allergies or intolerances to the food products that you are using in the session.



Remember young children should always be supervised whilst preparing, cooking or eating food.

Make & Taste



Make Learning about Food Fun

Encouraging children, particularly young children to eat a wide variety of foods can be a challenge. This is especially true as they grow and develop their own ideas about food.

Most children like and often choose high fat, sugar and salty foods.

The food activities within Make & Taste contain foods from four main food groups. (1) Fruit and vegetables (2) starchy foods including bread and plain cereals and (3) protein foods including beans, peas, lentils, eggs, fish and meat and (4) dairy foods including milk, cheese and yoghurt. Commercially, ultra-processed manufactured food and snacks are not required to meet a child's nutritional requirements.

Variety and Balance

Eating a variety of foods across the food groups is important for growth, keeping our body healthy, as well as encouraging lifelong good eating habits. Young children should have the opportunity to try unfamiliar vegetables multiple times to help develop and support their regular consumption.

Regular Eating

Aim to eat regular meals and healthy snacks at least every 4 hours to satisfy hunger, keeping the body fuelled and energised.

Get Children Involved

Encouraging children to become involved in preparing snacks and cooking meals introduces them to simple food skills, and means they are more likely to try new foods they have prepared.

Eat Together

After preparing, cooking and creating meals and snacks, it's a great idea to sit down together to eat. Children are more likely to eat better and try new foods if they see an adult or other child eating it - Be a good role model!

Eating patterns are developed in the early years and will stay with a child into their adulthood.



Make & Taste

**Remember
Children need smaller
portions than adults.**

Starchy Foods

Bread including white, wholemeal, granary, seeded, baguette or flat bread

Bread rolls including bagels, pitta pockets, tortilla wraps, crusty rolls or seeded rolls

Toast

Crumpets

Crispbreads, breadsticks

Unsalted rice cakes, oatcakes or crackers

Melba toast

Pancake, scone

Fruit tea loaf

Chapatis or plain baked naan bread

Breakfast cereals opt for low sugar versions



**Wholegrain and high-fibre
foods can gradually
be added to
young children's diets.**



Make & Taste



Fruit and Vegetables

Fresh fruit and vegetables should be included to ensure that children are offered a range of different tastes and textures. Tinned fruit in juice or frozen fruit and vegetables can also be offered.

Examples of fruit to try include bananas, apples, melon, strawberries, oranges, kiwi, pears, pineapple, mango or blueberries.



Vegetables can be eaten raw examples include carrot, cucumber, cherry tomatoes, cauliflower, baby sweetcorn, peppers, celery, broccoli, mangetout or peas.

Dips can be a fun way to encourage young children to try different and new types of vegetables and salad. Try making the tomato salsa, guacamole, sweetcorn salsa or yoghurt, cucumber and mint dip.



Choking Hazard

Raw pieces of hard vegetable or unripe fruit or small whole fruits like grapes can cause a child to choke, if they are not chewed properly.

Therefore small round foods, like grapes, strawberries and cherry tomatoes, should be cut lengthways and then into quarters.

If you are offering raw fruit or vegetables, make sure it is washed thoroughly.

Dried fruit have a high concentration of sugars and can cause tooth decay.

Small servings can be included but offer them at mealtimes.

Choose fruits and veg that are in season - they're cheaper and tastier too.

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Make & Taste

Protein and Dairy Foods Including Plant Based Alternatives

All types of cheese such as cheddar and soft cheese, make ideal snacks and can be eaten on their own or along with other foods. To include other protein foods try making Salmon Boats or Tuna Rice Cakes.



Yoghurts and fromage frais - Choose natural, unsweetened yoghurts. If needed, add some chopped fruit to sweeten.

Yoghurts and fromage frais should be eaten with a spoon and not sucked from a tube.



Non Dairy Alternatives

If children do not or cannot eat or drink dairy foods, there are many plant based alternatives available.

For young children it is advised that soya, oat or pea milks are unsweetened and calcium-fortified. Rice drinks should be avoided.

Pasteurised whole and semi-skimmed cow's milk can be given as a main drink, from 1 year of age.



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Make & Taste



Sustainable Eating in Early Years Settings

Teaching and talking to children about where food comes from and getting them involved in growing and preparing food is a great way to encourage conversations about food. It also provides opportunities for the children to sit together to try and taste new foods and dishes.

Think and plan ahead



- As part of your weekly menu, try to offer fewer meat based dishes.
- Base meals and snacks on starchy foods such as bread, plain cereals, pasta, rice or potatoes. Add fruit, vegetables including salad varieties.
- Buy local and seasonal foods whenever you can - they are often fresher, tastier and cheaper.
- Choose products with less or no packaging and opt for larger boxes or cartons, it'll produce less package waste, in the long run.
- When buying foods, remember to check the Use-by or Best Before dates. Choose the ones from the back of the shelf, they often have the longest dates.
- Store foods correctly - some fruit and vegetables last longer when they are stored in the fridge.

Reduce Food Waste

- Use appropriate portion sizes for the children you cater for.
- Know the number of children you're catering for each day, remember to factor in school holidays and in-service days.

Recycle and Reuse

- During snack and lunch time - use reusable plates, cups and cutlery.
- Recycle food waste by building a compost heap for fruit and veg peelings and grass cuttings.
- Reuse food containers for arts and crafts sessions in the classroom eg milk cartons into bird feeders or egg cartons to grow cress.

Take Home Messages

Think of ways you can share sustainable eating tips with families eg Offer reducing food waste tips via newsletters or display boards.



Make & Taste



Useful Websites and Resources

Best Start Foods and Best Start Grants

www.mygov.scot/best-start-grant-best-start-foods

Child Healthy Weight - NHS Forth Valley

www.nhsforthvalley.com/weight

Choose 'Child Healthy Weight'



Community Nutrition - NHS Forth Valley

www.nhsforthvalley.com/nutrition

Choose 'Grow and Cook' for recipes and growing guides

First Steps Nutrition Trust

www.firststepsnutrition.org

Food A Fact of Life

www.foodafactoflife.org.uk

Food Standards Scotland - Food Safety

www.foodstandards.gov.scot/consumers/food-safety

Food Standards Scotland

Food Safety & Healthy Eating Resources

www.foodstandards.gov.scot/education-resources

Let's Make A Bite To Eat - NHS Forth Valley

www.abitetoeat.org.uk

Parent Club - Food and Eating

www.parentclub.scot/topics/food-eating

Tiny Happy People - BBC

www.bbc.co.uk/tiny-happy-people

