

COOKING UP some FUN!

Fun, simple recipes
Meal planning tips
Nutrition information




York Region

For Parents and Child Care Providers

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IntROduCTiON

The current environment we live in has made it challenging for children to eat well. We run from one activity to another leaving little time to cook homemade meals or eat together as a family. We often rely on convenience food and restaurant meals. As a result, many children are not learning how to cook or how to eat well.

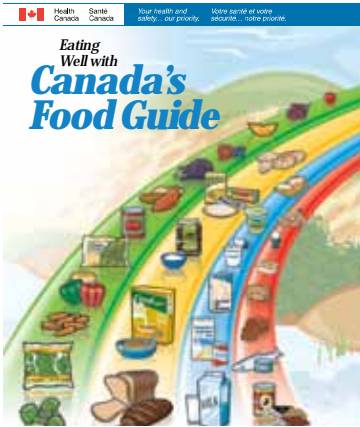
This booklet is for parents and caregivers of children three to 12 years of age. It includes nutrition information, meal planning tips, simple meal ideas and recipes to make with your children.

Cooking with your children provides an opportunity for them to learn important life skills while having fun. Cooking with your children will help them to:

- **Learn about nutrition and healthy eating.** Teaching kids to cook healthy food gives them skills that last a lifetime
- **Feel good about themselves.** Cooking will boost self confidence. Children are accomplishing a task, learning something important and contributing to the family
- **Create memories** that they, in turn, can pass on to their families
- **Try new food.** Children will be more likely to eat what they make
- **Learn real lessons in science, language and math**
- **Learn life skills.** This can be especially helpful when kids are on their own. They won't have to rely on fast food and junk food
- **Work together as a team** with a parent or sibling to get the job done
- **Practice creativity and imagination**

Children are always learning. What they learn in these early years will last a lifetime.

EATING WELL **With**



Eating Well with Canada's Food Guide

Good nutrition is important for all ages, especially for active, growing children. Use *Canada's Food Guide** to help you make wise food choices. Each of the four food groups in *Canada's Food Guide* has its own set of nutrients. Select a variety of foods from the four food groups to get the nutrients children need. To make each Food Guide Serving count, follow these recommendations.

Vegetables and Fruit

- Eat at least one dark green vegetable such as broccoli and spinach every day
- Eat at least one orange vegetable such as carrots and sweet potatoes every day
- Have vegetables and fruit more often than juice to get more fibre

Grain Products

- Make at least half of your grain products whole grain every day
 - Include a variety of whole grains such as barley, brown rice, oatmeal, whole grain breads and whole wheat pasta

*To get a copy of *Canada's Food Guide*, call York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933.



Canada's FOOD GUIDE

Milk and Alternatives

- Drink skim, 1 per cent or 2 per cent milk every day
 - Have 500 mL (two cups) of milk or fortified soy beverage every day for adequate vitamin D
 - Choose yogurt that contains vitamin D

Meat and Alternatives

- Have meat alternatives such as beans, lentils and tofu often
- Eat at least two Food Guide Servings of fish* each week that are high in omega-3 fatty acids and low in mercury
 - Choose fish such as char, herring, mackerel, salmon, sardines and trout

“Everyday” and “Sometimes” Foods

Food selection and eating should be approached positively. Foods should NOT be identified as “good” or “bad”. The word “bad” can cause negative feelings such as guilt or shame. It is important for children to understand that some foods are more nutritious than others, however, **all** foods can be eaten and enjoyed. To ensure healthy eating behaviours, classify foods as “everyday” and “sometimes” foods.

*To learn how to make healthy fish choices, call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 to get a copy of *A guide to eating fish for women, children and families*.



A multivitamin is rarely needed for healthy children who are growing well and following *Canada's Food Guide*.



IMPORTANT NUTRIENTS



Vegetables and fruit are a good source of fibre. Add them to a variety of recipes such as smoothies and sauces.

There are some important nutrients to highlight for children.

Fibre and whole grains

Most children do not eat enough whole grain or high-fibre foods. Whole grains are a source of fibre and are typically low in fat. Fibre-rich foods can help people feel full and satisfied, prevent constipation, lower blood cholesterol and stabilize blood sugar. A diet rich in whole grains may also help reduce the risk of heart disease.

- To find whole grain foods, look for the words “whole grain” followed by the name of the grain as one of the first ingredients (e.g., whole grain wheat)
- Look on the ingredient list of grain products (e.g., cereals) for fibre content of at least two to four grams per serving. A very high source of fibre contains six grams per serving

Fat

Beginning at two years of age, introduce the same lower-fat foods that are eaten by all family members. Remember, children between the ages of two and five years need enough calories for growth, so give them nutritious foods containing fat, such as milk or peanut butter.

FOR CHILDREN

The **type** of fat consumed is as important for health as the **total** amount consumed. Unsaturated fat, which includes oil (e.g., canola, olive and soybean oil) and the type of fat found in nuts, seeds and fatty fish, are good for your health. These fats are important sources of essential fats (omega-3 and omega-6 fats) that cannot be made by the body. Omega-3 fatty acid is necessary for the development of the brain, vision and nerves of infants and children and may also improve their language skills and coordination.

Include a small amount of unsaturated fat each day in your child's diet:

- Choose a soft margarine that has two grams or less of saturated and trans fats combined in the Nutrition Facts table
- Use a small amount of vegetable oil for frying rather than deep frying in oil
- In recipes, substitute unsaturated fats such as oil or soft margarine for butter, shortening or hard margarine

Avoid offering foods high in saturated fat (e.g., butter, full fat dairy products, fatty meats) and trans fat (e.g., baked goods, processed snack foods). A product which has the words "partially hydrogenated" or "shortening" in its ingredient list means that it contains trans fat. Read the label and choose products that list non-hydrogenated oils or no trans fat.

A diet low in saturated fat and trans fat can help reduce the risk of heart disease.

IMPORTANT NUTRIENTS FOR **ChILDrEn**



New research suggests vitamin D may help protect against diseases such as some cancers, diabetes and multiple sclerosis.



Sodium (Salt)

Most children consume too much salt as a result of eating too many convenience foods. Set a goal to prepare more food at home:

- Keep a good supply of ready-to-go foods in the kitchen (e.g., fruit, yogurt, homemade muffins, whole grain bread sticks)
- Do not allow the salt shaker at the table
- When buying processed food like soup and spaghetti sauce, look for low sodium

Vitamin D

Vitamin D is an important nutrient for both children and adults because it helps our bodies absorb calcium. Calcium helps build and maintain healthy bones.

There are only a few good food sources of vitamin D such as milk, fortified soy beverage, fatty fish, fish oils, margarine and egg yolks. Make sure you offer your children a total of two cups of milk or fortified soy beverage every day. This will help meet their requirement for vitamin D.

- Offer milk with every meal instead of juice or pop
- Make sure yogurt is low fat (2 per cent MF or less) and has been fortified with vitamin D

TIPS TO CREATE **HeALtHy** EATING HABITS

Here are some ways to help your children develop healthy eating habits and a healthy relationship with food!

- Eat at the table together. Research shows that families who eat together eat healthier
- You are your child's role model. Help them enjoy eating a variety of interesting and nutritious foods by enjoying them yourself
- Make mealtimes pleasant. Have a conversation without nagging or arguing
- Prepare the same meal for the family. Include one or two nutritious foods that you know your children will eat. They may not eat everything you prepare, and that's okay
- The amount of food children eat at each meal and snack will vary depending on their activity level and whether they are excited, tired or experiencing a growth spurt
- Be patient. If an unfamiliar food is rejected, offer it again, without pressure, on another day. The more often children are exposed to new foods, the more likely they are to accept them

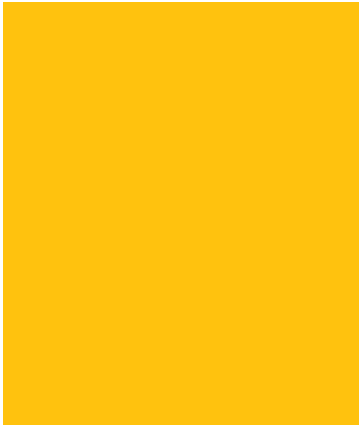
You
decide what,
when and where
food is offered.

Trust your child
to decide which
foods to eat and
how much to eat.

Satter, E. JADA 86:352. 1986



HeaLThy MEALS AND SNACKS



For all meals:

Include food from at least three different food groups:

- Grain Products – pasta, whole grain cereal, bread
- Vegetables and Fruit – tomato sauce, apple slices
- Milk and Alternatives – milk, fortified soy beverage, yogurt
- Meat and Alternatives – chicken, fish, chickpeas, eggs

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 concentrate and learn better.

- If your child doesn’t like 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 snacks:

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

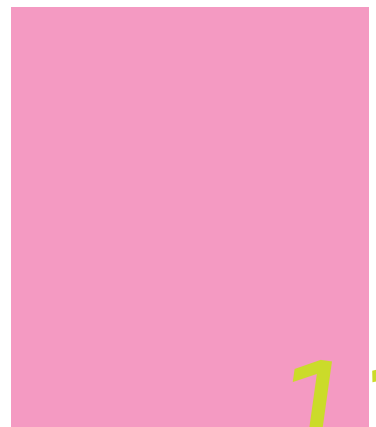
- Choose nutritious snacks such as whole grain breads and cereals, fruit, vegetables, milk, cheese, yogurt, meat and legumes (e.g., chickpeas)
- Limit sticky, sweet foods such as dried fruit and candy, which can stick to teeth and cause cavities
- Make sure snacks are planned and offered two or three times a day
- Serve snacks two to three hours before meals

Help your children feel good about themselves by accepting that healthy people come in all shapes and sizes.

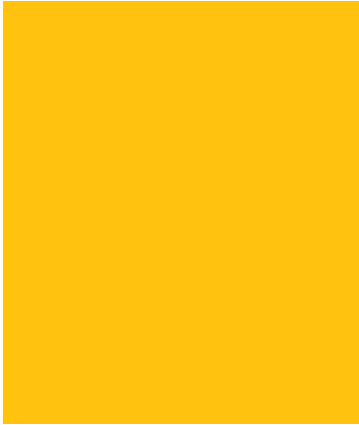
DRINKS FOR CHILDREN

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

- If children are thirsty, offer tap water
- Only serve milk (white or chocolate) or fortified soy beverage at meals
- Limit juice to 175 mL (6 oz) for children six years and under and 375 mL (12 oz) for children seven years and older
- Avoid pop and other sugary drinks such as fruit punch or fruit drinks
- Drinks labelled **fruit drink, beverage, punch, cocktail** or **-ade** are not real juice. Limit drinks that have sugar, glucose, or fructose in the ingredient list
- Avoid drinks that contain caffeine such as energy drinks, sport drinks, colas, coffee or tea. They can overstimulate a child



MEAL AND SNACK Ideas



Healthy snacks (two food groups)

- Whole grain pita, cheese
- Oatmeal muffin, blueberries
- Whole grain cereal, milk
- Unsweetened fruit cup, whole grain bread sticks
- 100 per cent fruit popsicle, whole grain crackers
- Yogurt, sliced apples sprinkled with cinnamon
- Plain popcorn (for children four years and older), 100 per cent orange juice

Healthy lunches (three food groups)

- Cheese sandwich on whole grain bun, apple sauce, milk
- Whole grain toast, peanut butter, yogurt, pear, water
- Bean burrito, dark green lettuce, grapes, chocolate milk
- Whole grain bagel, lean meat (e.g., chicken, beef), milk-based pudding, water
- Egg or tuna in whole grain wrap, banana, milk
- Lentil and pasta soup, whole grain crackers, cantaloupe, yogurt drink
- Cold vegetarian pizza on whole grain crust, canned peaches, milk

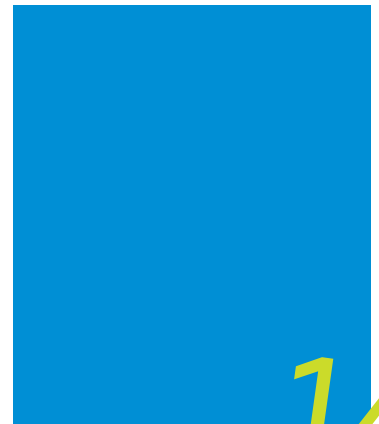
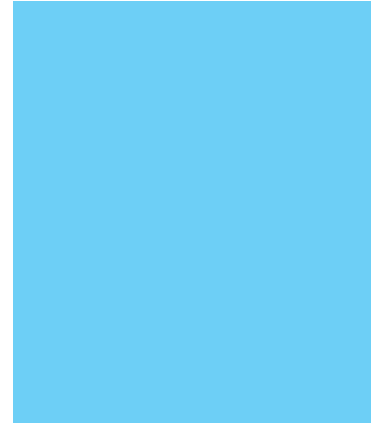
MENU PLANNING AND COOKING TOGETHER

A little planning can go a long way...

Preparing and eating healthy meals together as a family while juggling life's many demands can be challenging. Ease the stress of preparing healthy meals by planning. Spending just 15 to 20 minutes to plan your weekly menus can make it easier to stay organized.

Involve your family in meal planning. Ask them to suggest one or two of their favourite meals. Once you have your menu for the week completed, writing your grocery list will be easy.

Your children will grow up to enjoy cooking if you cook together. For young children, find tasks that are easy and safe such as pouring liquids, cutting soft foods with a blunt or plastic knife and peeling hard-cooked eggs. As children get older they will be become more helpful. Older children can do most of the tasks for simple recipes and you can be the assistant. Make it fun and even a picky eater will take more interest in the food they help prepare and will be more likely to eat it.



STOCK YOUR CUPBOARDS WITH BASIC INGREDIENTS

Use these suggested ingredients to help put together a quick and nutritious meal or snack any time. Buy them a few at a time and gradually build your supply.

Tip: Remember *Canada's Food Guide* recommendations when choosing your ingredients. For example, choose products that are whole grains, low in fat, salt (sodium) and sugar.

Grain Products

- Rice
 - brown
 - white
- Crackers
- Cereal
- Bread
- Pita
- Bagels
- Pasta
 - macaroni
 - spaghetti
 - lasagna
- Couscous
- Dried bread crumbs

Fats and Oils

- Soft margarine (non-hydrogenated)
- Vegetable oils
 - canola
 - olive
 - soybean
- Mayonnaise

Vegetables and Fruit

- Potatoes
- Onions
- Carrots
- Canned, fresh or frozen vegetables
 - corn
 - diced tomatoes
 - mushrooms
 - peas
 - broccoli
- Tomato paste
- Tomato sauce
- Unsweetened canned, fresh or frozen fruit
 - peaches
 - pears
 - berries
- Frozen 100% fruit juice concentrate

Milk and Alternatives

- Milk or fortified soy beverage
- Cheese
- Yogurt

Meat and Alternatives

- Canned or dried legumes
 - beans
 - peas
 - lentils
- Peanut butter
- Canned tuna or salmon
- Eggs
- Chicken

Baking Ingredients

- Flour
 - white
 - whole wheat
- Sugar
 - brown
 - white
- Baking powder
- Baking soda
- Cornstarch
- Vanilla extract
- Rolled oats
- Natural bran

Seasonings

- Salt
- Pepper
- Dijon mustard
- Chicken/beef bouillon cubes (low sodium)
- Soy sauce (low sodium)
- Vinegar
- Worcestershire sauce
- Ketchup
- Lemon juice
- Herbs and Spices
 - basil
 - ginger
 - oregano
 - thyme
 - paprika
 - cumin
 - chili powder
 - garlic
 - tumeric
 - bay leaves
 - coriander
 - cinnamon

ReCIPES



Golden Blueberry Pancakes

500 mL (2 cups) all-purpose flour
250 mL (1 cup) whole wheat flour
15 mL (1 tbs) white sugar
15 mL (1 tbs) baking powder
2 mL (1/2 tsp) baking soda
2 mL (1/2 tsp) salt
3 eggs
625 mL (2 1/2 cups) milk
125 mL (1/2 cup) plain yogurt
60 mL (1/4 cup) vegetable oil
500 mL (2 cups) fresh or frozen blueberries
5 mL (1 tsp) soft margarine

1. In large bowl, whisk together all-purpose and whole wheat flours, sugar, baking powder, baking soda and salt. In separate bowl, whisk eggs, milk, yogurt and oil; pour over dry ingredients and sprinkle with blueberries. Stir gently just until combined. A few lumps should remain.
2. In large non-stick frying pan over medium heat, melt margarine. Ladle about 60 mL (1/4 cup) batter per pancake into frying pan. Cook for about 2 minutes or until bubbles break in batter; turn and cook for 1 to 2 minutes longer or until golden and puffed. Repeat with remaining batter, adjusting heat as necessary to prevent burning.

Makes 4 to 6 servings.

Source: Adapted from 2006 Milk Calendar, Dairy Farmers of Canada.

Food for thought:

*Need more fibre?
Top your pancakes
with additional fruit
such as blueberries,
strawberries or
bananas.*

Cheesy Macaroni and Cheese

500 mL (2 cups) uncooked macaroni
284 mL (10 oz) can cream of mushroom soup
250 mL (1 cup) milk
125 mL (1/2 cup) onion, finely chopped
375 mL (1 1/2 cup) cheddar or mozzarella cheese, grated

1. Preheat oven to 180° 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 180° C (350° F) for 20 minutes. Turn oven to "broil" for 2 to 3 minutes, until cheese is browned.

Makes 4 to 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:

Homemade soups can have much less salt than canned varieties.

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 broth, low sodium
 500 mL (2 cups) mixed frozen, fresh or leftover vegetables (e.g., peas, corn, carrots)
 540 mL (19 oz) can beans of your choice (e.g., kidney, black beans, fava), rinsed and drained
 796 mL (28 oz) can diced tomatoes
 5 mL (1 tsp) oregano or Italian seasoning
 1 clove garlic, minced (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. Add tortellini and boil for the amount of time indicated on the package. It's ready to serve when tortellini and veggies are tender.
3. Remove bay leaf. Serve in individual bowls and sprinkle with parmesan if desired. Add extra water or stock to leftover soup if it becomes too thick.

Makes 6 to 8 servings.

Sweet potatoes are an excellent source of vitamin A.

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

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 sheet.
4. Bake for 20 minutes until crisp and lightly brown. Turn the fries over half way through the baking.
5. Sprinkle lightly with fresh herbs (if using), salt and pepper. Serve immediately.

Makes 6 to 8 servings.

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

Mama's Chili

454 g (1 lb) lean ground beef or chicken	200 mL (7 oz) can or frozen corn
1 onion, minced	30 mL (2 tbsp) chili powder
3 cloves garlic, minced	5 mL (1 tsp) ground cumin
2 x 796 mL (28 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, rinsed and drained	
540 mL (19 oz) can chickpeas or pinto beans, rinsed and drained	

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, chickpeas or pinto beans, corn, chili powder, cumin, pepper and hot sauce. Simmer for 30 minutes.
4. Serve with brown rice, noodles or a whole grain bun.

Makes 8 servings.

Food for thought:

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

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

Easy Fajitas

This is a great way to use leftover meat.

15 mL (1 tbsp) vegetable oil	1 tomato, diced
1 green or red pepper or other vegetable, sliced	250 mL (1 cup) grated cheese
1 onion, sliced	250 mL (1 cup) salsa
500 mL (2 cups) cooked leftover chicken, pork or beef, sliced	8 small whole wheat flour tortillas

1. Heat oil in frying pan.
2. Stir fry the pepper, onion and chicken until heated through.
3. Place tomatoes, cheese, chicken mixture and salsa in small bowls.
4. Each person can make their own fajitas, putting the ingredients that they like on to the centre of a tortilla.
5. Roll or fold the tortilla to contain the ingredients. It's ready to eat!

Makes 4 to 6 servings.

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

Food for thought:

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

Chicken is a source or iron for you and your kids. When you eat vitamin C rich foods such as broccoli, red peppers and snow peas with meat, your body will absorb even more iron.

Easy Stir Fry

150 mL (2/3 cup) chicken or vegetable broth, low sodium
 30 mL (2 tbsp) soy sauce, low sodium
 5 mL (1 tsp) sugar
 10 mL (2 tsp) cornstarch
 350 g (3/4 lb) boneless chicken breast
 1000 mL (4 cups) mixture of fresh vegetables such as
 Firm: carrots, broccoli, cauliflower, celery, green beans
 Medium: red or green peppers, zucchini, snow peas, mushrooms, green peas
 Soft: bean sprouts, spinach
 30 mL (2 tbsp) vegetable oil
 1 onion, cut in thin wedges
 6 cloves garlic, minced or 3 mL (3/4 tsp) powdered garlic
 10 mL (2 tsp) fresh, minced or 1 mL (1/4 tsp) powdered ginger
 1500 mL (6 cups) brown rice or noodles, cooked

1. To make the sauce, place the chicken stock, soy sauce, sugar and cornstarch in a small bowl. Whisk together and set aside.
2. Cut the chicken into thin strips.
3. Using a clean cutting board, slice the vegetables into bite sized pieces.
4. Heat 15 mL (1 tbsp) of oil in a wok or large frying pan.
5. 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.
6. Heat remaining 15 mL (1 tbsp) of oil in pan. Add the onion, garlic and ginger and stir fry one minute. Add the other vegetables starting with the firm ones, then add the medium and soft 1 to 2 minutes later.
7. Add the chicken and stir fry for one more minute to heat through.
8. Add the sauce to the same pan, stirring constantly until clear.
9. Serve on cooked brown rice or noodles.

Makes 4 to 6 servings.

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

Salmon Nuggets

213 g (7 1/2 oz) can salmon	5 mL (1 tsp) Dijon mustard
60 mL (1/4 cup) chopped green onions	1 egg, beaten
15 mL (1 tbsp) mayonnaise	Pinch of dried thyme
5 mL (1 tsp) lemon juice	Pepper to taste
375 mL (1 1/2 cups) dried bread crumbs	15 mL (1 tbsp) vegetable oil

1. Mash salmon in a mixing bowl.
2. Add green 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 oil in non-stick frying pan. Add nuggets and cook until lightly browned.

Makes about 20 nuggets.

Source: Adapted from Dairy Farmers of Ontario, 1996.

Food for thought:

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.

Salmon is one of the best choices for DHA (doco-hexaeisonic acid) - one of the omega-3 fatty acids that are good for you and your children. Kids need DHA for the development of brain, vision and nerves.

Roly Poly Omelette

1 egg	1 - 7 inch whole wheat tortilla
30 mL (2 tbsp) milk	30 mL (2 tbsp) shredded cheese
Pinch of salt and pepper	5 mL (1 tsp) chopped fresh parsley (optional)
5 mL (1 tsp) vegetable oil	

1. Whisk together egg, milk, salt and pepper.
2. Heat oil in 6-inch frying pan over medium high heat.
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 and parsley.
5. Roll it up.

Makes 1 serving.

Add some chopped vegetables for additional vitamins, minerals and fibre.

Food for thought:

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

Pita Pizza Pizzazz

4 whole wheat pitas	Cooked turkey or chicken breast, small pieces
125 mL (1/2 cup) tomato sauce	2 tomatoes, chopped
150-200 g (6 - 8 oz) mozzarella cheese, grated	60 mL (1/4 cup) grated parmesan cheese
1/2 green pepper, chopped	
1/2 red pepper, chopped	

1. Preheat oven to 230° C (450° F).
2. Spread 30 mL (2 tbsp) of tomato sauce on top of each pita. Top with half of the mozzarella cheese.
3. Add toppings.
4. Top each pizza with remainder of mozzarella cheese and parmesan cheese.
5. Put pizzas on baking sheet.
6. Bake for 10 minutes or until cheese is bubbly.

Makes 4 pizzas.

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

Just by adding rice or bread to this meal, you have included food from each of the four food groups.

Easy Chickpea Curry

15 mL (1 tbsp) vegetable oil	5 mL (1 tsp) paprika
2 onions, sliced finely	15 mL (1 tbsp) ground cumin
4 cloves garlic, crushed	15 mL (1 tbsp) ground coriander
5 mL (1 tsp) chili powder	2 x 540 mL (19 oz) cans chickpeas, drained
5 mL (1 tsp) salt	540 mL (19 oz) can diced tomatoes
5 mL (1 tsp) turmeric	5 mL (1 tsp) garam masala (spice)

1. Heat oil in a large frying pan.
2. Add onion and garlic to pan; cook over medium heat, stirring until soft.
3. Add the chili powder, salt, turmeric, paprika, cumin and coriander. Stir over heat for 1 minute.
4. Add chickpeas and undrained tomatoes. Stir until combined. Cover and simmer, over low heat 20 minutes, stirring occasionally.
5. Stir in garam masala. Cover and simmer for another 10 minutes.
6. Serve with brown rice, chappati, whole grain pita or naan breads.

Makes 6 to 8 servings.

Awesome Apple Crisp

1250 mL (5 cups) apples, washed, peeled and sliced
30 mL (2 tbsp) brown sugar
125 mL (1/2 cup) rolled or quick oats
60 mL (1/4 cup) whole wheat flour

125 mL (1/2 cup) brown sugar
75 mL (1/3 cup) soft margarine
2 mL (1/2 tsp) cinnamon

1. Preheat oven to 180° C (350° F).
2. Prepare the apples and place them in a 1 1/2 or 2 L baking dish. Add 30 mL (2 tbsp) brown sugar.
3. To make the topping, measure the oats, whole wheat flour, 125 mL (1/2 cup) brown sugar, margarine and cinnamon into a bowl. Mix together until crumbly.
4. Sprinkle the topping over the apples.
5. Bake uncovered for 30 minutes or until the apples are tender when tested with a fork.

Makes 6 servings.

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

Food for thought:

Oats and apples are good sources of fibre.

Frozen Yogurt-sicles

500 mL (2 cups) vanilla or fruit yogurt
250 mL (1 cup) chopped fruit (e.g., berries, bananas, kiwi, grapes)

1. Combine all ingredients and blend in a blender until smooth.
2. Pour equal portions into popsicle moulds. Paper or plastic cups with popsicle sticks or plastic spoon for a handle also work.
3. Freeze.

Makes 6 to 12 servings, depending on the size of the popsicle moulds.

Berries are a good source of antioxidants and fibre.

Food for thought:

Buy canned fruit in its own juice or drain the liquid if it is in syrup.

Milk is a good source of calcium and vitamin D.

For little tummies, use mini muffin cups...they may be more appealing to kids.

A perfect way to use up ripe bananas.

Icy Dacey Smoothie

250 mL (1 cup) milk

1 scoop frozen yogurt or 250 mL (1 cup) vanilla yogurt

125 mL (1/2 cup) chopped fresh or frozen fruit (e.g., strawberries, bananas, blueberries)

1. Combine all ingredients and blend in a blender until smooth.
2. Pour into cups and enjoy.

Makes 2 servings.

Yummy in the Tummy Banana Muffins

125 mL (1/2 cup) all-purpose flour

125 mL (1/2 cup) whole wheat flour

10 mL (2 tsp) baking powder

1 mL (1/4 tsp) baking soda

175 mL (3/4 cup) rolled oats

125 mL (1/2 cup) white sugar

60 mL (1/4 cup) lightly packed brown sugar

2 ripe bananas

1 egg

125 mL (1/2 cup) milk

45 mL (3 tbsp) vegetable oil

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, white sugar and brown sugar. Set aside.
3. Mash bananas in a medium bowl. Add egg, milk and oil. Mix well. Stir banana mixture into the dry ingredients until blended. Do not over-mix.
4. Spoon into non-stick or paper-lined muffin pan, filling almost to the top.
5. Bake in oven until tops are firm when lightly touched, about 15-20 minutes. Remove muffins from the tin and cool.

Makes 12 muffins.

Source: Adapted from The Basic Shelf Cookbook, Canadian Public Health Association, 2011.

Grandma's Oat and Date Cookies

Cookie-Ingredients

375 mL (1 1/2 cups) all purpose flour
375 mL (1 1/2 cups) rolled or quick oats
5 mL (1 tsp) baking soda
125 mL (1/2 cup) soft margarine
125 mL (1/2 cup) hot water

Filling-Ingredients

500 mL (2 cups) chopped dates
125 mL (1/2 cup) water
60 mL (1/4 cup) white sugar
5 mL (1 tsp) vanilla extract

Cookie-Instructions

1. Combine flour, oats and baking soda.
2. Cut in margarine until mixture resembles coarse crumbs.
3. Add enough water to shape the dough into a log about 25 cm (10 inches) long.
4. Wrap in waxed paper; refrigerate overnight.
5. Preheat oven to 160° C (325° F).
6. Remove the cookie dough from the fridge.
7. Cut cookie dough into thin 3 mm (1/8 inch) round wafers.
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 and cook on low heat for about 30 minutes, stirring occasionally.
2. Stir in vanilla.

When cookies and filling are cool, spread about 15 mL (1 tbsp) date filling on one cookie. Top with another cookie. Enjoy!

Makes 3 dozen filled cookies.

Source: Adapted from Cook Great Food, 2002. Published by Robert Rose. Reprinted by permission of Dietitians of Canada.

Food for thought:

Dates contain more potassium than oranges and bananas. However, don't forget to brush your teeth as they are also high in sugar.

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

Choose soft margarines that have two grams or less of saturated and trans fats combined in the Nutrition Facts table.

Food for thought:

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

Make-your-own Fruit Kabobs

Kabob sticks or bamboo skewers – these can be sharp, so provide close supervision of young children.

Use a variety of any of the following:

- grapes
- melon balls
- canned mandarin oranges
- pears
- bananas
- oranges
- kiwi
- peaches
- apples
- cherry tomatoes
- cucumber
- green, red, yellow or orange peppers
- cheese

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

Number of servings will vary based on ingredients.

Tortilla Pinwheels

7-inch whole wheat tortillas

Cream cheese, plain or flavoured

Use any of the following fillings:

grated carrot

grated apple or pear

sliced ham, roast beef, turkey or chicken

1. Spread tortillas with cream cheese.
2. Add filling of your choice.
3. Roll up and slice into pinwheels.

The number of servings will vary based on ingredients.

Food for thought:

Peanut butter and banana, mashed or sliced lengthwise twice, also make delicious pinwheels.

Tortilla pinwheels are a fun change to everyday sandwiches.

Make-Your-Own Yogurt Sundaes

Vanilla yogurt or plain yogurt with some added sugar

Fruit (e.g., peaches, strawberries, pears, blueberries) cut up

Crunchy cereal (e.g., granola, bran flakes)

1. Set out the yogurt, fruit and cereal in small bowls.
2. Invite children to create their own special yogurt sundae by adding fruit to the yogurt and topping with crunchy cereal.
3. They may wish to make a funny face with the pieces of fruit.

Number of servings will vary based on ingredients.

Buy locally grown fruit that is in season.

Even young children can make their own yogurt sundae.

Resources

Visit www.york.ca/nutrition for more information on feeding children. Nutrition Services, York Region Community and Health Services produces and distributes a series of nutrition fact sheets. The fact sheets provide current and accurate information on a range of topics such as healthy eating, meals and snacks, healthy weights and nutrition through the lifecycle. Below are just a few that are available online:

- The ABC's of fruit juice
- Blast off with breakfast
- Calcium the non-dairy way
- Can food affect my child's behaviour?
- Changing yuck to yum! Ten tips to help your child become a good eater
- Clarifying the caffeine controversy
- Dietary fat - where are we now?
- A guide to eating fish for women, children and families
- I think my child is overweight
- Incredible edible fibre
- Omega-3 fat: reel in the benefits
- Packing healthy school lunches
- Snacks that make the grade

Suggested books

Child of Mine: Feeding with Love and Good Sense (2000) by Ellyn Satter

Raising Happy, Healthy, Weight-Wise Kids (2002) by Judy Toes and Nicole Parton

Secrets to Feeding a Healthy Family (2008) by Ellyn Satter

Your Child's Weight: Helping without Harming (2005) by Ellyn Satter

Better Food for Kids: Your Essential Guide to Nutrition for All Children from Age 2 to 10 (2nd Edition, 2010) by Joanne Saab and Daina Kalnins.

For more ideas on how to help your child eat healthy, be active and feel good, speak to a Registered Dietitian at *EatRight* Ontario by calling 1-877-510-5102.

This booklet is produced and distributed by Nutrition Services, York Region Community and Health Services Department (www.york.ca/nutrition), 2011.

York Region *Health Connection* at

1-800-361-5653,
TTY 1-866-252-9933



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