

### Healthy fast food

- Fruit and vegetables
- Wholemeal bread or toast
- Baked beans
- Baked potatoes
- Fish fingers and frozen fish generally - but grilled or baked rather than fried.
- Canned fish
- Canned tomatoes
- Natural yoghurt
- Cooked eggs
- Wholegrain breakfast cereals - which don't have to be eaten just as breakfast.

### Healthy snacks

- Fresh fruit
- Raw vegetables like carrots
- Natural yoghurt with fresh fruit
- Chunks of cheese
- Unsweetened breakfast cereals (dry or with milk)
- Bread
- Unsweetened biscuits
- Popping corn
- Bread sticks

### Foods containing fat

Children under the age of two need fat to supply them with a concentrated source of energy. Using full-fat milk, cheese, yoghurt and oily fish will supply them with nutrients and energy. Limit fatty foods such as crisps, biscuits, cakes or fried foods as they contain few nutrients.

Because fat is such a concentrated source of energy it is easy to eat too much of it and become overweight. It is a good idea to be aware of the amount of fat contained in foods which the whole family eat and to try to keep it to a minimum.

### 10 ways to cut down on fat in your family meals

1. Grill or bake food instead of frying it. If you do fry, use an unsaturated oil like rapeseed, pure vegetable oil, olive, soya, sunflower or corn oil.
2. Skim fat off meat dishes, like mince or curry, during cooking.
3. Take the skin off poultry before cooking. The skin's the fattiest part.
4. Trim the visible fat off meat.
5. Use vegetables or soaked dried beans with just small amounts of meat in stews and casseroles.

6. Use low-fat spread or a margarine high in unsaturates rather than butter, hard margarine, or ordinary soft margarine.
7. Use lower fat cheese like one of the reduced fat Cheddars, Edam, or cottage cheese.
8. Reduce fat intake and make mince meat go further by using half meat, half soya mince.
9. Use thick oven-baked chips instead of deep fried.
10. Look out for hidden fats in foods like biscuits, crisps, cakes, chocolate and pastry. Read food labels to check the fat content.

### The importance of iron

There are two types of iron - one is found in meat and is easily absorbed by the body, and one is found in plant foods and is more difficult for the body to absorb. If foods containing vitamin C or meat or fish are eaten at the same meal, the plant type of iron is better absorbed. However tea and coffee prevent iron being absorbed, so don't give these to your toddler, especially if they are having a vegetarian diet at mealtimes.

### Good sources of iron

- canned sardines, pilchards, mackerel, tuna
- liver pate, liver or kidney
- lean beef, lamb or pork
- chicken or turkey (dark meat is best)

### Other sources of iron

The iron in these is better absorbed if vitamin C, meat or fish is also given:

- fortified breakfast cereals
- dark green vegetables
- breads
- beans and lentils
- tofu, hummus
- dried fruit; apricots, figs, prunes, peaches (these also contain a lot of sugar, so they are best kept for mealtimes rather than as snacks between meals).

### Can't eat, won't eat?

You may be very worried if your child refuses to eat or is terribly choosy. Try to remember that it is extremely rare for a child to actually starve him or herself. Children will eat enough to keep them going. So try not to worry unless your child is clearly not gaining weight as he or she should, or is obviously unwell.



It may be that your child is picking up your own feelings about food. Perhaps you're a dieter or have a weight problem, or maybe you just see healthy eating as a very important goal. If your child is picking up on your anxiety it may be that mealtimes have become an ideal time to get attention.

Just as anxiety may cause problems with toilet training, it can also create problems with eating. So try to take a step back and think about how much of a problem there really is.

**These tips may help:**

- Don't force your child to eat.
- Don't leave meals until your child is overtired or too hungry.
- If your child refuses food or just picks at his or her food for a long time, call an end to the meal. Do it calmly and not in anger, no matter what time and effort you've put into the cooking.
- Put less on your child's plate and praise your child for eating even a little.
- Try to make meals enjoyable and not just about eating. Sit down and chat about things other than food.
- If your child eats more food as snacks between mealtimes, you may need to limit these. However, for fussy eaters, nutritious snacks between meals can help to make sure they meet their needs.
- If you know other children of the same age who are good eaters, ask them to tea. A good example sometimes works, so long as you don't go on about how good the other children are.
- Ask another adult whom your child likes to eat with you. Sometimes a child will eat for, say, a grandparent without any fuss. It may be only one meal out of many, but it could break a habit.
- Your child may just be a naturally slow eater, and so lots of patience will be needed.
- Limit snacks and drinks between meals.
- Don't get trapped into giving your child a sweet treat after an uneaten meal. A cake instead of fish fingers might be just what your child wants, but it's not going to help establish a sensible and nutritionally balanced eating pattern.

- Children's tastes change. One day they'll hate something and a month later they'll love it.
- Children often prefer to eat when you eat - especially when they are toddlers.

#### Useful website links

- **Thinkfast**  
Healthier choices for fast food from the UK's Health Education Authority.
- **British Nutrition Foundation**  
This site provides information on nutrition from birth to old age.
- **National Dairy Council**  
101 reasons why you should be drinking milk. Facts and figures on a whole range of dairy products, plus lots of games and activities.
- **Cyberparents.com**  
Informative American site which offers good health information for all the family.
- **The American School Food Service Association**  
This site provides lots of food facts for students, parents and teachers. Find out what American students think of their school lunch. Plus lots of low-fat recipes using prune puree!

**Text  
version (for  
printing)**

How have you used this information?

# Specification

In all of my practices I would like it to have all of the following things:

I would like them all to be different colours to attract them to children.

The parents would like to stick to a budget so they would have money to buy other things.

Quick to make.

To have all the nutrition children need.

Appropriate for children by making it colourful and making small portions

Spee.

# Questionnaire

To

I am investigating what healthy foods young children eat and what working mothers cook for them.

Please can you complete the questions below.

Thank you for your time and co-operation.

1. What food do you cook for your child?

meat, fish, pasta, Jacket Potatoes

2. Do your children prefer to eat healthy or unhealthy foods?

Both

3. Do your children eat a range of healthy foods or unhealthy foods?

yes

4. Has your child got a big appetite?

yes

5. Does your child like vegetables?

yes

6. Do you buy more healthy or more unhealthy foods?

Both

7. Do you only buy some foods when they are on special offer?

yes

research

# Ideas

Pizza

Pasta shapes with a cheese and tuna sauce

Pasta bake

Spagetti bolognese

Soup

I came up with these ideas by the results of my questionnaire it shows that mums cook more Italian meals for their children.

development

# Survey

This is a survey to see what food children like. To help me decide what to make for my practcles. I surveyed children to see which foods they like.

Which foods do you like best:

Pizza |||

● Pasta Bake |||||

Pasta with a cheese and tuna sauce ||||

Spagetti bolognaise ||||

macaroni cheese ||

Soup

● These results show that most children prefer to eat pasta dishes best.

✓ development



# Tuna and Pasta Bake



Preparation Time: 30 minutes

Number of servings: 4 people

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## EQUIPMENT

Oven proof dish  
Colander  
2 saucepans  
1 sharp knife  
2 packets potato crisps  
2 wooden spoons

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## INGREDIENTS

Pasta Bake mix  
4oz coloured Pasta  
3/4 pints milk  
4oz grated cheese  
7oz Tuna  
2 packets potato crisps

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## INSTRUCTIONS

Cook pasta and strain, empty pasta bake mix add a little of the milk and mix thoroughly, stir remaining milk bring to the boil stirring continuously stir the tuna and drained, cooked pasta. Simmer for 1 minute stirring continuously. Pour into a heat proof dish. Top with crushed potato crisps and cheese place under the grill until browned. Serve with a small salad and a glass of orange juice.

✓ *planning*

# Time Plan

<b>Time</b>	<b>Action</b>	<b>Special Points</b>
9.55	Get equipment ready.	Use the right tools
10	Cook pasta, and prepare salad	how long?
10.05	drain pasta and make sauce.	
10.10	Add pasta and tuna to sauce.	Let simmer for 1 minute
10.15	Put in heat proof dish sprinkle cheese and crisps on top.	
10. 20	Put under grill to melt cheese.	Until golden brown

✓ planning

# Tasting And Testing

This is my tasting and testing chart for pasta bake

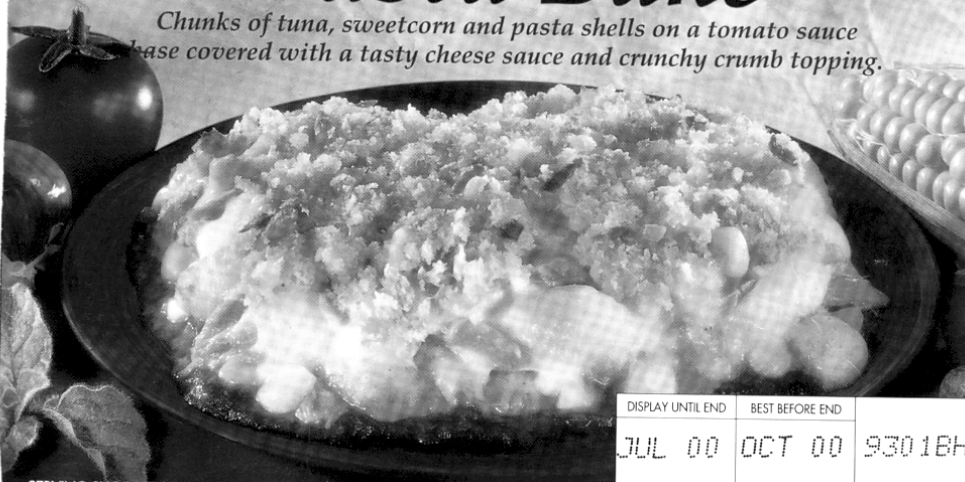
Taste	Texture	Smell	Appearance	Rate
I thought the tuna and pasta bake was nice and you could really taste the tomatoe flavour sauce.	The texture was very thick.	The tuna and pasta bake smelt like cooked pasta and melted cheese.	The colour was bright which made it look interesting and attractive to children.	I would say 5 out of 5.

✓ tasting

TESCO

# Tuna and Pasta Bake

Chunks of tuna, sweetcorn and pasta shells on a tomato sauce base covered with a tasty cheese sauce and crunchy crumb topping.



SERVING SUGGESTION

**FROZEN** 320 g e  MICROWAVEABLE

DISPLAY UNTIL END	BEST BEFORE END	
JUL 00	OCT 00	9301BH
KEEP FROZEN. SEE STORAGE INSTRUCTIONS		



## Testing and Tasting

I asked two people if they would taste my tuna and pasta bake and then fill the table below in.

Taste	Texture	Smell	Appearance	Rate
It was very nice and you could really taste the tuna	it was just right	It smelt very cheesy	very appetising	$\frac{5}{5}$

✓ tasting results

# Testing and Tasting

Taste	Texture	Smell	Appearance	Rate
it tasted of cheese and lime	it was thick and crispy	it smelt cheesy	it was all the same colour on top but the paster had different colours	5/5

### Nutritional Value For Tuna And Pasta Bake

Food	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Carb (g)	Water(g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Cheese	400	1670	26	34	0	37	600	800	0.4
Milk	33	140	3.4	0.1	5	90.9	50	130	0
Tuna	290	1210	23	22	0	55	400	0	1.1
Lettuce	10	40	1	0	1	96	0	25	0.9
Tomatoe	15	60	1	0	3	93	0	0	0.4
Cucumber	10	40	0.6	0	2	96	0	25	0.3
Chrisps	530	2200	6	35	50	3	600	40	2
Pasta	120	500	4	0.3	26	72	0	0	0.4

These results show that the Tuna and Pasta bake that I made has all of the nutrition a child needs. *explaining further would help*



# **Evaluation**

## **Tuna And Pasta Bake**

### **How the practical went**

I Thought this practical went very well. I used all the right equipment and I stuck to my time plan.

### **Strengths and weaknesses**

My weaknesses were I could of made the table look more attractive to children by putting the tuna and pasta bake on a children's plate that has different cartoon characters on it.

My Strengths were I showed that I could stick to my time plan and get every thing done on time with no help from my teacher.

### **What I have found out**

I found that my dish was very healthy and it had all of the nutrition children need to make it a well balanced meal.

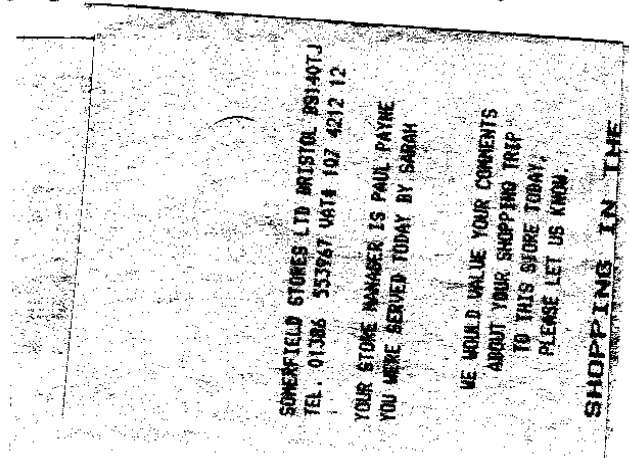


# Evaluation

## Cost

This dish is very quick to make and also very cheap.

*Till receipt attached.*



## Conclusion

I conclude that all children and adults like this dish it has lots of colour so it appeals to children. It is also easy and quick for adults to make.

# PIZZA



Preparation time: 30 minutes

Number of servings: 4 people

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## INGREDIENTS

8oz self raising flour  
pinch salt  
pinch Baking powder  
2oz Margarine  
1/4 pt milk  
Tomato puree  
100g grated cheese  
Pineapple chunks

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## Equipment

1 Bowl  
1 Sieve  
1 Baking tray  
1 spoon  
1 palette knife  
2 fish slices

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## INSTRUCTIONS

First grease a baking tray with a little oil sieve flour into the bowl, add the margarine, and rub to resemble bread crumbs (we do this to rub the fat of the Margarine into the flour) add milk little by little and mix with hands until you have a soft but not sticky dough. Put dough on to baking tray and make in to a round shape with your hands. Spread tomato puree on top leaving a 1cm gap from the edge, then sprinkle the cheese on top then add pineapple. Bake in oven for 20-30 minutes until base is cooked through.

✓ Planning

# Time Plan

<b>Time</b>	<b>Action</b>	<b>Special Points</b>
2.55	Get equipment out and grease baking tray.	Oven temperature 220 c gas mark 7
300	Sieve flour add marg rub in to resemble bread crumbs add milk a little at a time.	
310	This will form a soft but not sticky dough put dough on baking tray make a round shape with your hands.	
315	Spread tomato puree on top add cheese and pineapple	
320	put into oven and wash up.	Bake in oven for 20-30 minutes.



time plan

— showing

sequence.

## Testing and Tasting

I asked Two people if they would taste my cheese and pineapple Pizza and then fill the table bellow in.

Taste	Texture	Smell	Appearance	Rate
it tasted very nice and it tasted of cheese and pineapple	it was dry	it smelt of melted cheese	it was colourful	$\frac{4}{5}$

✓  
tasting

## Testing and Tasting

Taste	Texture	Smell	Appearance	Rate
it tasted like melted cheese and pineapple.	it was dry	it smelt of melted cheese		$\frac{4}{5}$

✓ tasting

# Pizza

This is my tasting and testing chart for cheese and pineapple pizza.

Taste	Texture	Smell	Appearance	Rate
I Thought the pizza was nice and the two choices of toppings went well together (cheese and pineapple).	I thought the pizza base was a bit dry.	The pizza smelt like freshly baked dogh and melted cheese.	It was colourful.	I would give it 4/5.



### Nutritional Value For Cheese And Pineapple Pizza

Food	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Carb (g)	Water(g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Cheese	400	1670	26	34	0	37	600	800	0.4
Milk	33	140	3.4	0.1	5	90.9	50	130	0
Tomato puree	100	420	2	0	24	65	120	25	1.2
Pineapple	80	330	0.3	0	20	77	0	0	0.4
Butter	750	3140	0.5	82	0	15.4	870	15	0.2
Flour	340	1420	9	1.2	77.5	13	350	350	2

Theses Results Show that this meal has all the nutrition a child needs.

# Evaluation

## Pizza

### How the Practical went

- I thought this practical went very well. I used the right equipment and kept to the times on my time plan. The dough was not too sticky and I remembered to roll it out and then put it on the baking tray before putting the toppings on. ✓

### Strengths and weaknesses

My weaknesses were I could of put more milk into the dough because it was dry. ✓

- My strengths were I made the top of the pizza look nice by putting the pineapple in a pattern from the outside inwards. ✓

### What I found out

I found that this dish also had all of the nutrition that children need. — explain please. ✓



# **Evaluation**

## **Cost**

This dish was very cheap so it is ideal for parents to cook.

Baking powder	72p
Tomato puree	37p
Butter	95p
Cheese	£1.29
Pineapple	51p
Self raising flour	80p

?

show the exact amounts for making pizza

## **Conclusion**

I conclude that all children like this dish and they can have a variety of different toppings. It is also easy and quick to make and cook. Children can also eat pizza as a snack during the day or if they are not hungry have cold later.