

taste for health

www.taste4health.com

Pack it in!

Pack a healthy
lunchbox
every day



Packing a Healthy Diet for Kids

Many parents have said they are confused about food, nutrition and healthy eating: low fat, low sugar, high in fibre, low in sodium, the list can be endless, but eating a healthy diet can be less complicated than many people think.

Healthy eating begins with variety and the Balance of Good Health shows you how to do it. By following some simple rules you can ensure your children get the vitamins, minerals and energy they need to stay fit and healthy.

The Balance of Good Health

There are five main groups of valuable foods:



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The Golden Rules for a Balanced Diet

- Eat from a variety of food groups.
- Eat 5 portions of fruit and vegetables a day.
- Eat lots of starchy foods like bread and potatoes.
- Eat dairy foods like milk, cheeses and yoghurt.
- Choose protein from lean meat, eggs or fish.

Let's Get Started

The 'Pack it in!' recipe book has all you need to know to get packing a healthy lunchbox today. The booklet contains tips, recipes and ideas that will make your lunchboxes tasty, healthy and satisfying.

Pack a Better Butty

We start with the stuff of life: bread and the humble butty. Use different breads everyday – brown, multigrain, bagele, tortilla wraps or pitta bread. Here are some quick and easy sandwich fillings to get you started:

- Chicken and salad
- Cheese and salad
- Salmon and salad
- Reduced fat cottage cheese and salad
- Turkey with salad
- Mackerel with low fat mayonnaise and salad
- Hummus and salad
- Grated cheese and pickle
- Marmite
- Roasted vegetables

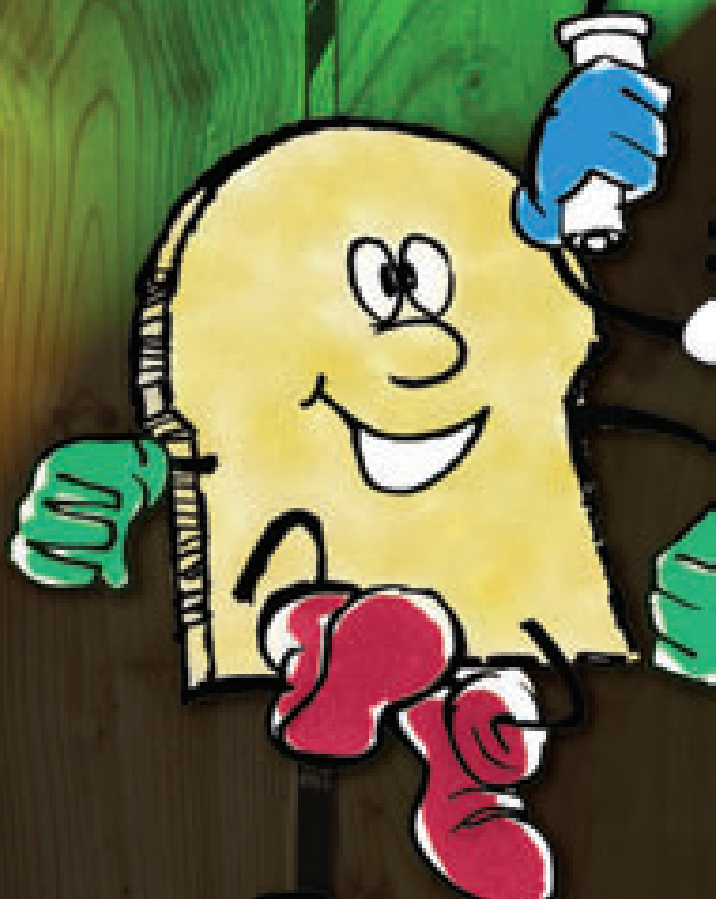
Traffic Light Sandwiches

What you need...

- 2 slices of wholemeal bread, crusts removed and cut into 4 rectangles.
- Low fat cream cheese.
- 2 cherry tomatoes, sliced.
- 4 slices of cucumber
- 1 slice of cheddar cheese, cut into small circles.

What you do...

1. Spread two rectangles with low fat cream cheese.
2. Using a 2cm cutter cut 3 rounds, in a straight line, from the remaining 2 bread rectangles, to form the 'traffic lights'. Place these on top of the cheese spread, bread rectangles.
3. Place slices of tomato, cucumber and small circles of the cheddar cheese, into the holes, then cut out of the bread, to represent the colours of the traffic lights.
4. Wrap and place in your lunchbox.





Ham and Cheese Pinwheels

What you need...

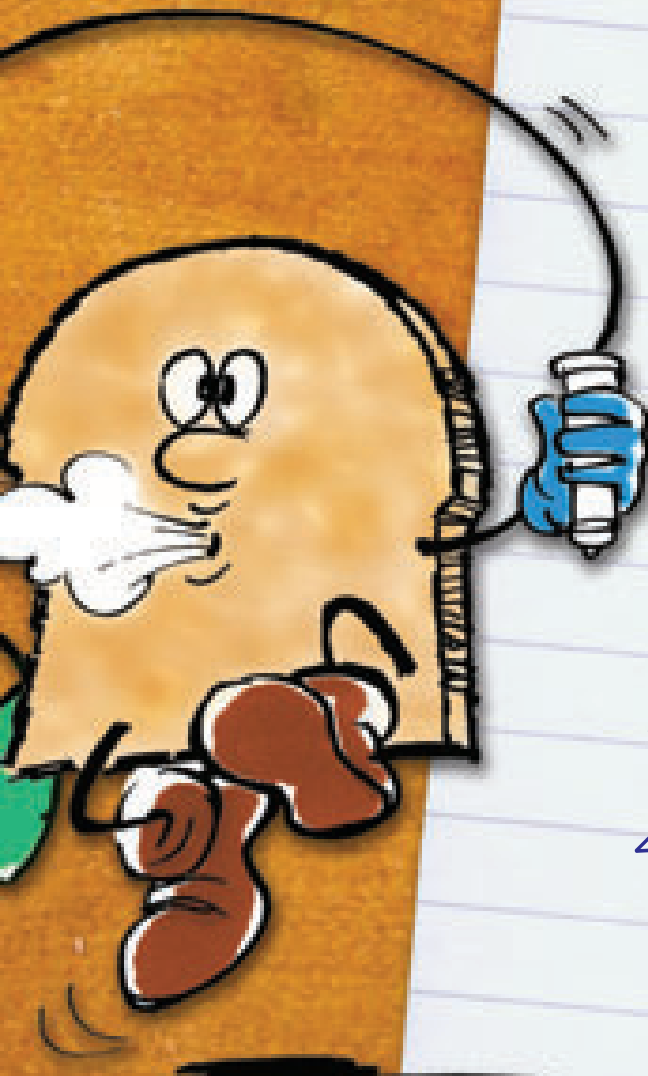
Lean ham

1 slice of wholemeal bread, crusts removed.

20g of grated cheddar cheese

What you do...

1. Using a rolling pin, roll out the slice of bread until it is thin.
2. Place the ham on the bread and scatter with grated cheese.
3. Roll bread up, (like a Swiss roll) cut it into four pieces.
4. Wrap and place in the lunchbox.



Pizza Muffin

What you need...

- 1 bread muffin
- 1 tablespoon of tomato paste
- 25g of grated cheddar or mozzarella cheese
- 1 slice of lean ham, cut into strips
- 1 tablespoon of sweetcorn
- 1 mushroom, thinly sliced
- 1 tomato, thinly sliced
- A pinch of dried mixed herbs



What you do...

1. Preheat the grill. Split the muffin in half and place it cut side down onto the grill pan. Toast until lightly browned.
2. Turn the muffin over and spread with the tomato puree.
3. Sprinkle on the grated cheese, then add the sweetcorn, slices of mushroom, tomato and strips of ham.
4. Return to the grill and grill until the cheese has melted.
5. Allow to cool and then wrap and pack in the lunchbox.

Fab Five Fruit Salad

(Serves Two)

What you need...

- 1 small tin of pineapple chunks in natural juice
- 1 small satsuma peeled and broken into segments
- Small handful of black grapes, halved
- 1 kiwi fruit, peeled and cut into chunks
- 1 small apple, cubed

What you do...

1. Open the tin of pineapple chunks and place the cubes and juice into a bowl.
2. Add the remaining ingredients and gently mix together, ensuring that all the fruit is covered by juice.
3. Pack one serving into a plastic container with a tightly fitting lid and place in the lunchbox.
4. Store the other portion in the fridge until the following day.



Rainbow Rice Salad

(Serves One)

What you need...

50g cooked, cooled white rice (see 'keep foods safe')
1/4 red pepper, finely chopped
1/4 yellow pepper, finely chopped
A small piece of cucumber, diced
A small piece of carrot, grated
1 spring onion, finely chopped
1 teaspoon of olive oil
1 teaspoon of orange juice

What you do...

1. Combine the chopped red pepper, chopped yellow pepper, diced cucumber, grated carrot, and the chopped spring onion together.
2. Stir the above into the cooked rice.
3. Mix together the olive oil and the orange juice and stir the rice mixture. Place in to a sealed plastic tub and refrigerate.
4. Remember to keep the salad chilled for as long as possible.





Fishy Surprise (Serves One)

What you need...

- 2 slices of thick wholemeal bread,
crusts removed
- 1 smoked mackerel fillet, skin removed
- Low fat mayonnaise
- Lettuce, washed and shredded
- Cucumber slices, halved

What you do...

1. Flake the mackerel fillet and mix with a little mayonnaise.
2. Spread onto the bread and top with shredded lettuce. Place the second piece of bread on top.
3. Using a sharp knife cut the sandwich into a fish shape.
4. Place halved slices of cucumber over the bread to make the 'scales', of the fish and use a 1/4 of a slice to make an 'eye'.

Chicken and Sweetcorn Pasta

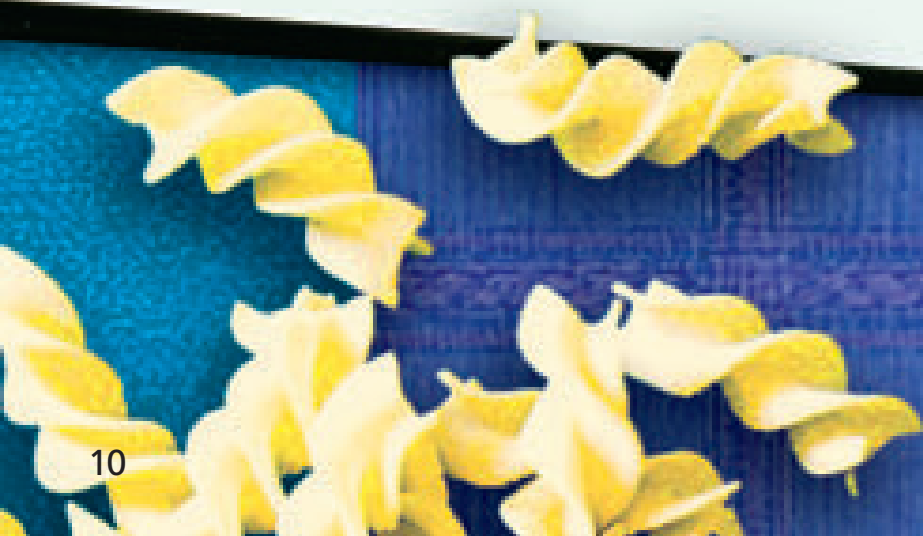
(Serves One)

What you need...

- 50g of cooked pasta shapes
- 20g of sweetcorn
- 1 tablespoon of low fat mayonnaise
- 2 thick slices of chicken, shredded
- 1 spring onion, washed and chopped

What you do...

1. Place the cooked pasta into a bowl.
2. Add the sweetcorn and mayonnaise and stir well.
3. Stir in the shredded chicken and chopped spring onion and stir well to combine.
4. Pack into a tub with a lid and refrigerate until needed.



Chicken Tikka Wraps

What you need...

- 1 wholemeal flour tortilla
- Ready cooked, bitesize chicken tikka strips
- Shredded lettuce
- 1 tomato, chopped
- 1 tablespoon low fat mayonnaise

What you do...

1. Place the tortilla on a flat surface.
2. Place the chicken tikka pieces, lettuce and tomato onto the tortilla.
3. Top with the low fat mayonnaise and roll up. Cut it into two pieces diagonally.



5 A Day for Vitamins

– Eat More Fruit and Vegetables!

- Include bite-sized pieces of fruit and vegetables or small whole fruits, which are suitable for small hands.
- Liven up the lunchbox with brightly coloured vegetables such as carrot, cucumber or celery sticks, cherry tomatoes or pepper strips.
- Provide grapes or strawberries instead of sweets.
- Add fruit to low sugar jelly.
- Pack dried fruits such as mango slices, apple slices, apricots or banana chips into little pots or bags.
- 'Hide' fruit and vegetables in home made products e.g. carrots in carrot cake, dried fruits in flapjacks, fruits or vegetables in smoothies, or vegetables in soups.
- Stew fruits such as apples and serve with yoghurt.
- If using tinned fruit, choose those in fruit juice rather than those in syrup.



Just Eat More
(fruit & veg)

Drinks

- Don't forget to include a drink.
- It is important to keep hydrated to help improve concentration.
- Vary the drinks that are provided during the week to maintain interest.
- The best types of drinks to include are water, unsweetened fruit juice, milk and milkshakes.
- Choose varieties without added sugar, which can damage the teeth.
- Avoid caffeinated drinks and fizzy drinks.
- Keep drinks cold by using an insulated flask or by adding ice cubes.
- Freezing drinks (not bottles or cans as they may explode) and placing them next to sandwiches and yoghurts can help to keep them cool.



Treat Yourself

– Sweets and Snacks

Try to limit sweets, biscuits, fizzy drinks and salty snacks such as salted nuts. Remember these foods should only be eaten on occasions and as a treat. Replace cakes, chocolate and biscuits with scones, currant buns and fruit bread. Super size the snacks!


- Any fruits or vegetables; try dried fruits such as apricots, raisins, mango or figs, carrot sticks, cucumber sticks, corn on the cob, baby corn or a handful of cherry tomatoes.
- Yogurts or fromage frais – low sugar, low fat varieties.
- Desserts such as banana and low fat custard, low sugar rice pudding, low sugar jelly with added fruit, or stewed fruits.
- Smoothies made from fruit with added milk or yogurt.
- Cereal bars – low sugar, low fat varieties.
- Unsalted nuts, dried fruits or seeds such as pumpkin seeds or sunflower seeds.
- Toasted teacakes, crumpets, muffins with low fat spread.
- Fruit scones, malted fruit loaf.





Lunch Box Safety

Food safety is important for all of us.
Here are some top tips to keep your lunchbox safe. Keep foods safe.

- Always wash your hands before preparing or eating food.
 - Remind children to wash their hands before eating their meal.
 - Always wash fruit and vegetables.
 - Cool cooked rice as quickly as possible and store in the fridge.
 - Keep raw and cooked foods and the utensils and chopping boards used to prepare them separate to avoid cross contamination.
 - Keep lunchbox contents chilled for as long as possible - use an ice pack or insulated bag. Freeze a drink (not bottles/cans) and place next to sandwiches to keep lunch cool or add ice cubes to a drink.
 - Always throw away leftover food at the end of the day.
 - Wash the lunch box, drinks bottle/flask and any other containers, daily.
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