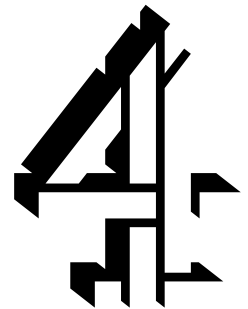


3 Prepare for change

There's no point providing great food at school if the kids won't eat it. The transformation really needs to start at home. Here are some great ideas to convince your children that fresh, nutritious food tastes better, makes them feel healthier and is fun to prepare.

3.1

Tempt their taste buds



3.2

Fab food at home



3.3

Get your portions

150

★ ml of fruit smoothie

feed me better

3.4

Great lunchboxes

Tempt their taste buds

3.1

Build your children a healthier future with these smart and subtle tactics for persuading reluctant eaters to have a try. The payoff? A child with better concentration and more energy, who sleeps well at night.

Try fresh ideas

Chop unfamiliar fruits – mango, papaya, kiwi – into tiny pieces and use as a topping for breakfast cereal.

Little pieces are more tempting than a whole fruit. Try fruit kebabs – thread small chunks of fruit, like apples, bananas, satsuma segments, pineapple, grapes – on to wooden skewers. Eat raw.

Cook vegetables in unusual ways to make them more interesting. There are some great recipe ideas on the www.5-a-day.nhs.uk website. Try crunchy Brussels sprouts stir fry or red kidney bean chilli.

Want more inspiration? Look at Fab food at home for easy ideas. Go to our Forum and swap strategies with other parents. Or find out more from websites and books.

Use disguise

If your kids turn up their noses at cooked vegetables, try blending them into soups, stews or sauces. Or offer them raw – lots of kids prefer carrots, cabbage or cauliflower crunchy.

If you have younger children who like their food made to look like ships, smiling faces or friendly bunnies, then let your imagination range. You're on to a winning way of getting new foods off the plate, and into their mouths.

Make food fun

Ask young kids – and even some older ones – to help you make a chart, or download one from the

www.5-a-day.nhs.uk/wallchart/default.aspx

Let them add a sticker every time they eat a portion of fruit or veg. Offer a small reward – not sweets! – when they have five in one day. Or give a prize when they try something they've never eaten before.

On days when you have time to spare, ask kids to help you make a meal. Let them do bits of preparation by themselves. Older children can cook a whole dish from scratch. Give them loads of praise and encouragement. It's all about having fun!



FEED ME
BETTER

Fab food at home

3.2

Making small, permanent changes to the way you shop and cook can add up to huge savings in excess fat and sugar. And it will have a lasting impact on the health of the whole family.

Wise up

Educate yourself. Find out more about good nutrition so you know what's needed for a good balanced diet. Read labels, and avoid additives that other countries have banned, or which child health specialists think are harmful. Choose organic foods, which contain no synthetic flavours or colours, and no, or very low, pesticide residues.

Be cautious over children's menus in restaurants or products packaged specially for kids. They can conceal foods made from cheap and unhealthy ingredients.

Cut down on fat in every meal. Choose lean meats and trim off visible fat. Buy low fat cheese, yoghurt and milk. Serve high fat foods like pies with baked potatoes and steamed vegetables rather than chips. Measure cooking oil carefully with a spoon instead of sloshing it into the pan.

Think when you shop

Look for the 5 A DAY logo and portion indicator on food packaging. These foods have been monitored to check their fat, sugar and salt levels. Print out a copy of our fruit and veg portion list and check through it before you shop.

Give kids a good breakfast and avert the mid-morning hunger gap. Egg and wholemeal toast is great, and the oats in porridge or muesli will keep them going for hours.

For a change from potatoes, add fibre to your diet with carbs like brown rice or wholewheat pasta, couscous or bulgar wheat. Or try quinoa, from health food shops – a high protein grain that's easy to cook.

Keep a selection of healthier alternatives to crisps in the cupboard as snacks for kids who are always starving. Try mixtures of nuts and raisins (make your own with unsalted nuts, sweetened with a few chocolate chips), oat cakes, dried fruits, unsulphured and organic if possible, and liquorice sticks.

Add extra fruit and veg

Processed foods that contain fruit and vegetables, like pasta sauces, ready meals, soups and desserts, count towards your daily five. These foods are often high in salt, sugar and fat, so check labels and go easy on them.

Snacking on vegetables is easier if you've got them ready prepared. Keep carrots, celery, cucumber and peppers, washed, peeled if necessary and cut into thin pieces, or whole sugarsnap peas or baby sweetcorn in a plastic bag in the salad drawer of the fridge. Keep the fruit bowl well stocked with seasonal fruit so it's always there when you fancy a bite. Buy some ripe and some that is under-ripe. That way you'll have a constant supply of ready-to-eat fruit over several days. Try to have more exciting fruits, like strawberries, blueberries, mangos or lychees, alongside the basic apples and pears.



Just Eat More
(fruit & veg)



Get your portions

3.3

Increasing your child's intake of fresh, frozen and canned fruit and vegetables to five portions a day can help them avoid heart disease and some cancers, and has loads of other health benefits. For the best range of vitamins and other nutrients, serve a wide variety of types and colours. Here's a guide to what a portion of fruit or vegetables amounts to.

0

- ★ potatoes – they don't count towards daily portions, in any form

1/3

- ★ cereal bowl of shredded carrots
- ★ aubergine

1/2

- ★ avocado
- ★ grapefruit
- ★ large courgette

1

- ★ medium apple, pear or banana
- ★ handful of grapes, blackberries
- ★ cereal bowl of mixed salad
- ★ handful of mixed vegetable sticks (peppers, carrots, spring onions)
- ★ medium glass of fruit juice (counts only once a day, even if you drink more)
- ★ tablespoon of raisins or mixed dried fruit
- ★ slice of melon
- ★ large parsnip
- ★ medium onion
- ★ handful sugarsnap peas
- ★ nectarine
- ★ medium tomato
- ★ large slice fresh pineapple
- ★ portion of canned or fresh soup (tomato soup gives more than one portion, dried soups less than one portion)

2

- ★ satsumas or clementines
- ★ halves of canned peaches
- ★ medium plums
- ★ broccoli florets
- ★ fresh figs
- ★ kiwis
- ★ slices of mango
- ★ rings canned pineapple
- ★ handfuls fresh raspberries
- ★ heaped tablespoon cooked spinach
- ★ heaped tablespoon cooked rhubarb

6

- ★ baby sweetcorn
- ★ lychees, fresh or canned

12

- ★ canned pineapple chunks

3

- ★ whole dried apricots
- ★ heaped tablespoon of peas or sweetcorn, fresh, frozen or canned
- ★ heaped tablespoon of cooked kidney beans or chickpeas (pulses count only once a day, even if you eat more)
- ★ heaped tablespoon canned fruit salad
- ★ heaped tablespoon shredded cabbage
- ★ celery sticks
- ★ tablespoon baked beans

7

- ★ spears canned asparagus
- ★ strawberries
- ★ cherry tomatoes

16

- ★ fingers of okra

4

- ★ rings of dried apple
- ★ heaped tablespoon french beans
- ★ tablespoon cooked curly kale

5

- ★ spears fresh asparagus

8

- ★ brussels sprouts
- ★ spring onions

150

- ★ ml of fruit smoothie

Need more help adding extra fruit and veg to your diet? See our food tips for ideas.

Great lunchboxes

3.4

Dropping out of school dinners? Follow these tips for packed lunches that'll do your kids a power of good.

Cut down on crisps

Make crisps a once-a-week treat, and choose low fat varieties. Instead, give them breadsticks, rice cakes, a handful of dried mixed fruit, some unsalted plain peanuts (if the school allows them) or a few walnuts or almonds.

Sandwich sense

Avoid sliced white bread, and make sarnis out of granary, wholemeal or poppy-seeded bread. Try wholemeal pittas, bagels or small baguettes. Whatever you use as butter, spread it thinly. Go easy on the mayo and choose low fat fillings like cottage cheese, turkey, ham, tuna or banana. Always add a bit of salad to a sandwich.

Souped up

A cup of hot soup is very welcome on a cold day. Buy a small-size vacuum flask and fill it with vegetable-based soup, homemade if possible. Add a granary or wholemeal roll. Make sure it stays good and hot until lunchtime by warming the flask first with boiling water and leaving it to stand for a couple of minutes.

Salad suggestions

Instead of a sandwich, give them a filling salad packed in a clip-top plastic tub. Use a mini-cool pack in the lunch box to keep it chilled. Try chicken and sweetcorn with cucumber and tomato; brown rice with red peppers and ham strips; cold cooked pasta dressed with pesto and mixed with cubed cheese or tuna; couscous with shavings of feta and cherry tomatoes.

Pizza to go

A slice of homemade pizza always goes down well in a lunchbox. Make one bigger than usual for the night before, and save a piece or two for lunches. Use wholemeal or stoneground bases if available. Top with tomato purée (counts as a vegetable portion), mozzarella and a good selection of veggies. Try red, yellow and green peppers, mushroom slices, sliced spring onions, courgettes, diced celery, canned asparagus spears.

Sweet alternatives

Make a little pot of fresh fruit salad. Try to have an apple just once a week, and on other days choose something more interesting: a melon wedge; a couple of kiwis (pack a teaspoon); a juicy chunk of mango; a pot of mixed blueberries and raspberries. Stew up fresh apples or dried fruits, and pack into a tub. Choose fruit breads, scones or hot-cross buns instead of chocolate biscuits or additive-laden muffins.

yummy!

