

COOKING WITH KIDS IN THE HOLIDAYS

Getting our children involved in cooking helps them learn about food and encourages them to eat the items that they learn how to cook. Here are a couple of simple recipes that children can make in the holidays, with parents to start with, and by themselves once some basic skills have been learnt.

BAKED POTATO FEAST

For a cheap, filling meal potatoes make a great base – and the topping choices are endless. Teach your children to:

1. Take a medium potato, clean and cut out any blemishes.
2. Bake at 180 degrees for about 45 minutes or until cooked through (or 3 minutes on each side in the microwave – don't forget to pierce first)
3. Split the baked potato and fill with any of the following:
 - Creamed corn heated in the microwave
 - Chilli beans with a little lite sour cream
 - Any bolognaise sauce that you have leftover from an evening meal
 - Grated cheese (in first so it melts) thinly sliced coleslaw and a little lite sour cream

PITA PIZZA PARTY

Children have different tastes so these pita pizzas save any arguments over toppings. Give each child their own pita to top themselves:

1. Select a small pita bread as the pizza base – white, wholemeal or flavoured are all fine.
2. Spread the base with relish or tomato paste. Add your choice of topping.
3. Bake at 180 degrees for 10-15 minutes or until browned on the top.

Topping ideas:

- Shaved ham, pineapple and cheese
- Spaghetti, spring onion, tomato and cheese
- Chilli beans, a little cheese, and add a little lite sour cream and a few corn chips after it comes out of the oven
- A little shredded chicken, broccoli, satay sauce and cheese
- Fry potato, kumara and pumpkin chunks in a little oil until like chips, put on pizza base and top with cheese. Serve with a little salsa once cooked.

Learning to cook is a skill that your children will keep for a lifetime. Apart from some basic training, cooking is often not taught in schools so the cooking we do at home with our children is the main way they learn. Have fun cooking with your children these holidays.

Healthy Nibbles

Nutrition and Physical Activity Information for Children

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For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha