

Festive food and fun!

Christmas and summer holidays are fast approaching, often a time of over indulgence in traditional Christmas fare!

Soft drinks, crisps, chips and chocolate are foods high in fat or sugar that have unfortunately become everyday foods for some children rather than occasional foods. Try to offer snack foods that include fruits, vegetables and low fat milk and dairy products to ensure your child is getting the nutrients they need for growth and development.

Festive food

Try some of these healthier snack ideas:

- ❖ Berry fruit smoothie – blend strawberries/raspberries with green top or light-blue top milk and yoghurt.
- ❖ Use toothpicks to dip seasonal fruit such as berries, grapes, melon, banana, chopped apple etc. into custard or yoghurt.
- ❖ Enjoy cherries and watermelon.
- ❖ Try frozen yoghurt and grapes for a refreshing snack.
- ❖ Popcorn – pop using a small amount of oil or buy lightly buttered.
- ❖ Peanuts in their shell are fun for kids to nibble on.
- ❖ Chocolate dipped strawberries/dried apricots are delicious treats.
- ❖ Freeze grapes or berries into ice cubes and serve with soda water.



Get active!

- ❖ Choose activity based presents such as a frisbee, skipping rope, sports balls, roller blades, scooter, bicycle, hula hoop, hacky sack, cricket set, skate board, paddling pool, chalk for hopscotch, elastics...
- ❖ Other presents that entice children away from the TV and it's advertising of high fat/sugar foods are a good idea, such as board games, knucklebones, marbles etc.
- ❖ Choose fun family outings such as a picnic at the beach or park where the whole family can run around and kick a ball.

Fluffy Oaty Pancakes

2 cups self raising flour
1 cup rolled oats
1/3 cup sugar
2 cups trim milk
grated rind and juice of 1 orange or lemon
5 eggs, separated

Method

Sift flour into a large bowl, add oats, sugar, egg yolks, grated orange or lemon rind plus milk. Mix to a smooth batter (be careful not to over mix). Beat egg whites to a stiff foam and fold into batter. Heat up non-stick fry pan, spray lightly with oil and spoon batter into pan (how much you add here depends on what size you want the pancakes). Cook over a medium heat until bubbles rise to the surface and pop, turn and cook on the other side. Serve with fresh fruit and yoghurt

Makes 8 large or 16 small pancakes (Recipe developed by Bronwen King CTV Chef)