

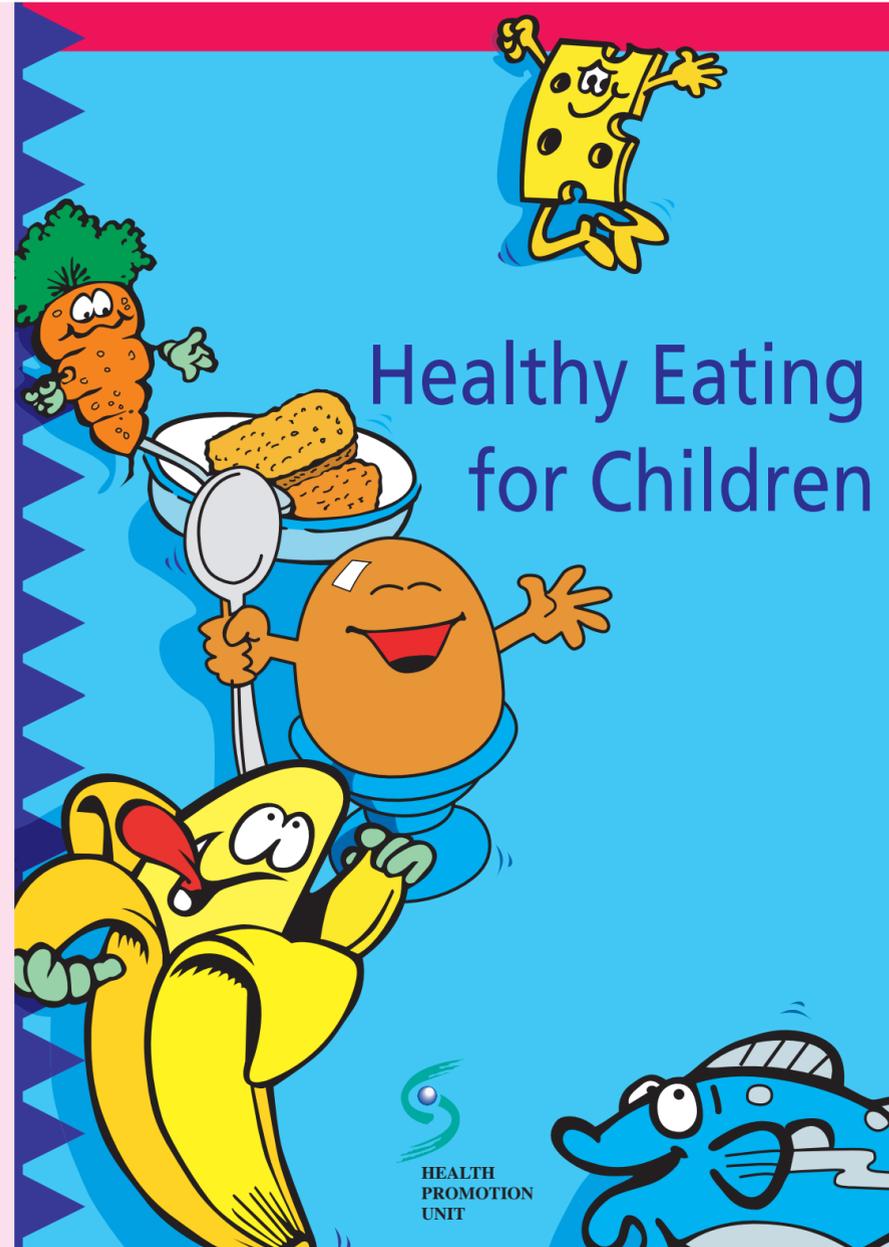
1. Turn on the oven to gas mark 7, 425°F, 220°C.
2. Put the flour and baking powder into a bowl and mix together.
3. Rub in the margarine.
4. Make a hole in the centre and pour in the milk. Mix well together.
5. Turn the mixture out onto a floured surface and knead until smooth.
6. Divide into 3 equal parts. Roll out each part into a sausage shape about 2cm wide.
7. Press the top ends of each together and plait the lengths. Press the bottom ends together.
8. Brush with beaten egg and sprinkle with poppy or sesame seeds.
9. Bake on a tray in the centre of the oven for about 20 minutes.

Thank you to the Health Promotion and Community Nutrition Services of the North Eastern Health Board for developing the original leaflet Healthy Eating for Children. Further information on healthy eating for children is available from the Community

Nutrition Services of your Local Area

- East Coast Area**
 (Dublin South East Coast and Wicklow) 01 2014290
- South Western Area**
 (Dublin South Inner City, South Dublin, Kildare, West Wicklow) 01 4632800
- Northern Area**
 (Dublin City North of River Liffey and Fingal County) 01 8823400
- North Eastern Area**
 (Meath, Louth, Cavan, Monaghan) 046 76400
- North Western Area**
 (Sligo, Leitrim, Donegal) 072 548339
- Midland Area**
 (Laois, Offaly, Longford, Westmeath) 044 47623
- Western Area**
 (Galway, Mayo, Roscommon) 091 548339
- South Eastern Area**
 (Waterford, Wexford, Carlow, Kilkenny) 056 7761400
- Mid-Western Area**
 (Limerick, Tipperary, Clare) 061 483255
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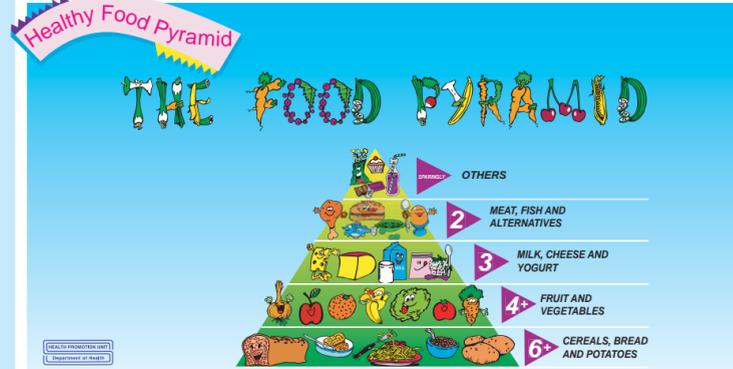
Dear Parent/Guardian,

Many of the choices you make for your children today will influence their health in the future. One decision you make everyday is the choice and preparation of meals, particularly school lunches.

Healthy eating habits started in childhood will stay with your children forever and will

increase their chances of a healthier life. Children grow and develop fast, so they need a diet that has enough energy, proteins, vitamins, minerals and fibre.

This booklet will give you information and some useful ideas to help you give your children a healthy lunchbox for school and for healthy eating in general.



The Food Pyramid is a fun way of teaching your children about the different food groups.

The pyramid is divided into five shelves. Each shelf represents a different food group. Choosing a variety of foods from each shelf helps make sure that your children have a balanced and

healthy diet.

You should choose most of your children's food from the bottom two shelves of the food pyramid. Smaller amounts of food should be chosen from the next two shelves. Foods from the top shelf should be chosen occasionally, not every day.

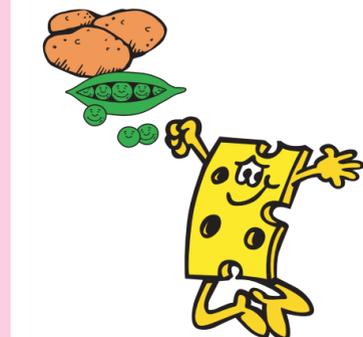
Healthy Servings

Each ► represents a serving. The number on the ► shows how many servings from that shelf you are recommended to eat every day.

Here is a list of suggested servings from each shelf of the Food Pyramid.

Cereals, Bread and potatoes shelf ►

- 1oz breakfast cereal
- 1 slice wholemeal bread
- 1 small bread roll
- 1 small scone – plain or brown or fruit
- 2 wholegrain cream crackers or crispbread
- 1 oz plain popcorn
- 1 medium sized potato – boiled or baked
- 2 tablespoons boiled rice or pasta



Fruit and Vegetable shelf ►

- 1 medium-sized fresh fruit, such as apple, orange, banana, pear
- 1/2 glass unsweetened fruit juice
- Bowl of salad vegetables - a mixture of tomato, lettuce, cucumber, carrot, celery
- Vegetable sticks made with carrot, pepper, celery, cucumber
- 2 tablespoons cooked vegetables or salad
- Bowl of home-made vegetable soup

Children and teenagers may need extra servings from the **Cereals, bread and potatoes shelf** for physical activity and growth.

Healthy Servings

Milk, cheese and yoghurt shelf

- ▶ 1/3 pint of milk
- ▶ 1 carton yoghurt
- ▶ 1oz hard cheese such as Cheddar, Edam or Blarney
- ▶ 2 cheese singles

Meat, fish, eggs, beans shelf

- ▶ 2oz lean cooked meat such as beef, lamb, ham or corned beef
- ▶ 2oz chicken or turkey
- ▶ 3oz fish such as tuna, mackerel, sardines
- ▶ 2 eggs – do not eat more than 7 eggs in a week
- ▶ 2oz pate – low fat
- ▶ 1oz peanut butter
- ▶ 4oz baked beans

How many servings from each shelf on the food pyramid did you have today?

Cereals, Bread & Potatoes	Fruit & Vegetables	Milk, Cheese & Yogurt	Meat, Fish, Eggs & Beans

Healthy Light Lunches

Monday's lunch is fun and good to eat



- 1 glass or small carton of milk
- Peanut butter sandwich on wholemeal bread
- 1 orange

Tuesday's lunch leaves time for playing

- Flask of soup
- Pate or tuna roll
- Carrot and celery sticks
- 1 mandarin orange or grapes



Wednesday's lunch is nice and filling

- 1 glass or carton of unsweetened fruit juice
- Corned beef sandwich on wholemeal bread
- 1 yogurt
- Popcorn

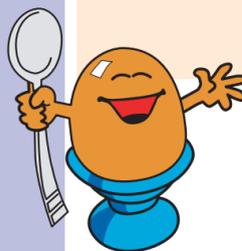
Thursday's lunch is hard to beat

- Cheese on wholegrain scone
- 1 apple
- 1 glass of water, or milk, or fruit juice

- Friday's lunch and off we go - "Free for two days in a row"

- 1 glass or carton of unsweetened fruit juice
- Egg and salad sandwich on wholemeal bread or filled pitta bread
- 1 banana or pear

These light lunches are healthy, yet are not expensive. Use lettuce or slices of tomatoes or cucumber to brighten up a sandwich, and for added vitamin C.



Healthy Main Meals

Here is a suggested meal plan for a day, for children aged 5 to 10 years.

BREAKFAST

The most important meal of your child's day.

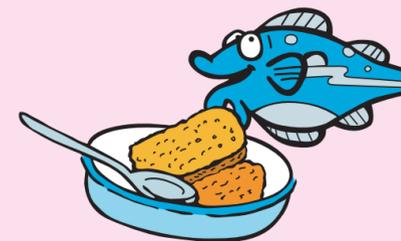
Fresh fruit or unsweetened fruit juice. Breakfast cereal - choose a wholegrain or bran type cereal, or porridge. Wholemeal bread with butter or margarine spread thinly. Jam or marmalade. Milk or tea.

LUNCH

Should provide one third of your child's food for the day

Meat, fish, chicken for sandwich filling. Bread for sandwiches such as wholemeal bread, rolls, pitta, soda bread. Or Slice of quiche or pizza.

Mixture of salad vegetables. Fresh fruit or yogurt. 1 glass or carton of milk or unsweetened fruit juice.



DINNER

Adapt your favourite recipes into healthy dishes by adding more vegetables and using low fat sauces.

Home-made vegetable soup. Lean meat or chicken or fish. 2 or more servings of vegetables or salad. Potatoes (boiled or baked) or rice or pasta. Fresh or stewed fruit with milk pudding or yogurt. 1 glass of water, milk or tea.

BEDTIME / BETWEEN MEALS

A glass of milk and a small snack, such as a wholegrain cracker, scone or plain biscuit.



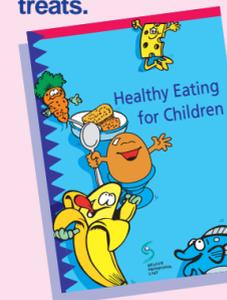
Healthy eating for children

Do

- Eat regular meals, not one big meal each day
- Eat a wide a variety of food as possible
- Eat breakfast every day
- Eat more fruit, vegetables and salad foods
- Eat wholegrain cereals and bread
- Drink plenty of water
- Grill food instead of frying it
- Use mayonnaise, salad creams and salt sparingly

Do not

- Skip meals or eat lots of snacks each day
- Eat sweets, cakes and biscuits too often. Have them as occasional treats.



Healthy Recipes

FAMILY SALAD

- 8oz boiled potatoes (cold)
 - 1 small lettuce, shredded or cut up
 - 1 red apple, sliced
 - 1 onion, chopped
 - 8oz carrots, cut into thin sticks
 - 4oz tomatoes, cut into small pieces
 - 8oz cold, cooked chicken or meat cut into small pieces
 - 4 hard boiled eggs
1. Cut the potatoes into chunks.
 2. Place the potatoes, lettuce, apple, onion, carrots, tomatoes and chicken or meat into a bowl. Mix well together.
 3. Cut the eggs into quarters and add to the salad.
 4. Serve with French dressing

This dish will serve 6 people.

SODA BREAD PLAIT

- 8oz self raising flour
- 1oz soft margarine
- 1/4 pint milk
- 1 egg beaten
- 1oz poppy or sesame seeds, if liked.

This recipe can be used for a pizza base or scones. Follow the instructions to 5, then roll or cut into the shape you need.