

Easy & enjoyable healthy eating for you and your family : simple tips & menu planning ideas / Tesco Stores Ltd.

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TESCO



Easy & Enjoyable

HEALTHY EATING

For You & Your Family



*Simple Tips &
Menu Planning Ideas*



BREAKFASTS

A **FRUITY BREAKFAST CEREAL** for the child who doesn't like milk: just squeeze the juice of two or three oranges over two **Tesco Wholewheat Biscuits**, or use orange juice from a carton. Top with a sliced banana or some chopped dried fruit.



Give them **BACON & BANANA ROLL-UPS** for an energy-rich breakfast treat. Cut lean, unsmoked bacon rashers in half lengthwise and wrap each slice round a chunk of slightly under-ripe banana. Secure with a cocktail stick and bake in a hot oven until the bacon is crisp, remove stick and serve with wholemeal toast spread with **Healthy Eating Half Fat Sunflower Spread**.

For breakfast on the run, try a quickly made energy shake: blend a carton of **Healthy Eating Very Low Fat Natural Yogurt**, a small ripe banana and a teaspoon of honey in a food processor. Add a little **Healthy Eating Semi-Skimmed Milk** for a thinner mixture. A few strawberries and some chopped mixed nuts provide extra colour and crunch.



For a healthy cooked breakfast serve **POACHED EGG MUFFINS**. Spread toasted wholemeal muffin halves with a little **Healthy Eating Half Fat Sunflower Spread**. Top with tomato slices and a slice of **Healthy Eating Half Fat Cheddar type Cheese**.

Place under a hot grill until the cheese just begins to melt. Top with a poached egg and serve.



SNACKS

A growing child cannot always eat enough at one meal to last until the next. Healthy snacks can help bridge the gap.

POTATO SKIN BOATS are fun to eat and make a healthy snack. Cut unpeeled potatoes lengthwise into wedges and boil for 5 minutes. Cut out the flesh (use it in another dish) leaving a 5mm (1/4 in) layer attached to skin. Lightly brush with sunflower oil and grill on both sides until crisp. Serve with a dip of cooked yellow split peas, **Healthy Eating Low Fat Fromage Frais**, chopped spring onion, a little olive oil, salt and pepper. Or mix flaked tuna with **Healthy Eating Cottage Cheese with Onion and Chive**.



Tasty **MEXICAN NACHOS** are simple for children to make themselves. Spread a single layer of tortilla chips in a baking tray, sprinkle with grated **Healthy Eating Half Fat Cheddar type Cheese** and place under the grill until the cheese melts. Serve with matchstick strips of red, yellow and green peppers and an avocado dip: purée a ripe avocado with lemon juice, **Healthy Eating Very Low Fat Natural Yogurt**, spring onion and chilli powder (optional).

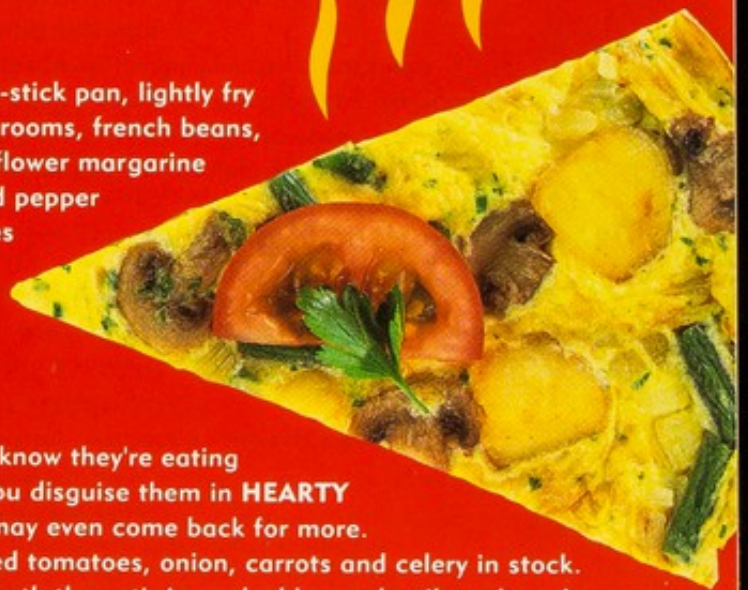
FRUITY COTTAGE CHEESE slips down easily and is a favourite with very young children. Mix cottage cheese with a small grated apple or half a thinly sliced banana and a few sesame seeds. A sprinkling of chopped hazelnuts provides extra energy and crunch.



Remember that the nuts should be finely chopped as otherwise young children could choke.

MAIN MEALS

VEGETABLE TORTILLA . Using a 9 inch non-stick pan, lightly fry chunks of cooked potato, sliced onion, mushrooms, french beans, or whatever you have to hand, in a little sunflower margarine or oil. Stir in 4 beaten eggs, parsley, salt and pepper and cook until set. Garnish with tomato slices and serve in wedges with brown rice and fresh tomato sauce. Cold tortilla wedges are perfect for packed lunches too.



Children won't know they're eating vegetables if you disguise them in **HEARTY SOUPS**. They may even come back for more.

Simmer chopped tomatoes, onion, carrots and celery in stock. Purée until smooth then stir in cooked brown lentils, salt and pepper to taste. Garnish with parsley or chives and serve with wholemeal croutons.



Simmer 450g (1lb) carrots in stock with a chopped onion and potato. Purée until smooth, check the seasoning then stir in cooked brown rice and chopped parsley or chives. Thin with **Healthy Eating Semi-Skimmed Milk**.



Simmer cooked yellow split peas in stock with chopped leeks, celery and a bay leaf. Remove bay leaf, purée until smooth, season to taste and swirl a spoonful of yogurt into each serving. Garnish with parsley and serve with wholemeal crispbread.

Minestrone makes a meal in itself: simmer quick cook short macaroni in stock, adding cooked chick peas, finely diced celery, carrot and onion, peas, chopped tomatoes, diced ham and seasonings. Serve sprinkled with grated **Healthy Eating Half Fat Cheddar type Cheese**.



Fish can be fun when served as **FISHY CAKES!** Mix mashed potato and mackerel fillet (or tinned salmon or sardines) with a little sunflower margarine, egg yolk, parsley and salt and pepper. Form into flat

HEALTHY VARIATIONS TO CHILDREN'S FAVOURITES

Make **BURGERS** part of a healthy diet with **Healthy Eating Minced Beef**, or try **Healthy Eating Minced Turkey**. Mix the meat with grated onion, finely grated carrot, sesame seeds, soy sauce, Worcestershire sauce, egg, salt and pepper to taste. Form into burgers, lightly brush with sunflower oil and grill for 4-5 minutes each side. For an even leaner version, reduce the meat and substitute an equivalent amount of mashed cooked lentils, kidney beans, split peas, ground nuts or wholemeal breadcrumbs. Serve in a wholemeal muffin with shredded lettuce and various toppings such as peanut butter, tomato slices, grated cheese or grilled lean bacon.



Save your children's teeth with home-made **YOGURT ICE LOLLIES**. Mix equal quantities of **Healthy Eating Very Low Fat Natural Yogurt** and **Healthy Eating Semi Skimmed Milk** with **Reduced Sugar High Juice Blackcurrant Drink** to taste. Or use a little puréed soft fruit instead of the blackcurrant juice. Pour into lolly moulds and freeze until solid. Leave out the milk for extra creamy lollies.



Marinate small **pork spare ribs** or **chicken wings** (use the breast meat for another dish) in soy sauce, honey, tomato ketchup and wine vinegar. Place under a hot grill for 10-15 minutes, turning once. Serve with a baked potato and salad or a selection of steamed vegetables - carrots, baby sweetcorn, green beans and broccoli florets.

Make packed lunches fun with **SKYSCRAPER SANDWICHES**. Mix wholemeal or Granary bread with white bread and vary the fillings: Spread one layer with chopped dates and low fat soft cheese, the other with sliced apple and chopped celery.



A layer of banana and cottage cheese and one of peanut butter is another good combination.

Or try a layer of sliced hard boiled egg and lean crispy bacon rashers or sliced low fat sausages, topped with a layer of tomato slices and iceberg lettuce.



PITTA POCKETS are another healthy option. Stuff wholemeal pitta bread with hard-boiled egg slices, tomato, celery, tuna and red kidney beans.



Eating healthily can be easy and fun. Here are some ideas for you to try, specially created by the Tesco cookery team to be easy for you to prepare and enjoyable for you and your children to eat.

The recipes include opportunities to substitute low and lower fat versions of ingredients for older children, quick ideas to stop breakfast being missed and many ideas to help give your children a good balance of all the four food groups and still enjoy their favourites. (Even sausage and chips can be healthy with grilled Tesco Healthy Eating Sausages served with oven chips and plenty of vegetables).

If you are looking for convenience, why not try the Tesco range of ready prepared Healthy Eating meals, from Chicken Sandwiches to Lasagne and Baked Beans to Salmon in Dill sauce. Chilled, frozen or ambient, you will find a selection to tempt anyone, just look out for the Healthy Eating Man.

fish shapes then brush with beaten egg, dip in wholemeal breadcrumbs and bake in a hot oven until crisp. Serve with carrots and peas - use peas to make fish eyes.



VEGETABLE KEBABS are another healthy option. Marinate button mushrooms, baby sweetcorn, courgette slices, baby onions and red pepper squares in olive oil and soy sauce. You can add chunks of chicken or pork for non-vegetarians. Thread on skewers and grill until just tender, brushing with the marinade. Serve with brown rice and yogurt mixed with chopped mint and diced cucumber.

DESSERTS

Use Tesco Custard Powder and Healthy Eating Semi Skimmed Milk to make an extra thick custard. Pour into individual bowls and chill. Top with Healthy Eating very Low Fat Natural Yogurt and apricot purée made with Healthy Eating Breakfast Apricots.



Young children will love stirring strawberry sauce into **Healthy Eating Rice Pudding**. Make the sauce with puréed, sieved strawberries or other fresh, frozen or canned (in natural juice, drained) soft fruit. Heat gently with a little sugar to taste and thicken with arrowroot.

For a healthy treat make wholemeal **PANCAKES** filled with thinly sliced canned pears and chopped dates. Place in an ovenproof dish, top with flaked almonds (optional) and a little honey and brown under the grill.





A healthy balanced diet along with a healthy lifestyle are vitally important factors in staying fit and well. Even small changes in your family's diet can have a positive impact on their health, making each of you feel and look better.

Healthy Eating habits learnt early can become a way of life, so give your children a head start towards a healthy lifestyle.

WHAT DO MY CHILDREN NEED?

Growing children need lots of energy, almost as much as an adult, but their stomachs are quite small, so the amount they can eat is much less than an adult. Choosing the right foods means they get all the nutrients for growth. e.g. protein, calcium and vitamin D, without too much fat and sugar.

HOW CAN I DO THIS?

An easy way to look at your child's diet is by splitting it into the 4 groups shown below. Then by offering a good variety of foods from all the food groups you will be supplying the nutrients a growing child needs.

1. Cereals, Bread, Pasta, Rice and Potatoes.
2. Fruit and Vegetables.
3. Meat, Poultry, Fish, Pulses (foods like peas beans and lentils), Cheese, Nuts and Eggs.
4. Dairy Foods.

Having looked at these groups, there are some things which are particularly important in a child's diet:

QUESTIONS & ANSWERS



1. MY CHILD IS A FADDY AND FUSSY EATER.

It is normal for children to go through fads. Don't worry, they don't usually last long and it is part of their developing food preferences. To help restrict fads, encourage children to eat a wide variety of foods at an early age and offer them new foods to try when they are hungry.



2. MY CHILD IS OVERWEIGHT.

It is best not to put your child on a strict diet. As your child is still growing, it is better to develop good healthy eating habits which, along with regular exercise, will help prevent or cure any weight problems.



3. MY CHILD DOESN'T EAT BREAKFAST

Children should be encouraged to eat breakfast as it improves their concentration at school and they are less tempted to buy sweets.

Encourage the whole family to eat breakfast together so it becomes more of an occasion and less easily missed.

Make breakfast appetising, nourishing and colourful - try some of the recipes in this leaflet.

If all this fails, give them a healthy snack to take to school to eat when they are hungry.



4. MY CHILD IS VEGETARIAN, HOW DO I ENSURE THEY ARE GETTING ENOUGH NUTRIENTS?

Choose vegetarian foods from Group 3 and serve with a good selection of foods from all the other groups. Include foods high in energy in their diet like bananas, avocados, cheese and peanut butter, as vegetarian foods can be quite rich in fibre and fill your child up too quickly.

Cereals, green vegetables, pulses, dried fruits, dairy produce and yeast extract should form a regular part of a vegetarian diet, as they all contain some of the iron and vitamin B12 provided by meat.



5. MY CHILD HAS A SWEET TOOTH.

If children have sweets, it is better they have them all in one go - perhaps at the end of a meal. Frequently eating sugary foods adds to the problems of tooth decay and children's teeth are most at risk.

However, do not ban sweets altogether as this may make them more desirable. Encourage your child to eat fruits which are naturally sweet.

Give your child water or diluted fruit juice to drink.

Don't use sweets as a reward - try other ways to say "well done", such as the stickers with the Tesco Height Chart.



6. I JUST DON'T KNOW WHAT MY CHILDREN EAT DURING THE DAY.

Make extra sure their meals at home include a good selection from all the food groups and this will help to ensure that overall they have a balanced diet.



7. MY CHILDREN WILL ONLY EAT FAST FOODS.

Pizza can be a healthy meal. Serve with extra vegetables or a salad.

Avoid serving chips with everything, instead try baked potatoes. Pasta comes in all shapes and sizes and rice can be jazzed up by adding sultanas and chopped vegetables.

If your children want to eat chips, use oven chips. If you make your own, cut them straight rather than crinkle cut; crinkle cut absorb more fat.

Buy low fat burgers or make home made with extra lean minced meat and plenty of breadcrumbs. Grill rather than fry and serve with a wholemeal bun and plenty of salad.

FOOD GROUP 1

These foods are rich in starchy carbohydrates, which are filling and low in fat. They also contain some protein and are generally good sources of the B vitamins and minerals such as iron and calcium. Wholewheat varieties are also good sources of fibre.

- Small children need plenty of energy in order to grow, but feel 'full up' very quickly, so it is important that their foods do not contain too much fibre.
- Choose breakfast cereals which are vitamin fortified with lower sugar and salt - try mixing with fresh fruit to sweeten.



FOOD GROUP 2

Fruit and vegetables provide many vitamins and minerals, are generally low in fat and most contain some fibre. Different fruits and vegetables contain different nutrients; choose a variety of colours such as dark green vegetables for B vitamins, orange carrots for vitamin A etc.

- Mix different vegetables to provide more appealing food, which will also give your child a good variety of nutrients.

FOOD GROUP 3

These foods are important sources of protein and provide B vitamins and iron, but their fat content can vary.

- If you buy meat, choose lean cuts. You will find extensive Healthy Eating and Extra Lean ranges at Tesco.
- Fish can help to add variety to our children's weekly diet. All fish is healthy. Many Tesco stores have fresh fish counters, or try pre-packed fresh, frozen or tinned fish for extra convenience.
- Peas, beans and lentils provide protein and fibre - canned versions can easily be added to soups and stews



FOOD GROUP 4

Both full and reduced fat dairy products such as milk and cheese are high in protein, B vitamins and calcium. Full fat varieties are especially good sources of vitamins A and D.

As children need a lot of energy to grow, their food should provide them with plenty of energy, protein, vitamins and minerals. Children should therefore not have a very low fat diet, but you should discourage very fatty foods.

Children under two need the energy and vitamins from full fat milk. Children aged over two can have semi-skimmed milk if they eat a varied diet, otherwise they should have full fat milk until they reach five.

TIPS

1 Only buy the foods you want your children to eat, then let them make their own choices from the careful selection you provide.

2 Encourage children to get involved in planning and preparing meals e.g. children who help make their packed lunches are more likely to eat them.

3 Set an example by eating the right foods and having regular meal times.

4 Make all meal times an occasion and avoid distractions such as television.

5 Even snacks should be a meal occasion.

6 Make foods attractive and fun.

7 If your child doesn't like vegetables try to disguise them in other foods - e.g. soups, stews, moussaka etc.