

Healthy eating for children / Tesco Stores Ltd.

Contributors

Tesco (Firm)

Publication/Creation

Cheshunt : Tesco, [1995]

Persistent URL

<https://wellcomecollection.org/works/h85mt5g2>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



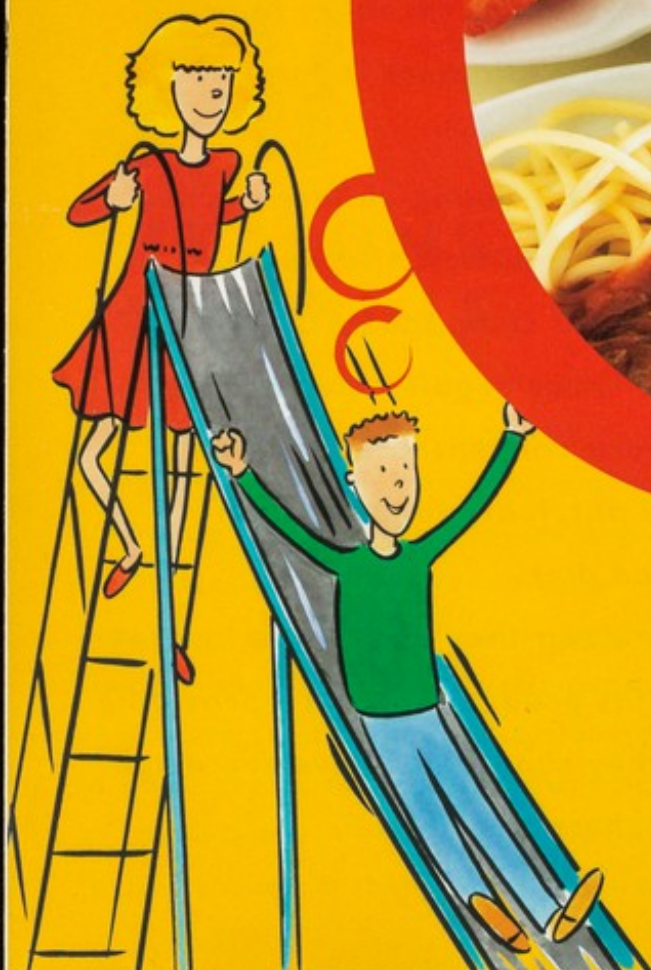
Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

Healthy Eating For Children



FOOD
ADVICE
SERVICE

at
TESCO





Healthy Eating Recipes

Dinosaur Egg Nest

Serves: 4 Cooking Time: 35 minutes
Cooking Temperature: 180°C/350°F/Gas Mark 4

Ingredients

350g (12oz) Healthy Eating Minced Beef
1 Onion, very finely chopped
50g (2oz) Mushrooms, very finely chopped
1x15ml sp (1tbsp) freshly chopped Parsley
Ground Black Pepper
455g Jar Tesco Original Pasta Sauce
350g (12oz) Spaghetti

Method

1. Mix the beef, onion, mushrooms, parsley and seasoning together. (Do this in a food processor if you have one). With floured hands, mould the mixture into 12 egg shapes the size of a medium tomato.
2. Place in a baking dish and cook in the centre of a pre-heated oven for 15 minutes. Pour over the sauce and cover the dish. Cook for a further 20 minutes. Cook the spaghetti according to the instructions on the packet.
3. Arrange the drained spaghetti around the edge of 4 serving plates. Place the eggs and sauce in the centre.

Sweetcorn & Bacon Potato Faces

Serves 4 Cooking Time: 1 hour 25 minutes
Cooking Temperature: 200°C/400°F/Gas Mark 6

Ingredients

4 Large Baking Potatoes, scrubbed
4 Rindless Lean Rashers of Bacon
25g (1oz) Sunflower Margarine
125g (4oz) Sweetcorn Kernels, canned in water
2 Spring Onions, finely chopped
5x 15ml sp (5tbsp) Healthy Eating Reduced-Fat Soft Cheese
1 Small carrot and 8 Slices of cucumber

Method

1. Cook the Potatoes for 1 hour 15 minutes or until soft.
2. Grill the bacon until crispy, then chop it into small pieces. Mix with the remaining ingredients, reserving 16 sweetcorn kernels for the eyes.
3. Cut the potatoes in half and scoop out the insides into a bowl. Mash the insides with a fork and mix with the bacon mixture. Use this to fill the potato skins.
4. Cook the filled skins for a further 10 minutes. Make a face on each potato half, using a carrot slice for the nose, half a cucumber slice for the mouth, and quarter of a cucumber slice and a sweetcorn kernel for each eye. Serve with slices of cucumber and tomatoes.

Banana & Strawberry Pancakes

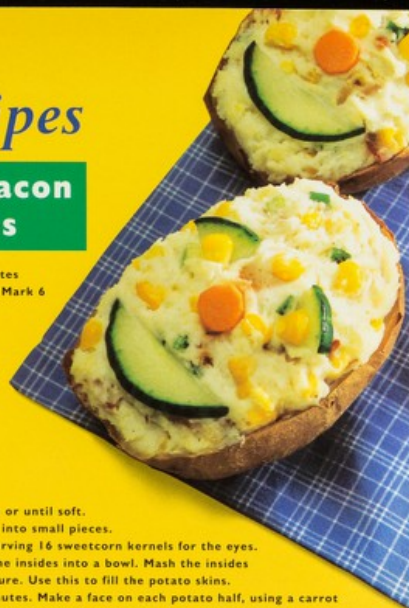
Serves: 4

Ingredients

130g Packet Tesco Batter Mix
1/2 Beaten Egg
150ml (1/2pt) Semi-Skimmed Milk
Sunflower Oil for frying
2 Bananas, thinly sliced
1x 15ml sp (1tbsp) Lemon Juice
125g (4oz) Strawberries, sliced
150g Low-Fat Banana yogurt

Method

1. Make up the batter mix for 4 pancakes following the instructions on the pack, but using the milk instead of water.
2. Mix the bananas with the lemon juice and strawberries.
3. Divide the mixture between the pancakes placing it on one half only. Drizzle with the yogurt. Fold the pancakes over and serve immediately.





STARTING YOUNG



Eating healthily is important for children. They need large amounts of calories and nutrients to meet their energy needs, for repair and maintenance and to fuel growth. Developing good eating habits in children early on will mean they are more likely to eat healthily as they grow up and reduce the risk of developing coronary heart disease and other illnesses in later life.



Healthy eating for young children is not the same as for adults. Children have smaller stomachs than adults, so they need smaller more regular meals. They also need more concentrated forms of calories and nutrients to make up a well-balanced diet.



This doesn't mean they can't have low-fat or reduced-fat products or fibre-providing foods. But they should not have too much of either of these.

FATS

While children shouldn't have a very low-fat diet, the balance of fats should be the same as for adults, cutting down on saturated fats in favour of unsaturated ones.

It is recommended that children under two years old have full-fat milk, but after that they can have semi-skimmed if the calories and nutrients are supplied by other sources in a healthy, varied diet. Skimmed milk can be introduced from the age of five.



SUGARS & TEETH

Children's teeth are most at risk from tooth decay, so try and avoid too many sweets, especially the sticky, chewy ones. Keep sweets and chocolates for meal times only - banning them altogether does not usually work. Dilute fruit juices or give them milk or fizzy water to drink. Make sure they brush their teeth after eating sweets and have a good dental care routine. Your dentist can give you more details.

VITAMINS & MINERALS

A good variety of foods should ensure children get all the vitamins and minerals they need. Iron is important for young children. Meat and dark-green vegetables are rich sources of iron. It is also found in bread, eggs, nuts and lentils.

Calcium and Vitamin D are important for growing children. Milk, cheese and yogurt are good sources of calcium (even low-fat varieties). It is also found in white bread, the soft bones of fish, e.g. canned sardines, and pulses such as baked beans. Vitamin D is found in foods like liver, oily fish and eggs.

It is also made in the body by the action of sunlight on the skin.



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. For example 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. Make all meal times an occasion and avoid distractions such as television.
- 4 Make foods attractive and fun.
- 5 If your child doesn't like vegetables, try to disguise them in other foods e.g. soups, stews, moussaka.
- 6 Always grill food, especially meat products like sausages and burgers, choose the low-fat ones. Trim any excess fat from meat before cooking.
- 7 Unsalted nuts and raisins make ideal snacks for school lunch boxes.
- 8 Purée fresh, canned or frozen fruit and stir into yogurt or fromage frais for an easy dessert.
- 9 Make your own fish cakes using canned fish (such as tuna) and mashed potato. Don't forget to add an extra vegetable such as sweetcorn.
- 10 Give your children fruit for snacks instead of sweets. Choose smaller fruits such as small bananas, tangerines or small bunches of grapes. Make up a mini fruit basket for them, so they can make the choice themselves.

The Healthy Eating Guide For Children is one in a series of leaflets.
For any advice on food and health write to:

The Food Advice Service,
Tesco Stores Ltd, P.O. Box 18, Cheshunt, Herts EN8 9SL.
© Tesco Stores Ltd.

1-6-95-SRL-570901-Lewisham