

## **Healthy eating at an early age / Batchelors Nutritional Advice Centre.**

### **Contributors**

Batchelors Nutritional Advice Centre.

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## HEALTHY EATING AT AN EARLY AGE <sup>(2)</sup>

	1	2	3	4	5
Breakfast	Muesli Stewed Fruit Yogurt	Orange Juice Scrambled Egg on Toast	Baked Beans on Toast Yogurt	Bran Flakes Apple Juice	Grilled Bacon & Tomatoes on Toast Fruit Juice
Mid-Morning	Small Glass of Milk 1 Apple	Small Glass of Milk Digestive Biscuit	Small Glass of Milk 1 Small Banana	Small Glass of Milk A Small Muesli Bar	Small Glass of Milk 1 Pear
Midday	Mushroom Soup Corned Beef & Tomato Sandwich Sliced Fruit Cake Orange Juice	Sardine & Cream Cheese Rolls Carrot & Apple Salad Fruit Scone Apple Juice	Tomato Soup Crusty Roll Ham & Pasta Salad Fruit Tart Orange Juice	Pitta Bread filled with Tuna & Cucumber Fruit Yogurt Shortbread Biscuit Lemon Squash	Slice of Cheese & Mushroom Flan Fruit Fool Pineapple Juice
Evening	Grilled Fish Cakes Carrots & Peas New Potatoes Gooseberry Fool	Sausage & Vegetable Stew* Orange Jelly & Fromage Frais	Cheesy Bubble & Squeak Apricot Pie & Custard	Chicken & Vegetable Stir Fry Banana Pancakes	Pork Kebabs Rice Salad Green Beans Milk Pudding

Daily Allowance - 1 pint semi-skimmed milk  
1/2oz butter or 1/2oz polyunsaturated margarine

Average intake over 5 days (based on standard portions for 7-8 year old child)

Protein 82g  
Fat 80g  
Energy (Calories) 1950 Cals  
Dietary Fibre 15g

\* Batchelor's recipe enclosed



14-7-93: E. Nut. Centre

SAUSAGE AND VEGETABLE STEW  
Serves 4

1 tbsp / 15ml olive oil  
1 large onion, peeled and chopped  
1lb / 450g mixed root vegetables (eg. parsnips, carrots, swede, potatoes)  
4oz / 100g mushrooms, chopped  
3/4 pint / 450ml vegetable stock  
415g can tomatoes  
2 courgettes, chopped  
4oz / 100g white cabbage, finely chopped  
4oz / 100g frozen peas  
8oz / 225g pork sausages, cooked and chopped  
salt and pepper

METHOD

1. Preheat the oven to 190C / 375F / Gas Mark 4.
2. Heat the oil in a flameproof casserole and cook onion gently for 5 minutes or until soft.
3. Peel, chop and add the root vegetables to the casserole, cook for 5 minutes.
4. Add the remaining ingredients, except the cabbage peas and seasoning. Cover and cook for 20 minutes.
5. Season to taste, add cabbage and peas, cook for a further 10 minutes.
6. Serve hot.

**Batchelors**