eatwell – ingredient inspirations

Active Kids Get cooking

Fruit and vegetables

Courgette – grate, cut discs or sticks!

Dried apricots – sweet and easy to cut, try kitchen scissors with younger children.

Leaves – try different types, lettuce or spinach.

Basil, coriander, mint – fragrant, easy to snip or rip, grow them on the classroom window sill.

Canned fruit and vegetables, e.g. peas, sweet corn, peaches – great in salads!

Dried apricots – sweet and easy to cut, try kitchen scissors with younger children.

Cauliflower, broccoli – try them raw.

Carrots – great, grated!

Bread, rice, potatoes, pasta and other starchy food

Potatoes – try canned potatoes for easy preparation.

Cous cous – just needs hot water from the kettle – a great filling base for salad.

Pasta – cook in advance, but think about storage , must be kept in a fridge.

Meat, fish, eggs, beans and other non-dairy sources of protein

Fish – add canned tuna or salmon to a salad.

Pulses – try canned mixed beans or chick peas.

Foods and drinks high in fat and/or sugar

Olive oil – use sparingly in dressings.

Mayonnaise – choose low fat, you could mix it with low fat yogurt.

Milk and dairy foods

Low fat yogurt – use it as a base for dressings.

Cheese – grate cheese to make it go further.

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