

Good Nutrition for Early Years



We hope you are all well and the recipes we shared last week were useful.

With the cancellation of our Events, Courses, Awards and Training Services until further notice we would like to continue supporting you and your families remotely via newsletters, email and telephone. Although response times may be delayed, please be assured that we will get back to you. We want the newsletter content to be directed by your feedback on the challenges you face as childcare settings, and also the challenges your families are facing. Please share your experiences with us and we will gladly support in any way we can.

Today we would like to share the **Family Pizza Challenge** with you. This is a good example of the type of activity that can help children become accustomed with food. **It is important that children of all ages have opportunity to help in the kitchen, not just when baking, but have input into mealtimes too.** Small hands can easily chop the ingredients in this recipe with table knives and parental supervision. Getting children involved with food can build confidence and create healthy attitudes towards food, thus reducing 'fussy eating'.

Healthy cooking challenge!

Some of you will have seen these quick pizzas before. They are a Big Cook, Little Cook favorite and perfect for families to get stuck in together.

(We have provided the recipes as picture files too, so you can share them on Whatsapp groups or other social media platforms – see the other attachments in the email)

Family Pizza Challenge!

Leicestershire Nutrition
and Dietetic Service



This simple recipe is a great one for children to practice their chopping skills and exercise their creativity too!

Have a go at making these delicious pizzas and see who can tick off all the challenges.

INGREDIENTS

- 2 English muffins (makes 4 pizzas)
(You can use any bread as a base: pitta, chapatti, sliced bread, baguette)
- 200g tin chopped tomatoes

TOPPING CHOICES

Add ingredients depending on what you have in the cupboard/fridge for example:

- Mushrooms, sliced
- Peppers, sliced
- Grated courgette
- Cooked chicken
- Tinned sweetcorn
- Onion, sliced thinly
- Dried or fresh herbs
- 80g grated cheese
- Pepper to season

Leftovers? Freeze and cook at a later date, or cook them and use cold in lunch boxes!



METHOD

Preheat the oven to 200°C - gas mark 6

1. Put the tomatoes into a bowl, season with pepper and herbs.
2. Cut the muffin in half-length ways to make 2 rounds.
3. Spread each slice of bread with the tomato mixture.
4. Decorate the pizzas with your toppings, leaving cheese until last.
5. Bake for 10-15 minutes.

Serve with mixed salad or baked beans.



Challenges:

- Have at least 4 different colour toppings on your pizza
- Taste something new today
- Eat a whole portion of the pizza that you made (1/2 a pitta, small chapatti or 1 small slice of bread is a 3-4 year olds portion)



Useful links for parents

We didn't want to overwhelm parents with recipes so decided on two tried and tested options for you to share. If parents are keen for more recipes, Change 4 Life and HENRY have some excellent recipes to try...

<https://www.nhs.uk/change4life/recipes>

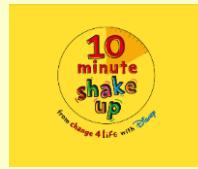


<https://www.henry.org.uk/homepage/resources/healthy-recipes>



<https://www.nhs.uk/10-minute-shake-up/shake-ups>

try this and we can print some of them in our next Goo Nutrition newsletter!



Please send us any pictures or feedback you receive from families. It would be good to know if they enjoy the recipes or whether they had any issues that we could look at next time!