

*Nutrition for*  

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**CHILDREN**

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Even the fussiest eaters can learn to love healthy food  
that feeds growing bodies and developing minds



# You are what you eat...

CHILDREN WHO EAT WELL WILL HAVE THE NUTRIENTS AND ENERGY THEY NEED TO GROW, AS WELL AS PERFORM BETTER AT SCHOOL, SPORTS AND OTHER ACTIVITIES. HELP YOUR CHILDREN DEVELOP HEALTHY EATING HABITS THAT WILL BENEFIT THEM FOR LIFE.

## FOLLOW THESE GUIDELINES FOR WELL-NOURISHED BODIES

### → Ensure meals are rich in protein

Fish, chicken, meat, eggs, dried beans, lentils and soya are high in protein, which provides the building blocks for growth. They are also a great source of iron and other important nutrients.

### → Limit sugar

Food and drinks with added sugar need to be restricted. Children who frequently have biscuits, sweets, chocolates and

sugar-sweetened drinks may be missing out on other more nutrient-rich food. Keep treats to special occasions and restrict kids' intake of sugar on cereals and in beverages.

### → Shake the salt habit young

Help your children to get used to and enjoy the natural taste of food by not adding salt to their meals, and by avoiding salty ingredients such as stock cubes and soup powders in your cooking.

### GOOD IDEA

#### Focus on the "good" fats.

Use healthy plant fats and oils such as olive oil, canola oil, avocado, peanut butter, seeds and nuts.

### GOOD IDEA

Plant a family vegetable garden! Children are more likely to eat veggies they grow themselves – and they'll learn valuable skills.

### → Add vegetables to your children's favourite meals,

such as shredded carrot to bolognese sauce and vegetable toppings on home-made pizzas.

### → Offer them raw veggie fingers.

Children may prefer uncooked vegetables because of their crisp texture and bright colours. Also offer them a healthy dip, such as guacamole, cottage cheese or hummus.



TRY THIS

Include a bottle of water in your children's lunch boxes every day.

PnP **kj-FREE FLAVOURED SPARKLING WATERS** (500ml)



**ADD A PERSONAL TOUCH** TUCK A SURPRISE – SUCH AS A NOTE OR STICKERS – IN YOUR CHILDREN'S LUNCH BOXES OR HIDE A SPECIAL TREAT AT THE BOTTOM. PACK FUN NAPKINS, DRAW A FACE ON A BANANA WITH A MARKER PEN, OR CUT SANDWICHES INTO NOVELTY SHAPES USING A COOKIE CUTTER



LUNCH BOX IDEAS

The lunch box should give children most of the nutrition they need for the day. However, no matter how healthy your children's lunches are, they won't provide any nutritional value if the food doesn't get eaten!

**VEGETABLES**

- ➔ A variety of raw vegetables – carrot, baby corn, baby peppers – with a dip
- ➔ Cold-pressed fruit and vegetable juices
- ➔ Lentil and vegetable soup in a flask for cold days

**FRUIT**

- ➔ Peeled, sliced or cubed fruit, which is easier to eat
- ➔ Fruit kebabs – try a mix of pineapple, grapes, melon and strawberries
- ➔ Mini fruit pots of blueberries or fruit salad

- ➔ Smoothies – either make them fresh or try PnP's frozen smoothies by Kauai
- ➔ Dried fruit
- ➔ Raisins
- ➔ Fruit and nut trail mix
- ➔ Date balls

**STARCHY FOOD**

- ➔ Fibre-rich bread or seeded rolls
- ➔ Mini pitas or wraps
- ➔ Rice cakes or crackers
- ➔ Pasta, bulgar wheat or quinoa in a salad
- ➔ Popcorn – either the regular kind or try PnP Livewell popped sorghum

- ➔ Muffins
- ➔ Pancakes with a filling

**PROTEIN**

- ➔ Cold meat slices – roll them with cheese inside
- ➔ Chicken pieces, such as a drumstick, or shredded with mayonnaise
- ➔ Canned fish, which can be mixed into a pasta salad
- ➔ Boiled eggs
- ➔ Falafel balls, meatballs or PnP Livewell chickpea and corn bites
- ➔ Mini quiches
- ➔ Mini burgers
- ➔ Baby sausages
- ➔ Chicken nuggets

TRY THIS

PnP **FRUIT SNACK POTS** (3s)



- ➔ Hummus in a small tub for dipping
- ➔ Nuts, peanuts and raisins
- ➔ Peanut butter
- ➔ Biltong

**DAIRY**

- ➔ Milk, including flavoured milk
- ➔ Yoghurt or drinking yoghurt
- ➔ Blocks of cheese and cream cheese
- ➔ Cottage cheese

TRY THIS

PnP **BBQ CHICKEN PANCAKES** (16s)



TRY THIS

PnP **CHICKPEA & CORN BITES** (250g)



TRY THIS

PnP **CRANBERRY & ALMOND SEED CRACKERS** (120g)



TRY THIS

PnP **COLD PRESSED ORANGE, CARROT & GINGER JUICE BLEND** (250ml)



**CARBS ARE IMPORTANT FOR CHILDREN**

Starchy food, such as bread, cereals, pasta, potato and pap, should be a part of most meals as it provides energy. Encourage more fibre, such as wholegrain bread and cereals, oats, wholewheat pasta, samp, brown rice and potatoes.

**INCLUDE DAIRY PRODUCTS EVERY DAY**

MILK, CHEESE, YOGHURT AND MAAS PROVIDE CALCIUM, A MINERAL USED BY THE BODY TO BUILD STRONG BONES. PREPARE FRUIT AND YOGHURT SMOOTHIES AND ADD CHEESE AND TUBS OF YOGHURT TO LUNCH BOXES

**GET THEM DRINKING WATER**

Enjoying water as a drink will remain a worthwhile habit for life.

**KEEP THEM ACTIVE**

Healthy eating is just part of a healthy start in life – encourage your children to be physically active too.

**ENCOURAGE VEGETABLES AND FRUIT**

These foods are great sources of a wide variety of important nutrients. Plan between five and nine servings of vegetables and/or fruit every day.

shelves in the fridge, pantry or cabinet – and keep treats hidden or high up so they're less visible.

**HEALTHY HABITS FOR LIFE**

Plan a regular meal schedule. If meals are skipped, children tend to snack more and are less hungry at meal times. Use their tummy space primarily for food that provides good nutrition.

**KEEP NUTRIENT-RICH FOOD VISIBLE**

Make sure your children can see healthy food – place it on lower

**GIVE CHILDREN VARIETY**

Different types of food offer different nutritional benefits, so expose your children to as much variety as possible.



*Don't skip breakfast*

Eating breakfast is linked to improved learning, as studies show that children who eat breakfast have better short-term memory. Some handy breakfast ideas:

- ➔ Bran-enriched cereal or oats porridge with milk and a banana

- ➔ Eggs or baked beans on seed toast.
- ➔ Peanut butter on a brown crumpet with a small glass of milk
- ➔ A smoothie – blend yoghurt with fruit, milk and a handful of ice

The most important thing you can do to

help your children develop healthy habits is to lead by example and be a good role model. Your children learn their health habits from you. If you eat a variety of healthy food and stay active, chances are that your children will too.

**EAT AS A FAMILY AT LEAST ONCE A DAY**

Research shows that children who regularly eat with their families have a better nutrient intake, healthier body weight, better school performance and better language development because of family "talk time"

## FISHCAKES WITH PEA-FRIED RICE

This is the perfect way to use up leftover mash and rice.

2 Tbsp (30ml)

**canola oil**

1 **onion**, finely chopped

1 clove **garlic**, crushed

1 can (400g) **sardines in tomato sauce**,

drained and deboned

¼ cup (60ml) fresh

**coriander**, chopped

1½ cups (375ml)

**mashed potato**

Juice (120ml) and

grated peel of

2 **lemons**

**Salt** and milled

**pepper**

1 cup (250ml) **peas**,

plus extra to garnish

2 Tbsp (30ml) **olive oil**

¼ (60ml) fresh **basil**,

chopped

2 cups (500ml)

cooked **rice**

½ **red onion**, diced

1 **green chilli**

Fresh **mint**, for serving

**SERVES 4**



### TRY THIS

PnP CRUMBED HAKE FISH CAKES (600g)



**Heat** 1 Tbsp (15ml) canola oil.

**Fry** onion until soft.

**Add** garlic and fry for another minute.

**Mix** onion and garlic in a bowl with fish, coriander, potato, half the lemon juice and half the grated peel.

**Season** and shape into 12 fishcakes.

**Chill** for 15 minutes to firm up.

**Heat** remaining canola oil and fry fishcakes for 3 minutes per side or until cooked through, then set aside.

**Blitz** peas, remaining lemon, olive oil and basil into a paste.

**Heat** rice in a dry pan and stir through paste, then set aside.

**Toss** red onion and chilli to make a salsa.

**Spoon** rice into bowls, top with fishcakes and salsa, garnish with mint and extra peas, and serve.

### Make it healthier:

Bake the fishcakes in a preheated 200°C oven for 18-20 minutes.