

# WONDERLAND CHILDMINDING



## MEAL PLANNER

## Meal planner

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## Healthy eating for kids

Eating a healthy, balanced diet is important for everyone, but children in particular need to receive all of the necessary nutrients for growth and development.

A healthy diet and regular physical activity can stabilise energy, sharpen the mind and improve mood - allowing children to maximise their potential both inside and outside of school. The good news - it doesn't have to be difficult either. I pay a lot of attention to the meal quality and taste as I believe that the good eating habits are coming from childhood. Therefore, I have completed the Child Nutrition and Cooking course from Stanford university\*, have a close knowledge of Jamie's Oliver Kitchen Garden\* project where children are taught how to grow up herbs and vegetables and how to use them in healthy cooking as well as I aim to participate in Eat Better Start Better programme from Children's Food Trust\*. When creating our menus I use the voluntary Food and Drink Guidelines for Early Years Settings in England provided by Children Food Trust.

## Benefits of healthy eating for children

Research into the eating habits we develop as children has suggested that a healthy diet during the early years means we stand a good chance of carrying these habits throughout our lives. In short, educating children on healthy eating can lay the path for a healthy life.

Eating well and engaging in regular physical activity can help children to:

- develop strong bones
- grow healthily
- concentrate at school
- maintain a healthy weight
- stay active and alert.

On a long-term basis, maintaining a healthy diet throughout childhood and into adulthood could also hold significant benefits, including helping to lower the risk of the following:

- type 2 diabetes
- high blood pressure
- cholesterol levels
- heart disease
- stroke

- joint problems
- breathing problems
- being overweight or obese.

## **Our meal planner**

**If there will be children with food intolerance or food allergies in the settings, the food menus will be changed in accordance with Health&Safety guidelines.**

**!!All menus were created using Voluntary Food and Drink Guidelines for Early Years Settings in England by Children Food Trust**

### **BREAKFAST**

**A portion of starchy food will be provided (a portion of wholegrain starchy food will be provided at least once a week). This could include :**

cereal (low sugar contain) / porridge / toasts / home-made bakery (cakes, tarts, quiches etc.)

**A portion of fruit of vegetables will be provided. This could include :**

fresh or dried fruits / fruits or vegetables chips / fruit or vegetables salads / fruits and vegetables prepared in other way for example as sauce or spread etc.

**A portion of milk and dairy foods will be provided. This could include :**

yoghurt / fresh milk / kefir, ayran and other dairy drinks / cheese

**Meat, fish, eggs, beans and non-dairy sources of protein could be provided (optional). This could include :**

Low salt ham / home-made or low salt sausages / beans / eggs / fish fingers

**Drinks :**

drinking water / fresh fruit or vegetables juice (mixed with water)

### **LUNCH**

Each lunch should include a main course and a dessert.

**A portion of starchy food will be provided (a portion of wholegrain starchy food will be provided at least once a week). This could include :**

rice / pasta and noodles / potatoes and sweet potatoes / bread and other savoury bake (cakes, tarts, quiches etc.) / buckwheat, couscous and other cereals

**A portion of meat, fish, eggs, beans and non-dairy sources of protein will be provided. This could include :**

poultry (preferably free range) / meat (preferably organic) / fish (both white and red) / pulses / eggs

**A portion of fruit of vegetables will be provided. This could include :**

fresh or dried fruits / fruits or vegetables chips / fruit or vegetables salads / fruits and vegetables prepared in other way for example as sauce or spread etc.

**A portion of milk and dairy foods can be provided as part of lunch. This could include :**  
yoghurt / fresh milk / kefir, ayran and other dairy drinks / cheese

**Drinks :**

drinking water / fresh fruit or vegetables juice (mixed with water)

## **DINNER**

Each dinner will include a main course and a dessert.

**A portion of starchy food will be provided (a portion of wholegrain starchy food will be provided at least once a week). This could include :**

rice / pasta and noodles / potatoes and sweet potatoes / bread and other savoury bake (cakes, tarts, quiches etc.) / buckwheat, couscous and other cereals

**A portion of meat, fish, eggs, beans and non-dairy sources of protein will be provided. This could include :**

poultry (preferably free range) / meat (preferably organic) / fish (both white and red) / pulses / eggs

**A portion of fruit of vegetables will be provided. This could include :**

fresh or dried fruits / fruits or vegetables chips / fruit or vegetables salads / fruits and vegetables prepared in other way for example as sauce or spread etc.

**A portion of milk and dairy foods can be provided as part of lunch. This could include :**

yoghurt / fresh milk / kefir, ayran and other dairy drinks / cheese

**Drinks :**

drinking water / fresh fruit or vegetables juice (mixed with water)

## **SNACKS (mid-morning and mid-afternoon)**

**A portion of starchy food will be provided. This could include :**

bread and bread sticks / low-salt crackers / unsweetened or low-sugar buns and other pastry (for example, home-made muffins with apples and raisins without sugar)

**A portion of fruit of vegetables will be provided. This could include :**

fresh fruits or vegetables / fruit or vegetables salads

**A portion of milk and dairy foods can be provided as part of lunch. This could include :**

yoghurt / fresh milk / kefir, ayran and other dairy drinks / cheese

**Drinks :**

drinking water / fresh fruit or vegetables juice (mixed with water)

## SAMPLE WEEK MENU

	Breakfast	Snack	Lunch	Snack	Dinner
<b>Monday</b>	Porridge with fresh berries or fruits / milk or yoghurt	Rice crackers. Fresh fruits (variety of 2-3)	Butternut squash and chicken creamy soup. Apple tarts with whipped cream	Low-salt nachos with tomato salsa	Home-made spaghetti bolognese. Apple tarts with fromage frais
<b>Tuesday</b>	Fruit salad / toast / milk or yoghurt	Home-made wraps with ham and cheese. Fruity smoothie	Home-made pizza. Fruit compote	Fruits and yoghurt	Roasted lamb with couscous and raisins. Banana with Greek yoghurt and whipped cream dessert
<b>Wednesday</b>	Low-sugar apple cake with preferable dairy drink	Bread and veggie sticks with houmous. Fruity yoghurt	Veggie and meat fritters. Seasonal berries with Greek yoghurt	Veggie and chicken samosas	Kid's kedgerree with fresh cod. Berry cream
<b>Thursday</b>	Boiled eggs on toast with spinach and cream sauce / milk or yoghurt	Fruit smoothie, home-made pastry	Beef stir-fry with seasonal vegetables and noodles. Fruity brioche with whipped cream	Home-made fruity brioche with fromage frais	Fish and courgette frittata. Rice pudding with fruit sauce
<b>Friday</b>	Ham and cheese toasty sandwich / fresh juice (apple and carrots)	Home-made pastry. Fresh fruits (variety of 2-3). Dairy drinks	Roasted veggie sticks with toast and dips (including smoked mackerel and nutty tomato dip). Fruit muffins and yoghurt	Fruity cheese and ham on toast	Quiche with low-salt sausages and seasonal vegetables. Fruity crumble

## Useful links and resources

You can find more information about programmes mentioned above using these links :

- Children's Food Trust : <http://www.childrensfoodtrust.org.uk>
- Kitchen Garden programme : <http://www.jamieskitchengarden.org/>
- Nutrition information : <http://www.nutrition.org.uk>
- Change4Life : <http://www.nhs.uk/change4life/Pages/change-for-life.aspx>