

Cooking with children is an excellent way to help them learn about healthy foods.

Here are some fun recipes that children can get involved with!



Cooking activities are a great way to introduce children to new things and help foster a love of nutritious foods.

It can also help their development, by combining gross and fine motor movement, and children will practise concentrating and following directions.

Savoury

Egg and corn bread cups

Access recipe from www.heas.health.vic.gov.au/early-childhood-services/recipes.

Tip: children can help spread margarine, whisk and mix ingredients and spoon into bread cups.

Cup of soup - Minestrone

Access recipe from www.heas.health.vic.gov.au/early-childhood-services/recipes/minestrone-soup.

Tip: children can wash canned legumes and sprinkle cheese when serving.

Stuffed spuds

- Cook small potatoes, cut the tops off and scoop out some potato.
- Children can fill with toppings like natural yoghurt, peas and corn, creamed corn, grated cheese, salsa, coleslaw, lean ham and canned pineapple, baked beans.

Little pizza people

- Spread small pita breads, crumpets or English muffin halves with tomato paste.
- Children can make a face using grated cheese and toppings like chopped lean ham, mushroom, tomato and pineapple.
- Bake or grill until hot and bubbly.

Wholemeal cheesy scrolls

Using a basic wholemeal scone, roll out dough and spread with cheese. Add other fillings such as tomato. Roll up, slice and bake until golden.

Tip: children can help measure and mix ingredients, knead and roll out dough, spread toppings and cut into portions.

Ants on a log

- Fill celery sticks with cream cheese or peanut butter (if allowed).
- Children can dot with currants or sultanas.

Sweet



Pumpkin scones

Access recipe from www.heas.health.vic.gov.au/early-childhood-services/recipes/pumpkin-scones.

Tip: children can mash cooked pumpkin, measure ingredients, rub margarine into the flour, mix and knead dough and cut out scone shapes.

Layered fruit, yoghurt and oat treat

- Children can help spoon a layer of assorted fruit (fresh, frozen or canned) into individual cups, top with a layer of yoghurt and sprinkle with oats.
- Children can continue to layer fruit, yoghurt and oats until they reach the top of their cup.



Fruity crumble

Access recipe from www.heas.health.vic.gov.au/early-childhood-services/recipes/Fruity-crumble.

Tip: children can rub margarine into the flour, measure and mix crumble ingredients, pour drained canned fruit into a baking dish and spread crumble mixture over the fruit.

Berry-apple fairies

- Use a wholemeal or fruit English muffin as a base.
- Children can spread ricotta or cream cheese and decorate with apple slices and berries.

Banana and cinnamon jaffles

- Children can help slice bananas using plastic knives.
- They can then help spread banana slices on slices of bread and sprinkle with cinnamon.
- Cook sandwiches in a jaffle maker until golden brown.

Carrot muffins

Access recipe from www.heas.health.vic.gov.au/early-childhood-services/recipes/carrot-muffins.

Tip: children can help to measure and mix ingredients, and spoon the mixture into muffin cases.

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