

Cooking with children is an excellent way to help them learn about healthy foods. There are many recipes that children can help you prepare.



## Savoury

### Egg and corn bread cups

Access recipe from [www.heas.health.vic.gov.au/early-childhood-services/recipes](http://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](http://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](http://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](http://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](http://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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To receive this document in an accessible format phone 1300 22 52 88 or email [heas@nutritionaustralia.org](mailto:heas@nutritionaustralia.org)

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