Healthy Eating Advisory Service

Food and drink ideas
Grainy goodies for kids

➡ (Early childhood services)

Snack ideas
fruity fun snacks for kids

➡ Early childhood services

Grains like wheat, oats and rice are an important source of long lasting energy and fibre, giving children the fuel they need to learn and play during the day.

Try these tasty ideas for fun and interesting grain-based snacks.

💡 Grainy goodies to cook

English muffins, crumpets and pikelets

Top with baked beans, fresh tomato and cheese or serve with berries, bananas and yoghurt for a sweet treat.

Savoury muffins

Try sweet potato and cheddar, ham and zucchini, cheesy tuna and corn.

Sweet muffins and scones

Try a variety of fruit or veggie combinations like carrot, prune and bran, oat and apple, strawberry and pear, raspberry and blueberry.

Pita chips

Cut pita into triangles, sprinkle with grated cheese and bake until crispy. Serve with veggies and dips, or sprinkle with baked beans and cheese to make pita nachos.

Little pizza people

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

Fruity bakes

Experiment with banana sultana bread, carrot slice, carrot and walnut loaf (if allowed), apricot banana bread, oat fruit slice and apple and sunflower loaf (if allowed).

Tasty toasties

Try different variations like baked beans, tuna, cheese or egg in toasted sandwiches.

Sample sushi

Roll steamed rice and vegetables in nori seaweed sheets, slice and serve.

Oodles of noodles

Mix noodles with lean shaved ham and veggies like corn, carrots and peas. For a fun snack or a picnic, serve in individual noodle boxes.

Fresh grainy goodies

Pinwheel sandwiches

Top bread with hummus and salad, roll tightly, wrap in cling wrap and refrigerate. Cut into slices and serve.

Veggie roll-ups

Spread mountain bread with hummus or avocado and top with lettuce, carrots, cucumber and tomatoes. Roll up firmly, cut into portions and serve.

Double decker sandwiches

Use three slices of bread to make a layered sandwich and fill with toppings of your choice (e.g. avocado, lettuce, egg, ham, cheese, tomato).

Corn thins / rice crackers / crackers / wholemeal crisp bread

Spread with cheese, peanut butter (if allowed), or serve on a veggie platter with cheese, dips and veggies.

Bananas in pyjamas

Spread a slice of wholemeal or wholegrain bread with margarine and wrap around a whole peeled banana.

Wholemeal/wholegrain breakfast cereals

Serve with milk, berries or bananas, or spread dry breakfast biscuits with cream cheese and banana slices.

Herb and garlic bread

Make herb and garlic pesto by combining fresh herbs such as basil and parsley with garlic, pepper and extra virgin olive oil and blitz in a food processor. Spread the mixture onto sliced wholemeal bread, damper or pita bread and oven bake for 5-8 minutes.

Healthy tips

- Choose wholemeal or wholegrain varieties where possible.
- Choose low salt varieties where possible (for example, baked beans, tuna).
- Be creative and offer different breads throughout the menu. Try wholemeal or wholegrain, rye, sourdough, mini dinner rolls, rolls and bagels, focaccia or Turkish bread, white high fibre, pita, flatbread or mountain bread, tortillas, lavash and fruit bread.