

## Activity 2 - Recipe Review

Nutrition in long day care

This resource is part of the Mini Professional Development package on the topic of Nutrition in early childhood. These have been developed by the Healthy Eating Advisory Service to support health promotion professionals in delivering engaging and practical sessions for Cooks Network meetings

### Activity 2 - Recipe Review

Small tweaks like swapping in wholegrains, adding legumes, or using yoghurt instead of cream, can make a big difference in helping children get the nutrients they need to grow, learn and thrive. In this activity we are going to look at how we can make these small changes to recipes that you might prepare in your kitchen.

#### Important Note:



Foods such as white bread, white flour, rice, and pasta are all acceptable and in line with current menu planning guidelines. This activity may include suggestions such as choosing wholemeal or wholegrain alternatives; however, this is not intended to imply that white versions are not allowed. The purpose is to highlight that wholemeal options can offer additional nutritional benefits, not to restrict or exclude white flour products.

### Objectives

- Interpret key nutrition recommendations from the Menu planning guidelines for long day care
- Review recipes to identify areas for improvement in nutritional quality
- Identify small changes or ingredient swaps that could enhance the nutritional value of recipes
- Build confidence in applying the Menu planning guidelines to adapt existing recipes

#### Required resources



- [Menu planning guidelines for long day care](#)
- [Menu planning checklist for long day care](#)
- Cook to bring in some recipes from their centre OR use sample recipes below
- Optional: You can share the [Healthy food swap resource](#) from the HEAS website to use for discussion

### Instructions

1. Choose a recipe from the examples provided (or use a recipe from your current menu).
2. Read through the ingredients.
3. Use the checklist and table below to identify simple changes that could make the meal more balanced and nutritious.
4. You can also use the Menu planning checklist for long day care available on the HEAS website to get some more guidance on preparing menus and meals with food variety.

**Nutrition review checklist:**



As you review the recipe, consider:

- Can I use wholegrain or high-fibre versions of an ingredient?
- Can I add vegetables or legumes to increase fibre and nutrients?
- Can I add variety with plant-based options?
- Can I reduce added sugar or salt?
- Can I use yoghurt instead of cream?
- Does this recipe include a mix of food groups (fruits, vegetables, grain foods, meat and meat alternatives, dairy and dairy alternatives)?

**Recipe changes table**

Recipe Name	What would you change?	Why make this change?
Example: Banana Muffins	Swap white flour for wholemeal flour OR Use 50/50 white flour and wholemeal flour	Adds fibre and keeps you full for longer

**Group Discussion Questions**

- What small changes did you identify in your recipes?
- What kinds of swaps or additions are easiest to make in your kitchen?
- How could you involve children in making or serving this dish?

## Sample Recipes

### Sample Recipe 1: Savoury Veggie Fritters

#### Ingredients:

- 2 cups grated zucchini and carrot
- ½ cup self-raising flour
- 2 eggs
- ¼ cup cheese
- Oil for cooking

### Sample Recipe 2: Creamy Pasta Bake

#### Ingredients:

- 250g pasta
- 1 cup cream
- 1 cup grated cheese
- 1 cup cooked chicken
- ½ cup peas

### Sample Recipe 3: Minestrone soup

#### Ingredients:

- 1 small onion
- 2 cloves garlic
- 2 medium carrots
- 1 L Vegetable stock
- 1 can Crushed tomatoes
- 100g pasta
- Oil for cooking

### Sample Recipe 4: Tuna and corn patties

#### Ingredients:

- 1 can tuna
- 2 medium potatoes
- 2 tsp lemon juice
- 1 can corn kernels
- 1 egg
- ¼ small onion
- ½ cup breadcrumbs
- Oil for cooking
- 6 slices white bread

### Sample Recipe 5: Chicken risotto

#### Ingredients:

- 1 small onion
- 350g chicken thigh fillets
- Olive oil for cooking
- 1 cup uncooked basmati rice
- 1 litre chicken stock
- 1 Tablespoon parmesan cheese

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phone 1300 22 52 88 or email [heas@nnf.org.au](mailto:heas@nnf.org.au)

