

WHAT'S IN THE BOX?

Name:

MISSION 3:

Have fun with your child in the kitchen! Include at least one lunch or healthy snack that your child has helped you make in their lunchbox each day this week.

FAST FACTS:

- Kids are more likely to eat healthier food if they are involved in making or cooking it.
- Get your kids involved by asking them to help with simple tasks such as picking food fresh from a garden, washing, cutting, grating, mixing, cooking and serving food. They can also provide an extra hand washing up!
- Leftovers are versatile and are great lunchbox inclusions for busy parents. See the recipe below for an easy pasta lunchbox salad no child will refuse – especially if they have made it themselves!
- Homemade snacks are a great way to provide some extra serves of fruits and vegetables to your child. Read on for recipe ideas...
- As you learnt from last week's mission – homemade snacks can save you money!

THERE ARE LOTS OF STEPS YOUR KIDS CAN HELP WITH TO MAKE THESE LUNCHBOX FOODS!

Rainbow Pasta Salad

Keep aside some cooked pasta from your evening meal to use for this fabulous lunchbox pasta



salad. Ask your child to choose from a variety of vegetables they would like to add to their salad such as corn, capsicum, grated carrot, cucumber, tomato, peas, beans, and broccoli.

Then help them select some protein such as hard-boiled egg, cubes of low fat cheese or some chicken.

In a jug put some olive oil and lemon juice, salt and pepper and ask them to stir it all around and then stir through the pasta – they will love doing this step!

Pack into a container for their lunchbox. Don't forget to pack a spoon or fork!

Veggie Pikelets

2 cups SR flour
2 cups grated or finely chopped veggies
2 eggs
1 cup low fat tasty cheese, grated
1 ½ cups low fat milk
Salt and pepper



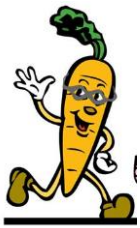
- In a bowl whisk all the ingredients
- Heat a little oil in a frypan
- Add heaped tablespoons and fry until golden
- Turn to cook each side
- Wrap in portions and freeze ready for the lunchbox each day

Banana Loaf

1 cup SR flour
1/4 cup raw sugar
2 oranges
1 egg
1 cup wholemeal SR flour
2 ripe bananas
1/4 cup vegetable oil



- Preheat oven to 180°C and spray loaf tin with oil
- Mix flour and sugar in a bowl
- In a separate bowl mash bananas with a fork
- Grate the orange rind from the oranges and squeeze out the juice
- Combine the rind, juice, oil and egg then add to the flour and sugar mixture
- Pour mixture into the loaf tin
- Bake for approximately 45mins
- Once cool cut into small slices & store in the freezer for easy lunchbox snacks



NUTRITION NINJA SAYS

My favourite food to cook is...

Discuss healthy recipes and recipes that you have made at your service. Ask the children to draw their favourite healthy ingredient (like a banana or apple) that they have cooked with and write its title underneath