

Healthy Eating Newsletter

Spring 2017



Have a go at making our favourite recipe this season.

Cranberry and Pumpkin Seed biscuits

175g Demerara Sugar

175g Margarine

100g Syrup

75g Wholemeal Flour

1/2 tsp Bicarbonate of

Soda

250g Oats

1 tsp Cinnamon

100g Raisins

100g Dried Cranberries

1 tsp Ginger

1 Beaten Egg

75g Pumpkin Seeds

Method

Melt butter sugar and syrup together

Add flour bicarbonate, oats, ginger cinnamon, raisins, cranberries and pumpkin seeds. Mix well.

Stir in egg.

Shape into balls and flattened.

Place on a baking sheet and cook on gas mark 3/180

Teresa's Top Tip

Introducing children to new foods

Taken from Dr. Dina Rose—**Never** (and I mean never) ask your children to **eat** anything new! Settle for a taste. Or a touch. Or maybe even just a sniff. When it comes to helping our children enjoy new foods, **pressure is your enemy**. And, at least from our children's perspective being expected to eat something they've never tasted before is a lot of pressure. The shift from eating to tasting may not seem like a big deal. Most parents think that's what they're doing when they say to their children "Just taste it, and if you don't like it, you don't have to eat it." But if you hear this statement from your child's perspective, "If you *do* like it, you *will* have to eat it," it's easier to see why some children balk. Especially if we introduce new foods by putting a big heap on the plate at dinner. What if your child doesn't want to eat it, or even thinks he *might* not want to eat it? The safest course of action is to not even taste it.

What can we do instead?

Making tasting new foods fun, small, touch feel the food before we offer it on the plate.

Try placing the new food separately on the plate i.e. curry and rice, place the curry away from the rice rather than in the middle of the rice.

Try not to get anxious when your child refuses.



Don't forget to bring your child a toothbrush into nursery as well as a toothbrush case/cover to keep it hygienically clean. You can obtain one from the internet for as little as 99p.

Concerns about Childhood Obesity in Allerdale

Helpful
Tips

It is a well known fact that obesity is a huge risk factor for so many diseases, action to reduce childhood obesity will prevent significant ill-health in the Cumbrian population in the future, as well as avoiding the financial costs associated with treating conditions linked to obesity. Making small changes to what we eat can help keep us healthy.

Take a look at just 4 of 10 Top Tips from:

<http://www.nhs.uk/Livewell/eat4cheap/Pages/cheap-food-shopping.aspx>

The Benefits of Gardening in the Early Years

It's a Fact: Children who grow their own food are more likely to eat fresh fruits and vegetables (*Canaris, 1995;*) or express a preference for these foods (*Morris & Zidenberg-Cherr, 2002*). Here at nursery our gardening programme is about to begin. This involvement with gardening provides our children with so many skills:

Developing curiosity.

Developing the ability to take risks.

Developing awe and wonder.

Developing the skill of negotiation.

But most of all the desire to investigate.

'Whether in a rural or urban setting, the surprises of the plant world can provoke a child's curiosity and desire to investigate'



4 Top Tips

1. Beware of BOGOF offers

Special discounts such as buy-one-get-one-free (BOGOF) deals can offer good value, but be careful: only buy items you actually need and are likely to keep and use - tinned or frozen fruit, veg or rice and pasta are a good examples.

Markdowns on perishables at the end of the shopping day are another way to bag a saving however make sure the item gets used before the use-by-date and doesn't go off sooner than expected.

2. Waste nothing

The average family with children throws away almost £60 of good food every month. Be strict about buying only what you'll actually eat. Plan your meals so that all ingredients on your list get used. Freeze any unused food. Food storage bags and boxes will come in handy.

3. Buy frozen

Frozen fruit and vegetables are underrated. They come pre-chopped and ready to use, are just as good for you (**try to avoid those with added salt, sugar or fat**), and are often cheaper than fresh varieties. Frozen vegetables are picked at the peak of freshness and then frozen to seal in their nutrients. *Get tips on freezing and defrosting.*

4. Freeze leftover bread

Bread is one of the most wasted household foods. Reduce waste by freezing bread, preferably in portions (for convenience) and when it's at its freshest (for taste). Store bread in an airtight container (such as a freezer bag) to avoid freezer burn.