

Keeping children healthy, fit and active

Information for parents

Help, support and advice on encouraging and developing a healthy happy lifestyle for children



Kingston's and Richmond's children's centres



Contents

Subject	Useful links	Page
Introduction		1
Healthy Start	https://www.healthystart.nhs.uk	2
Vaccines	https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/	3
Healthy eating – Eatwell Guide	www.nutrition.org.uk	4
Healthy, varied diet for children		6
Healthy hydration for children aged 1 to 4		8
Healthy hydration for children 5 to 11		9
Diet and dental health	www.nutrition.org.uk	10
How much Salt		10
Allergy Information		11
The 14 allergens	www.nutrition.org.uk	11
Foods high in saturated fat, salt and sugar		13
Physical activity for children Birth to 5 years	https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report	14
Physical activity for children 5 to 18 years	https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report	14
Eating well for less		16
Recipes		17
Pancakes		17
French toast		18
Overnight oats		19
Easy Minestrone Soup		20
Links to additional recipes		21

Introduction

Achieving for Children's children's centre services are available for all families with children up to 5 years who live or attend a provision within the Kingston and Richmond boroughs.

All our children's centres are warm and friendly places and all families are made welcome.

We provide quality information, advice and guidance on a range of topics and issues, covering all aspects of parenting and child development.

We work in partnership and alongside health visitors, midwives, schools and nurseries to support parents in giving their children the best start in life and helping them to provide a healthy lifestyle for their children and family.

Parenting doesn't stop when your children reach 5 years of age, so this booklet will hopefully offer you ideas, advice and information as your children grown through their primary years and onwards to young adulthood.

We hope that you find it useful.

Warm regards

Kingston's and Richmond's children's centres services

Healthy Start

If you are pregnant or have a child under the age of 4, you can get free vouchers or payments every four weeks to spend on:

- cow's milk
- fresh, frozen or tinned fruit and vegetables
- instant formula milk
- fresh, dried and tinned pulses

You will also receive Healthy Start vitamins for expectant and feeding mums and children.

Eligibility

You'll qualify for the Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child that's under 4. In addition, you must be receiving any of the following.

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)

You will also be eligible for Healthy Start if:

- you are under 18 and pregnant, even if you are not claiming any benefits
- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant
- you or your partner get Working Tax Credit run-on only. (Working Tax Credit run-on is the Working Tax Credit you receive in the four weeks immediately after you have stopped working for 16 hours or more per week)

To find out if your family earns £408 or less a month from employment whilst claiming Universal Credit, look at your 'take-home pay for this period' on your monthly Universal Credit award notice.

To apply:

- contact your local children's centre for an application form
- visit <https://www.healthystart.nhs.uk>
- call 0345 607 6823 and ask for a form to be sent to you in the post

Vaccines

Age	Vaccine
8 weeks	6-in-1 vaccine Rotavirus vaccine MenB
12 weeks	6-in-1 vaccine (2nd dose) Pneumococcal (PCV) vaccine Rotavirus vaccine (2nd)
16 weeks	6-in-1 vaccine (3rd dose) MenB (2nd dose)
Up to 1 year	BCG tuberculosis (TB) Recommended for babies who are born in areas of the UK where the rates of TB are high. babies who have a parent or grandparent who were born in a country where there's a high rate of TB
1 year	Hib/MenC (1st dose) MMR (1st dose) Pneumococcal (PCV) vaccine (2nd dose) MenB (3rd dose)
2 to 10 years	Flu vaccine (every year)
3 years and 4 months	MMR (2nd dose) 4-in-1 pre-school booster
12 to 13 years	HPV vaccine
14 years	3-in-1 teenage booster MenACWY

For further information visit

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

Information taken from www.nhs.uk

Healthy eating



What are the main dietary messages of the new Eatwell Guide?

- Eat at least five portions of a variety of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates, choosing wholegrain versions where possible.
- Have some dairy or calcium fortified dairy alternatives (such as soya drinks), choosing lower fat and lower sugar options.
- Eat some beans, pulses, fish, eggs, meat and other proteins (including two portions of fish every week, one of which should be oily).
- Choose unsaturated fats, oils and spreads and eat in small amounts.
- Drink six to eight cups or glasses of fluid a day.
- If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.

Will using the Eatwell Guide give me all the nutrients I need?

For most people, eating a healthy, balanced diet based around the Eatwell Guide should provide all of the nutrients needed to stay healthy. However, at some stages in our lives we may need to take supplements to make sure we get enough of a particular vitamin or mineral.

Vitamin D	Babies*	All babies under 1 year should have a daily 8.5 to 10 microgram vitamin D supplement to ensure they get enough. Children who have more than 500ml of infant formula a day do not need any additional vitamin D as formula is already fortified
	Young children	Children aged 1 to 4 years should have a daily 10 microgram vitamin D supplement
	Everyone age 5 years and over	During the autumn and winter months, we cannot make enough vitamin D from sunlight and it may be difficult to get the 10 micrograms we need from food alone, so taking a 10 microgram vitamin D supplement in these months should be considered
	People with very little or no sunshine exposure (eg, those who are seldom outdoors such as frail or housebound individuals and those who are confined indoor, such as in institutions like care homes) People who habitually wear clothes that cover most of their skin while outdoors	These groups should take a daily supplement containing 10 micrograms vitamin D throughout the year
Folic acid	Women who may become pregnant and pregnant women	Folic acid is important for pregnancy, as it can help to prevent birth defects known as neural tube defects, including spina bifida. 400 micrograms should be taken daily for women trying to conceive, and for the first 12 weeks of pregnancy (or higher amounts for women at increased risk)
Vitamin B12	Vegans	

Courtesy of British Nutrition Foundation for further information visit www.nutrition.org.uk

Healthy, varied diet for children

The table below provides information on particular nutrients that are important to include in your child's diet - try to encourage your child to eat a variety of these foods in the proportions shown in the Eatwell Guide.

Nutrient	Food types	Why does my child need this?	Tip
Carbohydrates	Potatoes, bread, rice, pasta, breakfast cereals, oats, couscous and other grains.	For energy. Starchy carbohydrates are the best source of energy for your growing child.	Offer a variety of different starchy foods – include wholegrain versions and potatoes with their skins on as they contain more fibre.
Protein	Lean meat, fish, dairy products, eggs, pulses, beans and soya products.	For growth, maintenance and repair of the body.	Your child should eat at least two portions of fish a week, one of which should be oily fish such as salmon, mackerel, trout or sardines. Oily fish contains long chain omega 3 fatty acids which are important for health (see long chain omega 3 fatty acids below).
Fat	Saturated fat: animal products such as fatty meats, butter, lard, ghee, and dairy products and foods made with these such as cakes, biscuits and pastries. Unsaturated fats: olive, rapeseed, sunflower and corn oils, oily fish, nuts and seeds.	Some fat is needed in the diet but it needs to be the right type of fat and in the right amount.	Too much saturated fat can increase the risk of your child developing serious health conditions in later life such as heart disease. Replace saturated fats in your child's diet with unsaturated fats wherever possible.
Calcium	Milk, yogurt, cheese, soya beans, tofu, green leafy vegetables, soya drinks with added calcium, bread and any food made with fortified flour, and fish that contains edible bones.	For healthy bones and teeth.	If your child is eating well and over 5 years old then encourage them to eat low-fat dairy products as they contain less saturated fat and can provide the same amount (if not more) calcium.

Iron	Lean meat, liver, wholegrain cereals, pulses, beans, nuts, sesame seeds, dark green leafy vegetables, dried fruit and fortified breakfast cereals.	For healthy blood and for transporting oxygen around the body.	Iron is especially important for teenage girls as their requirements are higher due to menstrual losses. Vitamin C helps with the absorption of iron from plant sources so having a drink or food containing vitamin C with an iron-rich meal is a good idea, for example a glass of fruit juice with a bowl of iron fortified cereal
Vitamin A	Milk, yogurt, fortified fat spreads, cheese, eggs, and orange, red and green (leafy) vegetables such as carrots, sweet potatoes, red peppers and spinach.	For healthy skin and eyes (helps vision in dim light) – it also helps to keep the immune system healthy.	Too much vitamin A may be harmful. If you think your child needs a supplement make sure they are age specific and always consult a health professional before you do so.
Vitamin C	Citrus fruits, berries, peppers, tomatoes, broccoli, brussel sprouts and potatoes.	For healthy body tissues, for example, skin, gums, bones and teeth, as well as assisting the healing process.	Have a fruit bowl that is accessible to encourage your child to eat fruit. Vitamin C aids the absorption of iron from plant sources (see iron).
Vitamin D	Eggs, oily fish, fortified breakfast cereals, fortified fat spreads and soya drinks with added vitamin D.	For growth, development and maintenance of bones and teeth – it also helps to keep muscles and the immune system healthy.	The main source of vitamin D is from the action of sunlight on the skin. In the UK the sun is only strong enough to make vitamin D during the summer months (April to October). But remember to be careful and cover up or protect your child's skin with sunscreen if they are out in the sun for long periods to reduce the risk of burning.
Long chain omega 3 fatty acids	Oily fish such as salmon, mackerel, trout and sardines.	Long chain omega 3' are essential for normal brain development. Our bodies cannot make this type of fat so it is important we get it from the diet.	Girls should have no more than two portions of oily fish a week (toxins present at low levels in oily fish can build up in the body over time and may be passed onto an unborn baby in a future pregnancy). Boys can have up to four portions of oily fish a week. Children under the age of 16 years should avoid eating fish such as shark, swordfish or marlin. This is because they may contain mercury which can affect a child's nervous system.

Hydration for children

Healthy hydration for children aged 1 to 4



BRITISH
Nutrition
FOUNDATION

HEALTHY HYDRATION

for children aged 1-4

The amount of fluid children need depends on many factors but be sure to offer children drinks frequently; they may not recognise when they are thirsty.

About 6-8 cups or beakers a day are recommended

Water

Is an excellent choice throughout the day because it hydrates without providing extra energy (calories) or harming teeth.

Have regularly

Milk

Is a useful source of nutrients, especially protein, iodine and calcium. Children under 2 years should have whole milk. Those eating well and having a healthy, balanced diet can drink semi-skimmed milk after 2 years. Skimmed or 1% fat milks are not suitable as main drinks for children under 5. Unsweetened, calcium-fortified dairy alternatives (e.g. oat, soya or almond drinks), ideally also fortified with other minerals (e.g. iodine) and vitamins, can be offered from 1 year of age as part of a healthy, balanced diet, with the exception of rice milk, which is not suitable for children under 5.

Milk and water are good choices for young children

Children aged 1-2 years will be getting most of the nutrients they need from solid foods but breastfeeding can continue alongside this. The World Health Organization (WHO) recommends breastfeeding alongside appropriate complementary foods up to two years of age or beyond.

Fruit and vegetable juices and smoothies

Can provide some vitamins and minerals. However, they also contain sugars and can be acidic, which is harmful to teeth. If given, keep them to meal times and dilute.

Dilute with water

Sugar-free drinks

Can hydrate without adding sugars, but these may contain acids that can be harmful to teeth and some of these drinks also contain caffeine.

Not recommended

Sugary drinks

Are best avoided as they provide sugars, but few other nutrients. Too much sugar can lead to weight gain and tooth decay. These drinks can also fill young children up and reduce their appetite at mealtimes.

Avoid

Tea and coffee

Are not suitable for young children (especially when sweetened) as they contain caffeine and can reduce the amount of iron absorbed from food especially if they're given with meals.

Not suitable

Healthy hydration for children 5 to 11



BRITISH
Nutrition
FOUNDATION

HEALTHY HYDRATION

for children aged 5-11

Drink plenty

Water

Is a good choice throughout the day because it hydrates without providing extra energy (calories/kilojoules) or harming teeth

Have regularly

Milk

Is a useful source of nutrients, especially protein, B vitamins, iodine and calcium. Most children can have lower-fat milks such as skimmed, 1% or semi-skimmed. Unsweetened, calcium-fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milkshakes, hot chocolate and malted drinks should be limited.

Can have once a day

Fruit and vegetable juices and smoothies

Can provide some vitamins and minerals. However, they also contain sugars and can be acidic which is harmful to teeth so it's recommended to limit them to one small glass (150ml) a day and keep them to mealtimes. 150ml counts as a maximum 1 portion of your 5 A DAY. They can be diluted with water to reduce the acidity and sugars content.

Occasionally

Sugar-free drinks

Hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water. Fizzy drinks may contain acids that can be harmful to teeth. Be aware that some of these drinks contain caffeine.

Occasionally (and in small amounts if caffeinated)

Tea and coffee

Caffeine is naturally present in tea and coffee. Small amounts are harmless but high intakes should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced-fat milks and no added sugars.

Avoid

Sugary drinks

Are best avoided as they provide sugars, but few other nutrients. Fizzy drinks may contain acids that can also be harmful to teeth and some soft drinks contain caffeine.

Not suitable for children

Sports and energy drinks

can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.

This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years.

The amount of fluid a child needs depends on many factors but generally they should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children. This is based on recommendations on fluid intakes for children from the European Food Safety Authority.

Diet and dental health

It is important that you try and limit the number of times a day that your child has sugary foods and drinks and, if possible, keep them to mealtimes. The risk of developing tooth decay increases as the amount and frequency of sugars intake rises. Soft drinks such as carbonated drinks and squashes, and fruit juices can be high in free sugars which can be harmful to teeth, so choose reduced sugar versions and dilute fruit juices. These drinks may also be acidic and this can damage the protective enamel on teeth. To help protect teeth encourage your child to drink water or milk and remember to keep soft drinks to mealtimes.

Snack foods containing free sugars such as sweets, cakes, biscuits, chocolate and savoury snacks such as crisps should be limited, especially between mealtimes, as they can promote tooth decay. If your child eats these snack foods, try not to make them a daily addition to the diet – provide them occasionally and in small amounts, as per the Eatwell Guide. Perhaps pick a day of the week and only allow these foods on this day.

Importantly, make sure your child brushes their teeth with a fluoride containing toothpaste at least twice a day for at least two minutes at a time, and visits the dentist regularly.

For further information visit www.nutrition.org.uk or www.nhs.uk.

How much salt?

The daily maximum amount of salt your child should be eating varies with age.

- 4 to 6 years 3g salt a day (1.2g sodium)
- 7 to 10 years 5g salt a day (2.0g sodium)
- 11 years and over 6g salt a day (2.4g sodium)

These are maximum levels, so ideally your child should be eating less. Limiting salt in the diet will also help to ensure that your child doesn't develop a taste for salt.

There is no need to add salt to your child's food. Salt is in many processed foods so always read the food label to check how much salt it contains and choose lower salt versions.

Allergy information

What are the 14 allergens?

It is really important that people with food allergies have all the information they need to quickly and easily decide whether a food is suitable for them to eat.

To ensure this is the case, there are labelling laws in place to make it easier for you to check what is in products.

Some food allergies are more common than others. However, there are fourteen common allergens (the food or ingredient that can cause allergic reactions) which, when present in a pre-packed product, must be emphasised clearly in the ingredients list, so it stands out from the other ingredients. They can be emphasised by **highlighting**, underlining, using **bold** or *italics*, **different colours** or CAPITAL LETTERS.

Eggs		Sesame seeds	
Milk (including lactose)		Cereals containing gluten (wheat (such as spelt, Khorasan wheat/Kamut), rye, barley, oats, or their hybridised strains)	
Fish		Soya	
Crustaceans (e.g. prawns, crabs, lobster or crayfish)		Celery and celeriac	
Molluscs (e.g. mussels, oysters, snails and squid)		Mustard	
Peanuts		Lupin	
Tree nuts (almonds, hazelnuts, walnuts, cashews, pecans, brazils, pistachios, macadamia nuts or Queensland nuts)		Sulphur dioxide and sulphites (at concentration of more than ten parts per million in the finished product)	

If it isn't obvious whether an ingredient contains an allergen, this must be made clear, for example, tofu is made from soya beans, so if a product contained tofu they must emphasise that it will contain soya: 'tofu (soya)'.

Contains box

Previously, food packs used to provide a box listing all the allergens the food contained. However, under current law, this isn't allowed. This is to make sure that people always check the ingredients list to be certain the food is safe for them to eat. Some companies are adding a statement to direct consumers to the ingredients list when checking for allergies, for example:

Allergy Advice:

For allergens, see ingredients in bold.

May contain

Some products also state that they 'may contain' nuts or seeds. This is because, even though nuts or seeds were not included deliberately as ingredients, there may be traces of them present due to use of nuts or seeds where the food was produced. For some people, even traces of nuts can still trigger a serious allergic reaction. So people with nut or seed allergies should avoid products with 'may contain' labelling, to be on the safe side.

Here is an example of what you may see on a food label.

Ingredients
Dried and sweetened dried fruit (25%) [sultanas, sweetened dried pineapple (10%) (sugar, pineapple, acid: citric acid, preservative: sulphur dioxide), dates, raisins], barley flakes, oat flakes, wheat flakes, toasted and malted wheat flakes (wheat, barley malt extract).
Allergy advice
For allergens, see ingredients in bold. May also contain nuts and milk.

The regulations also ensure that allergy information is provided on non-prepacked food in restaurants and cafes, either displayed on menus or available on request.

Courtesy of British Nutrition Foundation for further information visit www.nutrition.org.uk or attend Food Standards Agency free, online, Food allergy and Intolerance training at <https://allergytraining.food.gov.uk/>

Foods high in saturated fat, salt and sugar

Foods high in saturated fat, salt and sugar

- ❖ These foods are not needed as part of a healthy, balanced diet.
- ❖ If these foods are chosen to be included in the diet, they should only be eaten **infrequently** and in **small amounts**.
- ❖ Most people in the UK eat too much saturated fat salt and sugar, and need to cut down.



What counts?

- Chocolate
- Sweets
- Cakes and biscuits
- Puddings and pastries
- Jams, table sugar, syrups and honey
- Savoury snacks like crisps and pretzels
- Rich sauces and gravies
- Butter and ghee
- Cream and ice-cream
- Mayonnaise
- Fried foods including fried chips
- Sugar-containing soft drinks



Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

Look at **food labels** – they can help you choose foods that are **lower** in saturated fat, salt and sugar, and avoid those that are **high!**

Recommendations for adults:

- SALT** no more than **6g** each day
 - SAT FAT** no more than **20g** each day
 - FREE SUGARS*** no more than **30g** each day
-
- SALT** no more than **6g** each day
 - SAT FAT** no more than **30g** each day
 - FREE SUGARS*** no more than **30g** each day

*any sugars added to food or drinks, or found naturally in honey, syrups and unsweetened fruit
This resource is designed for consumers who want to find out more about healthy eating. Last reviewed November 2016. Next review due November 2019.

Top tips: How do I make healthier choices?

- ❌ Swap cooking with **butter or coconut** /palm oil, for rapeseed or olive oil
- ❌ Swap **honey** for **mashed banana** and a sprinkle of **cinnamon** in porridge
- ❌ Swap **cakes and pastries** for **fruit loaf/scones** or even some **fruit**
- ❌ Swap **high fat savoury snacks** for **oatcakes** or **crackers/melba toast** with some **cottage cheese** or **hummus**
- ❌ To **add flavour** to your meals, try to **replace salt** with **pepper, herbs** and **spices**



Physical activity for children

Birth to 5 years

Physical activity for early years (birth – 5 years)

Active children are healthy, happy,
school ready and sleep better



BUILDS
RELATIONSHIPS
& SOCIAL SKILLS



MAINTAINS
HEALTH &
WEIGHT



CONTRIBUTES TO
BRAIN DEVELOPMENT
& LEARNING



IMPROVES
SLEEP



DEVELOPS
MUSCLES
& BONES



ENCOURAGES
MOVEMENT
& CO-ORDINATION

Every movement counts

Aim for at least
180
Minutes
per day
for children 1-5 years



PLAYGROUND



JUMP



CLIMB



MESSY PLAY



THROW/CATCH



SKIP

Under-1s
at least
30 minutes
across the day

TUMMY TIME



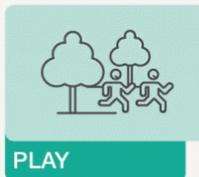
OBJECT PLAY



DANCE



GAMES



PLAY



SWIM



WALK



SCOOT



BIKE

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Children 5 to 18 years

Physical activity for children and young people (5 – 18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

Aim for an
average of at least

60

minutes per day
across week

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Activities to
develop
movement
skills, and
muscle and
bone strength
**ACROSS
WEEK**



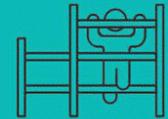
SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

Get strong



INACTIVITY

Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Eating well for less

Trying to eat well and make healthy choices when shopping on a budget can seem very daunting. However, healthy choices don't need to be expensive choices and following these top tips will help you keep to a budget and help the whole family eat more healthily.

Top tips for eating well for less

- Plan meals for the week ahead, starting with what's in the cupboard.
- Write a shopping list for your weekly meal plan.
- Replace meat a couple of times a week with lower cost and healthier options like beans and pulses, which also keep for longer.
- Involve the family in planning and choosing healthy meals.
- Stick to the shopping list – remove any items from your basket that are not on the list before paying.
- Choose loose, rather than pre-packed, fruit and vegetables, and check for those that are in season as they may be cheaper.
- Buy store brands as they often cost less than branded items.
- Buy frozen and tinned vegetables and fruit – these are a healthy alternative (if in own juice and low salt) and can be cheaper than buying fresh.
- Buy in bulk and make your own portions at home.
- Shop during 'happy hour' when food is reduced.

Recipes

Pancakes



Prep time: 5 minutes

Cooking time: 6 minutes

Equipment:

Cup or weighing scales and measuring jug
Mixing bowl
Hand whisk
Frying pan
Fish slice or wooden spatula

Ingredients

- 1 cup (about 125g) self-raising flour
- 1 egg
- 1 cup (about 200ml) milk
- 1 tsp oil

If using a cup, use the same cup to measure flour and milk.

Makes eight small or four large pancakes.

Method

1. Put the flour into a mixing bowl and crack the egg into it. Start to whisk in the milk slowly until all the ingredients are combined and any lumps have disappeared.
2. Add the oil to a frying pan over a medium heat. When the pan is hot pour in a small amount of the pancake mixture so it spreads out to the size of a small plate.
3. Cook for a few minutes until golden on the bottom, then flip the pancake over with the wooden spatula and cook for the same amount of time on the other side. Repeat with more pancake mixture; you may need to add a little more oil to the pan.
4. Put the flour into a mixing bowl and crack the egg into it. Start to whisk in the milk slowly until all the ingredients are combined and any lumps have disappeared.
5. Add the oil to a frying pan over a medium heat. When the pan is hot pour in a small amount of the pancake mixture so it spreads out to the size of a small plate.
6. Cook for a few minutes until golden on the bottom, then flip the pancake over with the wooden spatula and cook for the same amount of time on the other side. Repeat with more pancake mixture; you may need to add a little more oil to the pan.

Serving suggestions

- Use for breakfast, as a snack, sliced into strips as finger food or with added fillings for a light family meal or packed lunch.
- Extra ingredients give variety. Add to the mixture before cooking (eg, grated cheese, finely chopped pepper, grated pear or apple, mashed banana or halved blueberries) or add fillings to the cooked pancakes.
- Leftover pancake mixture will keep in the fridge for two days. Cooked pancakes can also be kept in the fridge until the next day to use in a lunchbox.

French toast



Prep time: 5 minutes

Cooking time: 10 minutes

Equipment:

Large bowl,
Large frying pan
Whisk or fork
Spatula

Ingredients

- 4 slices of bread
- 1 egg
- 60ml milk
- 1 tsp oil
- 1 tsp cinnamon
- 160g fresh, frozen or tinned (in juice) fruit such as berries or banana
- 2 to 4 tablespoons of natural yoghurt (optional)

Method

1. In a large bowl whisk together the egg and milk until they are well combined.
2. Pre-heat a large frying pan over medium heat, if the pan is non-stick you will not need oil, if it is not, you may want to add one tsp oil.
3. Take a slice of bread and dip into the egg mixture until it is coated on both sides and then place in the pan.
4. Repeat for all slices and cook for around two to three minutes each side until golden brown.
5. We recommend serving with fruit and some natural yoghurt.
6. Serving suggestions.
7. French toast can also be served savoury with some cheese and tomato.

Top tips

- If your bread is stuck to the pan, often this means it needs a little longer to cook and crisp up.
- Frozen berries make for great stewed fruit option alongside French toast, pancakes, yoghurt and more. A couple of minutes in the microwave leaves the berries stewed and in a lovely sauce with no added sugar.

Recipe courtesy of <https://www.henry.org.uk/>

Overnight oats



Prep time: 5 minutes

Equipment:

A clear cup, jar or a standard bowl
Refrigerator
Tablespoon

Ingredients

- 40g porridge oats
- 200g natural yoghurt (full fat for children aged 1 to 2)
- 1 to 2 handfuls of mixed berries (ideally frozen)

Method

1. Layer the fruit, yoghurt and oats repeatedly until the container is full. Cover and put in the refrigerator overnight so the oats absorb the yoghurt.
2. In the morning remove from the fridge and enjoy.

Serving suggestions

- The quantities used here make enough overnight oats for one adult.
- You can use any fruit for overnight oats, you could use apple, pear and cinnamon, banana, strawberries, anything you can think of.
- You could add seeds such as chia seeds for a jelly like texture, smooth peanut butter for extra protein.
- We recommend doubling up this recipe and having enough for breakfast for a couple of days.
- You could also use any dairy alternative yoghurts for this recipe.

Top tips

- We recommend using frozen berries as these defrost in the fridge overnight and are juicier, meaning for fruit flavour can be absorbed into the yoghurt and oats.
- Frozen, fresh and tinned fruit (in juice) all work great, as do purees.
- Using clear jars and cups can help make this meal even more fun as children can get involved layering the fruits and making a delicious colourful breakfast. We recommend getting some small cups or jars for children's portions.

Recipe courtesy of <https://www.henry.org.uk/>

Easy minestrone soup



Cooking time: 20 minutes

Equipment:

Chopping board and knife
Weighing scales
Saucepan and wooden spoon
Tin opener
Tablespoon and teaspoon

Ingredients

- 4 slices of bread
- 1 egg
- 60ml milk
- 1 tsp oil
- 1 tsp cinnamon
- 160g fresh, frozen or tinned (in juice) fruit such as berries or banana
- 2 to 4 tablespoons of natural yoghurt (optional)

Method

1. In a large bowl whisk together the egg and milk until they are well combined
2. Pre-heat a large frying pan over medium heat, if the pan is non-stick you will not need oil, if it is not, you may want to add one tsp oil.
3. Take a slice of bread and dip into the egg mixture until it is coated on both sides and then place in the pan.
4. Repeat for all slices and cook for around two to three minutes each side until golden brown.
5. We recommend serving with fruit and some natural yoghurt.

Serving suggestions

- French toast can also be served savoury with some cheese and tomato.

Top tips

- If your bread is stuck to the pan, often this means it needs a little longer to cook and crisp up
- Frozen berries make for great stewed fruit option alongside French toast, pancakes, yoghurt and more. A couple of minutes in the microwave leaves the berries stewed and in a lovely sauce with no added sugar.

Recipe courtesy of <https://www.henry.org.uk/>

For lots of additional breakfast recipes, visit

<https://www.nutrition.org.uk/healthyliving.html>

<https://www.henry.org.uk/>

<https://www.bbc.co.uk/food/budget>

<https://realfood.tesco.com/recipes/collections/on-a-budget.html>

<https://www.nhs.uk/healthier-families/recipes/>

<https://www.netmums.com/recipes/category/budget-friendly-recipes>

<https://www.goodto.com/food/recipe-collections/cheap-family-meals-33813>

<https://www.moneyhelper.org.uk/en/blog/everyday-money/cheap-healthy-meals-healthy-eating-on-a-budget>

<https://richmond.foodbank.org.uk/>

<https://richmondcvcs.org.uk/wp-content/uploads/2021/08/Food-and-Essentials-Support-for-Families-in-Richmond-August-2021.pdf>

<https://kr.afcinfo.org.uk/pages/community-information/information-and-advice/fuel-holiday-activities-and-food-programme>

<https://www.barnardos.org.uk/blog/healthy-eating-on-a-budget>



**achieving
for children**