



Southampton
Hospital Charity

RECIPE BOOK

For toddlers who need to get the
most out of every mouthful





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enjoy...

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thank you

Ask for help

If your child is showing signs of feeding difficulties (sensory or oro-motor disorders) which can include coughing, gagging or vomiting at the sight or smell of food or drink, food refusal, eating less than 10 different types of food in a week or you are in any way worried about how your child eats, then ask your child's team to refer you to Dietitian and Speech & Language Therapist for extra support.



Dr Luise Marino (RD, PhD)
Clinical Academic Paediatric Dietitian HEE/NIHR ICA Clinical Lectureship

Dedication

For all the families and their children who we are privileged to meet – your stories and journeys inspire us to do better.

RECIPE BOOK

For young children who need to get the most out of every mouthful

Who is this book intended for?

This book is intended for children between 1 and 5 years of age. Some children need a little bit longer with puree or fork mashed food so don't worry if your child is not quite at the age stages in this book.

Some children are born with medical conditions which means they need to get the most out of everything they eat and drink. For some, whose medical issues may not be such a problem as they were when they were babies, they may now develop feeding difficulties, causing parents just as much concern. This recipe book is part of a series, published by Southampton Hospital Charity, to provide practical advice on how children can get the most of every mouthful.

The advice within this booklet may not be suitable for those with delayed oral motor skills, inherited metabolic disorders, kidney problems or food allergies and should not replace individualised medical or nutritional advice. If you are unsure as to whether the advice in this book is suitable for your child, please check with their health care team first. The information in this book was correct, at the time of publishing, and undergoes periodic reviews to ensure up-to-date evidence is used. You should seek advice from your local health care professional if your child is not gaining weight well or is having feeding difficulties.

How will this book help me and my child?

The aim of this book is to try and provide some useful tips and advice as well as some finger licking food to tempt your little one with. This book will help give you ideas about:

- How much to expect your child to eat
- How often should you expect your child to eat
- What textures can you expect your child to eat
- How to create a positive mealtime experience
- How to cope with stressful mealtimes
- How to cope with fussy eating

Questions, tips & answers...

How much should I expect my child to eat?

The amount of food young children eat varies from one meal to the next – this is normal. There are lots of resources available providing portion size ranges – with some examples below:

- **British Nutrition Foundation:**
https://www.nutrition.org.uk/attachments/article/734/BNF%20Toddler%20Eatwell%20Leaflet_OL.pdf
- **Infant and Toddler Forum**
<https://www.infantandtoddlerforum.org/portion-sizes-table-2015>

How do I know when my child has had enough to eat?

Let your child tell you when they've had enough – it is really important that you listen to their cues.

- As when they were babies, they will start closing their mouth, trying to get down from the table, turn their head away, splay their hands or start spitting, shouting or crying, stop at this point – they are finished
- If they say they have had enough to eat – try not to ask them to have a few more mouthfuls, you are teaching them to overeat. Respect their fullness – even if they have only have 1 mouthful

tip

All children are unique – as is their appetite and how much they will eat

How often should I offer my child food?

Try to have:

- Regular mealtimes – aiming for breakfast, lunch and supper
- Have at least a 3 hour break between each main meal – this will give them enough time to get hungry, but not too hungry
- Try not to offer too many snacks between meals as they may then not be able to eat as much at a main meal
- If your child is too tired they may find it difficult to eat, so sometimes lunch may be better after a nap
- Offer water to drink at mealtimes

tip

Offer regular meals and eat together as this helps children learn that food can be delicious and sociable

What texture should I expect my little one to eat?

- Children who are weaned late during the first year of life may have missed some of the milestones for accepting new foods and textures, which can make moving on from smooth puree's harder (but not impossible)
- Continue to offer your child lots of different kinds of foods, try not to get put off if they reject new foods

- It is alright for your child still to prefer puree food – but continue to try to introduce lumpier and soft finger foods too
- This will let children practice their chewing skills try to slowly increase the amount of texture in the meal e.g. 5p – 10p amount of a coarser texture until you have moved onto chunkier and lumpier food
- Always give some finger food and a spoon at each mealtime so new skills can be practiced – bite and dissolve foods are good as are other finger foods **(see the table at the end of this section for more tips)**

What general advice is there for encouraging positive mealtimes?

- **Keep calm and don't rush** – some days are better than others
- **Keep offering new foods** – they will eventually try them
- **Children eat in colour** – think of a rainbow when you are making their meals
- **Children like fun** – so make their food look fun
- **Children like to help and want to please** – involve them in the buying, preparing and cooking
- **Offer small portions** and give your child lots of praise and attention when they finish it. You can then offer a second helping

- **Remember all of the senses** are involved in eating and drinking; touch, sounds, sight and smells;
 - **We eat food with our eyes**, so it is important to make food look good
 - **Touching food is as important** as eating, so let your little one get messy
 - **Smells of delicious food** can encourage children to eat
- **Try not to compare** how much your little one eats with siblings or other children of the same age
- **Try not to comment** on how much or how well your little one is eating, some children get put off eating by all of the attention and focus on them
- **Don't follow your child around** with a spoon begging them to eat; meals happen as a picnic or at a table not walking around

tip

If you are finding it difficult to get your little one to accept new textures speak to your child's team

Mealtimes should be fun!

Young children usually live to play, not eat. For many they would much rather be listening to a story or playing than sit down and eat. Therefore, it is important to make mealtimes fun and enjoyable, for the whole family!

- Encourage your little one to feed themselves; sometimes children like the attention of being fed, but it is good to encourage their feeding skills by letting them do it themselves
- Children of all ages like food in boxes – Bento boxes, sandwich boxes or little bags or boxes of food appeal to their growing sense of independence
- Food that little fingers can easily pick up is good as they can be more independent – don't worry if they play with it and get messy as this is all part of their learning experience
- **Eat with them** – have a meal or snack at the same time; children learn about eating from those around them so if they see their carers or siblings enjoying the same food as them, they are more likely to try it. It is important that mealtimes are seen as a sociable activity to be enjoyed

Children find sitting still very difficult and get bored quickly

- Have short mealtimes of not more than 20 minutes or shorter if your child gets upset and does not want to eat
- Use a stop watch on your phone or buy a 15 – 20 minutes sand timer – children like to watch the sand going down and it helps to put a limit on the length of mealtimes
- Limit the amount of distractions at mealtimes e.g. electronic devices, television – chatting while you eat is good

- If your child gets up from the table then calmly end the meal – there is always the next meal
- After a main meal offer a small dessert such as fresh fruit and full fat yogurt, small cup cake and custard

tip

Have short mealtimes of up to 20 minutes

Keep offering new food – it will take time before a new food is accepted and liked

It can take a while before children will eat new foods – so long in fact that many parents give up! Children are often wary of trying new foods or foods they like that look slightly different e.g. different type of yogurt or packet of pitta bread. Children can take up to 15 tries (or even just looking at something) before they will like something new – for some it can take even longer.

tip

Don't enter into food battles – if they don't want to eat, don't bargain or bribe them

You could try reading books with vegetable and fruit characters such as "mighty broccoli and cheeky cherry", this has been shown to increase young children's interest in tasting new foods.

Don't enter into food battles – if they don't want to eat – don't bargain or bribe them

Try not to enter into food battles with your little one – they will win! It is important to ensure you serve up child size portions – remember the size of their clenched fist;

- If your delicious lovingly prepared mini dish of food is greeted with a “**yuk – I am not eating that**”
- Respect your little ones decision with a “**that's fine – you don't have to eat it... but you do have to sit here as it is dinnertime**”
- **The family** – even if it is just you and your little one then sit down to a meal
- **Respect them** not eating anything or only eating the thing they like
- **Always offer a dessert** – don't use dessert as a bribe as you are reinforcing the fact the main meal is so “yuk” that a bribe is needed to eat it

My child is really fussy – what shall I do?

For some parents feeding their baby has always been easy, but for others their little one's feeding journey has been really challenging – with vomiting, reflux and poor weight gain. As a result of these negative experiences associated with eating, some young children may have developed feeding difficulties or fussiness around food. Some children are fussier than others, but the good news is that with the right encouragement most children will have outgrown being fussy by 6 years of age.

Fussy eating is really common amongst young children and up to 40% of parents report their child has refused food at some point. Between 12 – 18 months of age, all young children develop “neophobia” – the fear of new food or familiar food offered in a different way.

As fussy eating is such a common problem there are lots of tips and advice available – importantly:

- Children like to eat with others and will often eat more in a group or when there is a relaxed family environment
- Try to eat similar food at meals times to your little one e.g. fork mashed or squares of sandwich
- Always, always make some part of the meal you know they will eat, then you know they won't go hungry
- Eat with them at the same time – encouraging your child with smiles and positive sounds

tip

Toddlers usually develop “neophobia”, which simply means they don't like new foods

- Change only one thing at a time – don't offer too many new foods at once, it can be overwhelming
- Do not let new foods touch a favourite food as this can put them off their favourite food
- Children who have very strong opinions about food are less likely to accept

change or copy other children, so eating with others may not help them to accept new foods or textures

- Some children may also have sensory issues and refuse to wear certain clothes or colours. They may also not like to get messy or sticky and dislike seeing people eating food they do not like – which can make them gag or vomit. For these children encourage messy play

tip

Most children love to get messy – however, some find it really stressful – so start slowly – outside of mealtimes

Most children love to get messy – however, some find it really stressful – so start slowly – outside of mealtimes

- First start with general play with sand and water or paint
- Play-doh, kinetic sand and painting are also good tactile games
- Once they are comfortable with this take some dry uncooked pasta and place a top on top of the pasta for your child to pick up
- Let them see you do it too
- Once they are happy with this step, hide the toy in the dry pasta for them to find
- Moving on to cool cooked pasta, hide the toy

- This can be done with different kinds and textures of food
- Shaving foam is also good fun for your child to put their hands in
- Jelly is a great food to play with – wobbly and wobbly
- Chocolate pudding on a chopping board for cars to drive through

At mealtimes:

- Be sensitive to what your child likes and dislikes
- Try not to put really disliked food on the same plate as food which is liked – as some children will refuse the whole plate
- Away from a mealtime offer tiny tastes of foods that your child might be willing to try
- Offer your child different things to smell zest of lemon, herbs, melted chocolate – make a chart and together tick off the smells they like or don't like

HELP: I feel really stressed about mealtimes! How can I relax?

Our children know us really well. They read our body language and pick up on how tense we are through our faces and the way we sit or stand. For some parents, mealtimes are really stressful and even though they try to smile, their child senses something is wrong...

If this is you:

- It is easier said than done, but try to have a relaxed approach to mealtimes
- Put the radio on and sing along or listen to a radio programme as it will distract you from the mealtime
- Have something to eat at the same time, so your attention is not just on your child. They can also learn to enjoy their food by watching you enjoy it too

tip

Children pick up on your non-verbal cues – if they feel you are tense about mealtimes

- Don't worry if your child doesn't eat anything – sometimes children aren't hungry for their meals and this is normal
- Invite a friend or family member to come and have a few meals with you – as having someone else to talk to can help
- Have a picnic instead of eating at the table – you can have an indoor picnic if it is too cold to eat outside
- Go out to a café and have a drink – offering your child food in a new environment can help

I worry my child will choke – are there any foods I need be careful of?

- Peel all fruit and vegetables. Cut round slippery foods length ways into quarters e.g. cherry tomatoes, grapes. As this is a

choking risk children should be sitting whilst eating

- Children should not have whole nuts under the age of 5 years
- Other hard food, including Granola, should be ground into a finer crumb and not have any hard bits in it – it should also be mixed into food before serving
- Always keep crumbed or hard food out of children's reach and always supervise snack or mealtimes
- Sometimes doing a child first-aid course can help with any anxiety around mealtimes and choking risks. Ask your Health Visitor to find out what is available near home

tip

For children who need to gain weight – add nut butters to main meals

Children have small tummies (about the size of their fist) so it is tricky to fit a lot in without either making them feel ill, or be sick. Examples of ways to get the most out of each mouthful are as follows;

Snacking between meals does not suit all children as it can impact on their hunger and willingness to eat at a main meal. All children are different, so work out whether your child would prefer to have just 3 meals a day or 3 meals and one or two snacks. Snacks can be a useful back up if your child does not eat that well at mealtimes, but don't use snacks to replace main meals.

For children who need to catch up in terms of growth aim to provide;

- **Ages 1 – 3 years:** an extra 200 – 300kcal, 7.5g protein per day
- **Ages 4 – 5 years:** an extra 300 – 500kcal, 12.5g protein per day

Table 1 can be used to plan ways in which to provide extra calories. It is important to use energy-nutrient dense foods e.g. nut butters. For example 6 teaspoons of peanut butter a day is almost 200kcal and 7.5g protein. **We do not recommend** the addition of extra oil or cream to food – if you have a heavy rich meal it can make you feel sick, children have the same feeling. Instead try to use a teaspoon of smooth nut butters, coconut cream, smooth plain cream cheese or a small pinch of grated cheese.

Breakfast:

- Add 1 – 2 teaspoons of smooth nut butter (almond, cashew, peanut) to warm porridge or
- Toast with 1 – 2 teaspoons of nut butter and marmite or chocolate spread
- Add 1 – 2 teaspoons of a nut butter to a home-made fruit smoothie
- Add Marvelous nut dust (finely ground) to other breakfast options – mixing it in before serving



Make food fun – give dishes fun names...

Lunch and supper:

- Offer protein at both main meals such as meat, boneless fish, chicken or beans/lentils with a starch (rice/potatoes/pasta) and vegetables – add 1 – 2 teaspoons of a smooth nut butter or Marvelous nut dust
- A small amount of grated cheese/cream cheese can be added to mashed potato or meat dishes, instead of a smooth nut butter
- Following a meal offer
 - Fruit or full cream yogurt
 - Full cream custard with a small cup cake
 - Rice pudding with 2 teaspoons of chocolate nut butter
 - Mashed avocado with toasted pistachio dust mixed into the avocado

Make food fun

Green soup can become “super hero” soup – add crispy croutons on top, serve it in little tea cups and just leave it for them to look at. If children see you eating something and enjoying it – they will eventually try it.

Role playing about food outside of mealtimes, shopping games, helping with cooking such as passing vegetables is a good way of engaging children. Watching cooking programmes and talking about food, describing the smell and taste whilst you watch can help.

Making colourful meal boxes

- Pick a colourful Bento box/food container
- Use colourful food picks to make a mealtime fun
- Add edible cartoon eyes to food
- Use a brightly coloured silicone muffin cup

Eating veggies – children need to see you eating them too

We all like sweet foods, so for many people veggies may not be their first choice of food. We should all eat 5 or more portions of fruit and vegetables a day. Some children really struggle with veggies, so here are some tried and tested tips;

- Children need to see you enjoying veggies – so cook your favourites and eat them as a snack or with your meal
- Most children 3 years and above like frozen peas – put a small amount in a pot and offer them whilst they are still frozen
- Chop leafy veg such as kale and cabbage into really small bits
- Cook leafy veggies with some chicken, pancetta or add a little gravy to give it a more savoury taste
- Eat the same veggies as your children
- Put mayo or tomato ketchup on salad
- Don't insist they try it – all you can do is make it look yummy
- Make up fun names – rocket man, pirate peas, beautiful butternut
- Look for video clips of other children eating vegetables
- Play with veggies – getting them to tear it, wash it, mash it
- Take veggies selfies
- Start with 1 teaspoon of a new veggie on their plate or side plate

Continue with positive touch, massage and encouraging smiles – this all helps to reinforce positive messages about food.

It is a good idea to start brushing your child's gums and teeth from when you see the first tooth.

- Try not to let young children fall asleep with a bottle of milk in their mouth – offer milk before they go to bed, brushing their teeth afterwards
- Use a toothpaste containing fluoride – it should have 1,350–1,500 parts per million (ppm) fluoride
- Below the age of three years, children only need just a smear of toothpaste
- Children aged 3 to 6 should use a pea-sized blob of toothpaste
- Under the age of 7 years old you should brush your child's teeth for about two minutes twice a day: once just before bedtime and at least one other time during the day



Brush your child's teeth at least twice per day

Help teach your child how to brush their teeth properly

- There are some fun clips on brushing children's teeth <https://www.youtube.com/watch?v=kuLxz5lrZ6Y>
- Guide your child's hand so they can feel the correct movement
- Use a mirror to help your child see exactly where the brush is cleaning their teeth

- Make tooth brushing as fun as possible by using an egg timer to time it for about two minutes
- Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves



Encourage your children to be active – do activities as a family

All children and young people should engage in ‘moderate to vigorous’ physical activity for at least 60 minutes every day. You should also try to include some ‘light’ activity and some ‘strength’ activity. It is important when doing sport that you exercise your whole body in a fun way!

Why is it important to be active for at least 60 minutes each day?

- Helps keep our hearts and muscles healthy
- Helps us keep a healthy weight
- Improves bone health
- Improves self-confidence and self-esteem
- Develops new social skills and meet new people

STEP 1

If your child is gagging or retching at new food on their plate, to begin with put a small amount e.g. 1 cooked carrot finger stick on a plate in the kitchen

STEP 2

When they are able to look at it away from the table – put the new food on a plate in the middle of the table
Don't comment on the food, just leave it there

STEP 3

Once this has been accepted, move the plate closer to their plate – again don't comment or ask them to try it

STEP 4

As they get more comfortable with the idea of a new food, then put a small amount on their plate e.g. 1 broccoli stem – they don't need to try it

STEP 5

Once they are happy with the new food on their plate – ask them if they would pick it up and smell it

STEP 6

After smelling, move to licking – then a small bite, they are allowed to spit it out – then to progress to swallow

It can take weeks to get to this point – after a while the process will get easier and it will be quicker

Table 1:

Foods which can be used for extra calories and protein

Food item	Amount	Energy (kcal)	Protein (g)	Food item	Amount	Energy (kcal)	Protein (g)
< 50 kcal							
1 teaspoon chocolate spread	5g	15	0.8	1 teaspoon peanut butter	5g	29	1.2
1 heaped teaspoon cream cheese	10g	34	0.6	Cheese (pinch)	10g	35	2
50–100 kcal							
2 teaspoons smooth peanut butter	10g	58	2.4	Egg, boiled	60g	88	7.6
Bacon – lean rasher	40g	69	12.9	Raisins – small box	27g	88	0.86
Fruit smoothie	150ml			Banana	100g	92	1.3
1 tablespoon Marvelous nut dust (see page 22)	15g	100	2.3	Olives (cut in half lengthways)	10	60	<0.5g
100–150 kcal							
Egg, (1) scrambled with milk	60g	105	6.2	Meatball, small	60g	125	16
Chicken, drumstick	40g	110	11	Milk, full cream	200ml	125	6.4
Cubes of cheese	45g	150	10	Baked beans	125g	116	6
150–200 kcal							
Avocado, half	75g	183	1	Yogurt, full fat	175ml	180	7.7

Table 2:

Examples of exercise and the benefits

Exercise	What is it and how does it help your body?	Examples
Light	This won't make you hot or sweaty. It gets your body moving and is a great way to get into doing more physical activity if at the moment you don't do very much.	<ul style="list-style-type: none">• Walking• Playground activities
Moderate	This will make you feel warmer and breathe harder. You should feel your heart beating faster, but still be able to carry on a conversation. This exercise is good for your heart.	<ul style="list-style-type: none">• Walking• Playground activities• Slow swimming or playing in the water• Riding a scooter• Skateboarding• Roller blading• Riding a bike on flat ground or with very few hills• Riding a horse
Vigorous *	This will make you out of breath and possibly red in the face, making it more difficult to carry on a conversation. This type of exercise is good for your heart.	<ul style="list-style-type: none">• Running or playing running games such as 'stuck in the mud'• Swimming• Team sports such as Hockey / Basketball / Football• Fast cycling or on hilly terrain
Strength	This helps to make your bones and muscles strong.	<ul style="list-style-type: none">• Swinging on playground equipment• Hopping and skipping• Sports such as gymnastics or tennis• Playground games such as 'tug of war'• Rock, rope or tree climbing

* if you are not sure check with your health care team before you do anything that is very vigorous

HELP: none of this advice is working

If you are finding any aspect of introducing food difficult or your little one is showing signs of not wanting to eat at all – don't suffer in silence – your child's team can help.

Food & feeding advice for young children

Food and Feeding Advice	From 12–18 months of age	From 19–24 months of age	From 2 years to 5 years of age
Type of food to offer If you are making food at home, try some of our recipes in this book.	<ul style="list-style-type: none">Continue with your child's usual milk or a nutrient energy dense infant formula around 12 – 16ozMain meals should include protein e.g. chicken, fish, beans, lentils, meat along with veggies and starch e.g. potato, rice, pastaIf your child needs to gain weight add 2 teaspoons of smooth nut butter to each meal including porridge at breakfastKeep offering new foods – although it should not touch any favourite foodAt this age children start not to need as many calories to gain weight as they did when they were babies	<ul style="list-style-type: none">Continue with your child's usual milk or a nutrient energy dense infant formula around 10 – 12 ozMain meals should include protein e.g. chicken, fish, beans, lentils, meat along with veggies and starch e.g. potato, rice, pastaIf your child needs to gain weight add 2-3 teaspoons of smooth nut butter to each meal including porridge at breakfastKeep offering new foods – although it should not touch any favourite foodFood refusal of favourite or new foods is common around this age – your child will start to show clear likes and dislikes	<ul style="list-style-type: none">Continue with your child's usual milk or a nutrient energy dense infant formula around 10 – 12ozMain meals should include protein e.g. chicken, fish, beans, lentils, meat along with veggies and starch e.g. potato, rice, pastaIf your child needs to gain weight add 2–4 teaspoons of smooth nut butter to each meal including porridge at breakfastKeep offering new foods – although it should not touch any favourite foodsMay become a “fussy eater” refusing foods that were previously liked
Textures	<ul style="list-style-type: none">Eats ground, mashed, or chopped table foods (including soft pieces of meat chopped cut up very small) by 15 monthsAll finger food should still be soft, must fit easily into your child's hand and be just the right size to easily fit into your child's mouthKnow when your child has had enough – signs include starting to play with food, tries to get out of their high chair	<ul style="list-style-type: none">Chopped texture, small soft pieces including adult style foodsOffer foods with a firmer texture to promote chewing skillsAt this age children chew with up/ down and side to side actionAll finger food must fit easily into your child's hand and be just the right size to easily fit into your child's mouthKnow when your child has had enough – signs include starting to play with food, tries to get down from the table	<ul style="list-style-type: none">By three years of age your child should be able to eat the same foods as the rest of the familyAll finger food must fit easily into your child's hand and be just the right size to easily fit into your child's mouthKnow when your child has had enough – signs include starting to play with food, tries to get down from the table
Mealtimes	<ul style="list-style-type: none">Should sit on a high chairIs able to feed themselves using a spoon – although expect some food to drop offIt is common for a little bit of food or saliva to still fall out of their mouthEncourage self feedingShould have adult supervisionOffer drinks from a sippy cupShould have adult supervision at meal/ snack timesMealtimes should last for up to 20 minutes	<ul style="list-style-type: none">Encourage sitting at the table – children should not be walking/running when eatingEncourage the use of small child size utensils e.g. fork, spoonIs able to feed themselves using a spoon – with less spillsAble to keep their mouth closed when chewing and swallowingStart to stab food with a fork and get it to the mouthShould have adult supervision at meal/ snack timesSome young children start to eat very fast – encourage them to eat slowly chewing their foodMealtimes should last for up to 20 minutes	<ul style="list-style-type: none">Encourage sitting at the table – children should not be walking/running when eatingYour child will have definite food likes and dislikes and may refuse certain foodsContinue to encourage new foods – which may take 15 tries before being acceptedDrinks from a cup or beakerEncourage independent feeding using small child size utensils e.g. fork, spoonA spoon and fork should be held between the fingers palm up. Introduce a child size knife for practiceShould have adult supervision at meal/ snack times – encourage slow eatingMealtimes should last for up to 20 minutes

Food and Feeding Advice	From 12–18 months of age	From 19–24 months of age	From 2 years to 5 years of age
Finger foods	<ul style="list-style-type: none">The best types of foods to start off with are ones that dissolve easily e.g. sweetcorn puffs.Dissolving foods melt evenly in the mouth without leaving lumps e.g. wotsitsThese types of food help with chewing skills as your little one needs enough skill to be able to hold the food in the mouth until it meltsOther good finger foods to then move onto are steamed well cooked carrots sticks, banana, avocado, soft pear, soft flaky fish, toast finger, pasta shells <p>All finger food should be soft, easily fit into your child's hand and be just the right size to easily fit into their mouth. Cooked soft finger shaped foods are helpful rather than round shapes.</p>	<ul style="list-style-type: none">Even with finger foods children should be sat down – they should never eat and walk/runAs your child's skills increase they will be able to manage different types of soft foodIt is sometimes useful to offer these foods as in between meals snacks so you and your little one can enjoy them exploring new foods and textures together <p>All finger food should be soft, easily fit into your child's hand and be just the right size to easily fit into their mouth. Cooked soft finger shaped foods are helpful rather than round shapes.</p>	<ul style="list-style-type: none">Always sit with your children when they are eating any food including finger foodsAs a snack offer soft cooked vegetables and dips in small potsIt is sometimes useful to offer these foods as in between meals snacks so you and your little one can enjoy them exploring new foods and textures together <p>All finger food should be soft, easily fit into your child's hand and be just the right size to easily fit into their mouth. Cooked soft finger shaped foods are helpful rather than round shapes.</p>
Choking hazards	<ul style="list-style-type: none">Some types of food are a choking hazard and should be avoided in babies and young childrenThis list may not included everything – so it is important that you sit with your little one at each meal & snack timeYoung children should be encouraged to sit down and eat rather than run aroundHard lumps of any size should be avoided	<ul style="list-style-type: none">Raw vegetables are often hard – so offer soft cooked sticks e.g. carrot, courgette and celeryHard pieces of raw fruit such as apple and pear should not be givenAvoid slippery foods such as pieces of canned fruit – cut them up into small pieces or mashed e.g. sweet corn kernels;Hard lumps of any size should be avoided in children under the age of 3 years, as they require very developed chewing skills.Raw vegetables, hard or stringy meat, hard peas and beans, hard dried fruit, toasted or hard sugar syrup coated cereals and 'granola' type products and hard crisp or chip products are all examples of foods that should be avoided.For toddler and young children all finger foods should be cut in short thin stick e.g. lengthways rather than then being round in shape, as this reduces the risk of choking<ul style="list-style-type: none">Mini sausages / mini scotch egg ballsCut whole grapes, berries, cherries, melon balls, cherry / plum tomatoes lengthways into quartersCut orange / satsuma segments into quarters – take the pips outChunks of fish flaked should be checked for bones	

* Suggested feeding times: 8-9 am, 11-1 pm, 4-5pm with milk before or with breakfast and just before bedtime (ensure you brush you little children's teeth at least twice a day e.g. after breakfast and before bed)

Simple week meal planner

From 12 months of age

Day	With or before breakfast	Breakfast	Mid morning	Lunch	Evening meal	Before bed
MONDAY	Child's usual milk	Porridge with milk, peaches & granola (ground into a fine crumb)	Vegetable sticks & hummus	Mini packed lunch*	Meat, chicken or fish based ready prepared child's food Fruit pot	Child's usual milk
TUESDAY	Child's usual milk	Toast with smooth peanut butter & banana	Grated cheese, cherry tomatoes & grapes	Mini packed lunch*	Meat, chicken or fish based ready prepared child's food Yogurt	Child's usual milk
WEDNESDAY	Child's usual milk	Porridge with milk, peaches & ground almonds	Asparagus wrapped in ham	Mini packed lunch*	Meat, chicken or fish based ready prepared child's food Oat based pudding	Child's usual milk
THURSDAY	Child's usual milk	Toast with smooth almond butter & jam	Broccoli, olives & breadsticks	Mini packed lunch*	Meat, chicken or fish based ready prepared child's food Fruit pot	Child's usual milk
FRIDAY	Child's usual milk	Porridge with milk & dates, prunes	Baby sweetcorn, mange tout & avocado	Mini packed lunch*	Meat, chicken or fish based ready prepared child's food Fruit pot	Child's usual milk
SATURDAY	Child's usual milk	Toast with smooth peanut butter & marmite	Baby sweetcorn, mange tout & avocado	Mini packed lunch*	Meat, chicken or fish based ready prepared child's food Oat based pudding	Child's usual milk
SUNDAY	Child's usual milk	Porridge with milk, raspberry & ground almonds	Vegetable sticks & mashed avocado	Mini packed lunch*	Meat, chicken or fish based ready prepared child's food Custard	Child's usual milk
NOTES:	<p>A. Children between the ages of 1 and 3 need to have around 350mg of calcium a day. About 300ml of milk will provide this. Non-dairy calcium enriched drinks may also be used.</p> <p>B. All round or slippery foods e.g. olives, cherry tomatoes, grapes, cucumber should be cut lengthways into thirds or quarters. Where possible they should also be peeled.</p> <p>C. Children should eat sitting down and be supervised at all times whilst eating</p> <p>D. Hard foods such as carrots should be lightly cooked</p> <p>E. *Mini packed lunch – see the recipes for lunch boxes below – these can be adapted for the age of your child and what textures of food they can eat e.g. fork mashed</p> <p>F. If your child needs to gain weight add: 1 – 2 teaspoons of Marvelous nut dust or smooth peanut butter to each main meal</p>					



Shopping list

For the recipes you can buy fresh, frozen or tinned fruit and vegetables. All of these ingredients are available in budget as well as other supermarkets.



Fruit & Veggies

- Frozen peas
- Frozen/fresh mixed peppers
- Frozen sweet corn
- Frozen/fresh carrots
- Butternut squash, gem squash
- Sweet potato, sweet potato
- All green vegetable Kale, cabbage, Brussel Sprouts, courgette, green beans, cucumber, sugar snap peas, mange tout, broccoli, runner beans
- Swede, turnips, parsnips
- Banana, mango, pineapple, cherries (without stones), peaches, nectarines
- Avocado
- Frozen/fresh raspberries
- Frozen/fresh blueberries
- Frozen/fresh mango
- Tinned peaches in juice
- Tinned prunes in juice
- Ready to eat apricots
- Sultanas

Herbs & spices

- Frozen/fresh mint
- Frozen/fresh coriander
- Frozen/fresh ginger
- Ground turmeric
- Ground cinnamon

Nut butters (no added sugar varieties)

- Smooth peanut butter
- Smooth cashew butter
- Smooth almond butter

Pulses & grains

- Chickpea, bean or gram flour
- Tinned chickpeas
- Lentils – green and red
- Ground almonds
- Quinoa

Oils

- Coconut cream
- Olive oil

Fish & meat

- White or oily fish
- Lamb
- Beef
- Chicken



Recipes

- Breakfasts
- Power energy balls
- Warming soups
- Bento boxes
- Family favourites
- Sweet things

Marvelous nut dust

This Marvelous nut mix is bursting with goodness – nutritious nuts are rich in protein, fats, energy and micronutrients. For those who are trying to make the most out of every mouthful use the Marvelous nut dust on cereal in the morning, an added crunch to a pitta pocket or sprinkled on pasta and rice dishes to provide an unexpected flavour burst. The Marvelous nut dust can be spiced up with some dried chili flakes.



Ingredients

- 100g Pistachios
- 100g Almonds
- 100g Pecan nuts
- 100g Walnuts
- 100g Brazil nuts

Other kinds of nuts that can be included:

- Macadamia
- Hazelnuts
- Chestnuts
- Peanuts

Method

1. Where possible buy ground nuts e.g. ground almonds
2. For whole nuts, use a hand held blender or mini food processor to blitz the nuts into a fine dust. For larger nuts such as Brazils cut into pieces before blitzing
3. Store in an airtight container

Nutrition content per 100g

655 kcal / 14.5g protein

Serving suggestion

1 tablespoon = 15g • 100kcal / 2.3 protein

Important to note:

- For children under the age of 5, nut dust should be ground into a fine crumb with no hard lumps or chunks of nuts which may be a choking hazards
- As there is a choking risk with crumbs, it is also important the nut dust is mixed well into food and not offered only as dust
- The nut dust should be kept in a sealed container out of the reach of young children
- If your child has a nut allergy do not use the Marvelous nut dust in food. If there is a history of nut allergies in the family and you are unsure if your child can tolerate nuts, please discuss nut introduction with your Health Care Professional.

Granola

Ingredients

- 300g oats
- 200g chopped nuts (almonds, pistachio, hazelnuts)
- 50g dried apricots
- 45g (3 tablespoons) golden syrup
- 2 tablespoons of olive oil
- ½ teaspoon vanilla extract

Method

1. Heat the oven to 200°C / 180°C fan / gas mark 6
2. Add all of the ingredients to a mixing bowl and stir until everything is covered in golden syrup/oil – it may be easier to mix using your hands
3. Spread the mixture in a thin layer on a baking sheet (use greaseproof paper)
4. Bake for 10 minutes until lightly toasted
5. Cool before storing then crumble into small pieces
6. Store in an airtight container for up to 2 weeks

Serving suggestion

Add 2 – 3 tbsp to your usual cereal and milk

Important to note:

- For children under the age of 5, Granola is not suitable and should be ground into a fine crumb with no hard lumps or chunks which may be a choking hazards
- As there is a choking risk with fine crumbs, it is also important the granola crumb is mixed well into food.
- The granola should be kept in a sealed container out of the reach of young children.





Breakfast porridge

Ingredients

- 50g rolled oats
- 300ml full cream milk or your child's usual milk
- Pinch of salt

Method

1. Add the oats and full cream milk to a pan
2. Place on a medium heat
3. As the mixture starts to bubble, stir well
4. Once it is thick, take off the heat and serve in a bowl
5. Add your favourite topping (from the following pages) and eat whilst warm

Important to note:

- Instant porridge can be used following manufacturer's instructions, rather than making your own
- If you don't like hot porridges you can add one more of the toppings below to your usual cereal with milk, to which you can add a dollop of yogurt



Prunes, dates & ground almonds

Ingredients

- 150g tinned prunes in juice
- 30g ready to eat apricots
- 20g (2 tablespoons) ground almonds

Serving suggestion

2 – 3 cubes added to your porridge

Method

1. Place the tinned prunes and ready to eat apricots (approximately 8) with the prune juice in a pan and simmer on a low heat for 5 minutes or until the fruit is soft
2. Add in 20g or 2 tablespoons of ground almonds
3. Using a stick blender, puree ingredients until smooth
4. Portion into ice cube trays





Peaches, sultanas & ground almonds

Ingredients

- 150g tinned peaches in juice
- 30g sultanas
- 40g (4 tablespoons) ground almonds

Method

1. Place the tinned peaches, juice and sultanas in a pan and simmer on a low heat for 5 minutes
2. Add in 40g or 4 tablespoons of ground almonds
3. Using a stick blender, puree until smooth
4. Portion into ice cube trays

Serving suggestion

2 – 3 cubes added to your porridge



Mango & almond butter

Ingredients

- 200g fresh mango
- 30g (6 level teaspoons) almond butter

Method

1. Peel and chop the fresh mango into chunks
2. Place in a bowl along with 30g smooth almond butter (6 level teaspoons)
3. Using a stick blender, puree until smooth
4. Portion into ice cube trays

Serving suggestion (both)

2 – 3 cubes added to your porridge



Raspberry, banana & almonds

Ingredients

- 200g fresh or frozen raspberries
- 200g banana
- 50g ground almonds

Method

1. Peel and chop the banana into chunks
2. Put the raspberries into a bowl along with the banana and ground almonds
3. Using a stick blender, puree until smooth
4. If the puree is a little thick add a splash of almond milk/whole milk
5. Portion into ice cube trays



POWER ENERGY BALLS

Date & apricot power balls

These are great for little mouths as between meal snacks or as part of a dessert with some fresh fruit.

Ingredients

- 250g walnuts or ground almonds, or other nut/seed of choice
- 250g shredded unsweetened coconut
- 320g soft Medjool dates, pitted
- 2 tablespoons sunflower oil
- ½ teaspoon sea salt
- 1 teaspoon vanilla extract

Method

1. Roughly chop the dates
2. Keep ½ of the coconut to one side in a bowl for rolling the balls in, to coat them in coconut
3. Put all of the ingredients into a bowl. Using a hand held whisk or food processor blitz until it is a smooth paste
4. Take a teaspoon or tablespoon of mixture (depending on the size of ball you want) and roll into a ball
5. Roll the ball in the coconut
6. Place on parchment or greaseproof paper
7. When finished rolling the balls, put them in a greaseproof paper lined container and put them in the freezer
8. Pop a few in a snack box or as a dessert – can be eaten frozen!

WARMING SOUPS

Dino soup

Ingredients

- | | |
|---------------------------|-----------------------------|
| • 400g broccoli | • 500ml water |
| • 400g frozen peas | • 150ml single cream |
| • 400g courgettes | • 1 tablespoon of olive oil |
| • 2 sticks of celery | • Salt and pepper |
| • 2 onions finely chopped | • Home made croutons |
| • Small packet of basil | e.g. soft bread cut into |
| • 500ml chicken stock | small cubes |

Important to note:

- For children between the ages of 1 – 3 years of age, offer small cubes of soft bread dipped in the soup instead of ready to eat croutons which are too hard for young children and may pose a choking risk.

Method

1. Heat the oil in a large saucepan over a medium heat
2. Add in the finely chopped celery, onion and cook until soft
3. Add in the broccoli, courgettes, peas, basil, chicken stock and water
4. Bring to the boil and cook until the vegetables are tender (5 minutes)
5. Using a stick blender carefully blend until the soup is smooth
6. Add in the single cream and seasoning
7. Serve the soup in bowls or teacups, sprinkle with croutons – this makes a great between meal snack





WARMING SOUPS

Super hero orange soup

Ingredients

- 800g butternut squash
- 400g sweet potatoes
- 2 sticks of celery
- 2 onions finely chopped
- Small packet of coriander
- 500ml chicken stock
- 500ml water
- 50ml orange juice
- 150ml coconut cream
- 2 tablespoons nut butter
- Small pinch of chili (optional)
- 1 tablespoon of olive oil
- Salt and pepper
- Home made croutons e.g. soft bread cut into small cubes

Method

1. Heat the oil in a large saucepan over a medium heat
2. Add in the finely chopped celery, onion and cook until soft
3. Add in the butternut squash, basil, chicken stock, orange juice, coconut cream, chili (optional), seasoning and water
4. Bring to the boil and cook until the vegetables are tender (25 – 30 minutes)
5. Using a stick blender carefully blend until the soup is smooth
6. Serve the soup in bowls or teacups, sprinkle with home-made croutons – this makes a great in between meal snack

Important to note:

- Use home made croutons using small cubes of soft bread. Ready to eat croutons are too hard for young children and may pose a choking risk.

Bento boxes

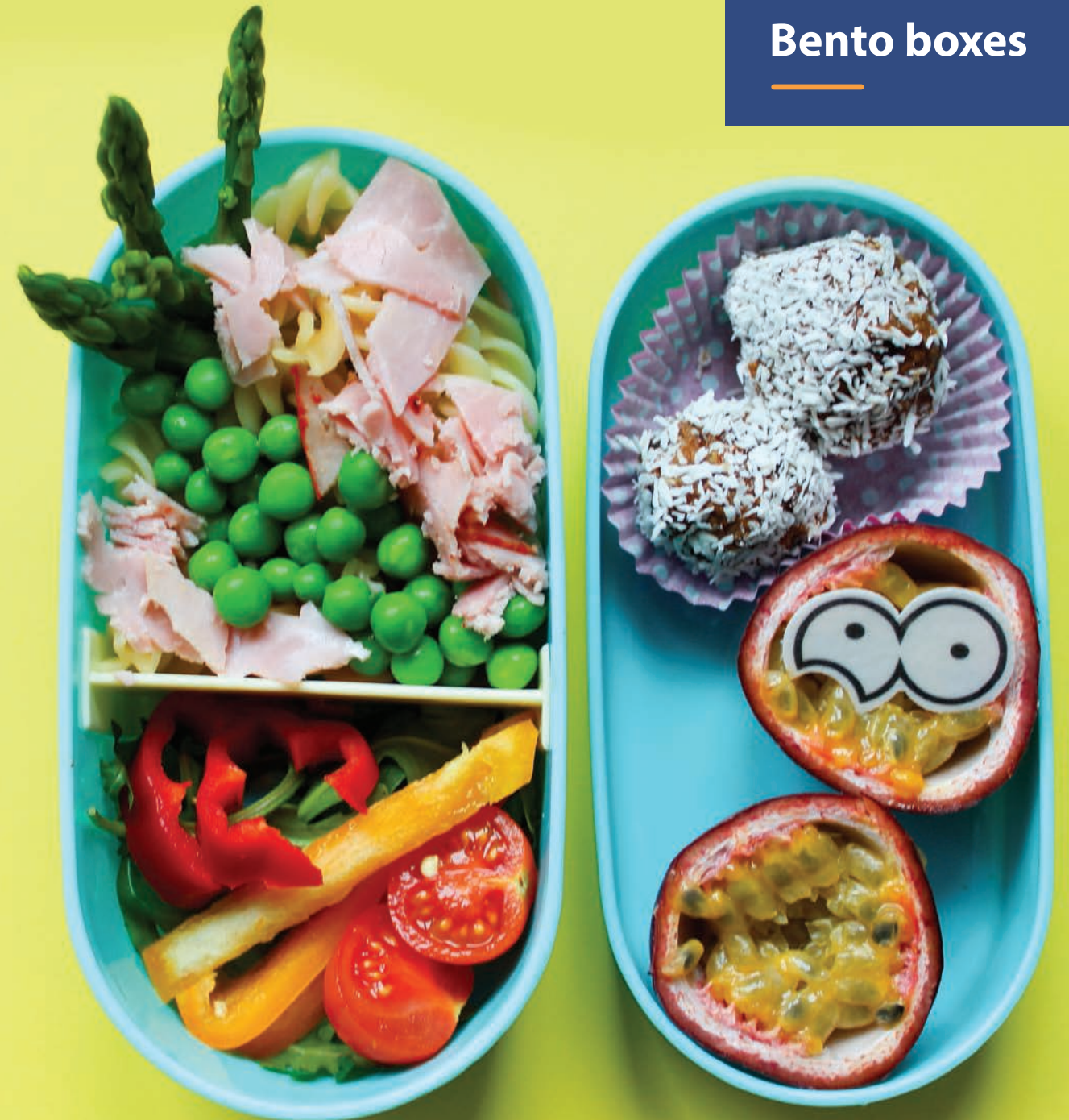




Photo 1



Photo 2

BENTO BOXES

Fusilli, ham, peas & cheese

Ingredients

- 50g fusilli
- 1–2 slices of ham
- 25g frozen peas
- 30g grated cheese
- Carrots ribbons
- 1 teaspoon Marvelous nut dust
- Edamame or green beans
- Pomegranate seeds
- Grapes
- Pear



Method

1. Cook some fusilli in boiling water until al dente (has a bite to it), add the peas and cook for a further 1 – 2 minutes
2. Whilst the pasta is cooking shred the ham and grate the cheese
3. To the hot drained pasta add the ham, **Marvelous nut dust** and grated cheese mixing well
4. Using a vegetable peeler make some carrot ribbons
5. Take 10 – 15 edamame beans and thread onto a food pick or plastic skewer
6. Cut the fruit lengthways, add a few pomegranate seeds
7. Put into the bento box

Important to note:

- All vegetable and fruit should be washed before eating
- Lightly steam hard vegetables
- All vegetables and fruit should be cut length ways into small pieces, and some will need to be peeled
- Recipes can be change to include seasonal fruit and vegetables

BENTO BOXES

Ham & cheese pitta & fresh fruit

Ingredients

- Small toasted wholemeal pitta, cut into strips
- Handful of grated cheese
- Slice of ham
- Olives
- Red pepper
- Passion fruit, figs, grapes (or other seasonal fruit)

Method

1. Arrange the pitta strips in the Bento box with the ham and grated cheese
2. Put the olives, cut length ways in half or quarters with the lightly steamed red pepper pieces
3. Arrange the fresh fruit in the other side of the Bento box, peel and cut grapes length ways in half or quarters
4. Use a child size soft teaspoon to scoop the inside of a fig or passion fruit

(Photo 3)



Photo 3

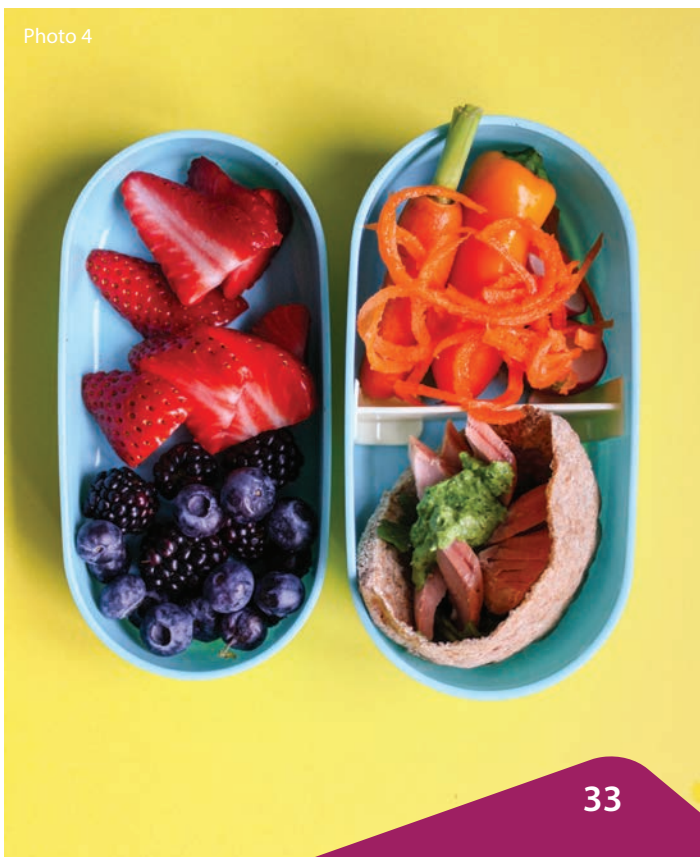


Photo 4



Photo 5



Photo 6



Photo 7



Photo 8

BENTO BOXES

Ham & cheese sandwich, broccoli, cucumber, orange & nutty chocolate balls

Ingredients

- 1 – 2 slices of wholemeal bread
- 1 slice of ham
- 25g grated cheese
- Broccoli florets
- Cucumber batons/sticks
- ½ Orange, peeled and cut into slices
- Nutty date ball

Method

1. Make the ham & cheese sandwich and cut into a heart shape
2. Lightly cook the broccoli
3. Cut cucumber batons/sticks
4. Peel an orange, cutting half into slices
5. Add in a couple of date balls
6. Arrange in a Bento box

(Photo 5)



BENTO BOXES

Falafel & hummus pitta, red pepper, cucumber, figs, strawberries

Ingredients

- Pitta pocket
- 1 – 2 falafels
- 1 small pot of hummus
- Rocket leaves
- Red or orange pepper strips
- Cucumber batons
- 1 fresh fig (when in season) or dried figs
- Strawberries

Method

1. Toast the pitta pocket
2. Put in a few rocket leaves and 1 – 2 falafels
3. Add a small pot of hummus
4. Cucumber and red pepper batons/sticks
5. Figs and strawberries
6. Arrange in a Bento box

(Photo 6)



Photo 9



Photo 10

BENTO BOXES

Cream cheese & smoked salmon wheels, avocado & melon

Ingredients

- 1 – 2 slices of smoked salmon
- Small pot of crème cheese
- 1 – 2 slices of brown bread
- ¼ – ½ avocado
- Cauliflower florets
- Cucumber batons
- Water melon
- Melon
- Grapes
- Lemon juice
- Bento box
- Silicone cup cake holder

Method

1. Spread crème cheese onto the bread, place smoked salmon on top and roll into a wheel
2. Cut the avocado into a fan, mix with a little lemon juice to stop it going brown
3. Cook a couple of florets of cauliflower and slice the cucumber into batons
4. Slice some water melon, melon and grapes
5. Arrange everything in the bento box

(Photo 9)



BENTO BOXES

Pitta strips, avocado, hummus, chickpeas, orange peppers – satsumas

Ingredients

- Small pot of hummus
- 25g chickpeas
- Pitta
- ¼ – ½ avocado
- Green beans
- Silicone cup cake holder
- Orange peppers
- Satsumas
- Raisins
- Lemon juice
- Bento box

Method

1. Cut the avocado into a fan, mix with a little lemon juice to stop it going brown
2. Toast a pitta bread and cut into strips
3. Put a tablespoon of tinned chickpeas into a silicone cake holder
4. Take a handful of green beans and cook them in boiling water – until they are slightly crunchy
5. Peel the satsuma and put some raisins in the middle of the satsuma
6. Slice some orange pepper into batons
7. Arrange everything in the bento box

(Photo 10)

BENTO BOXES

Tuna, lettuce, mayo, peas, cucumber, & pepper

Ingredients

- Tuna – small tin
- Mayonnaise
- Pitta pockets
- 50g of frozen peas
- Lettuce shredded
- Cucumber batons
- Red peppers
- Strawberries
- Raspberries
- Bento box
- Silicone cup cake holder

Method

1. Mix one small can of tuna with a 1 – 2 teaspoons of mayonnaise
2. Defrost 50g of frozen peas and mix ½ with the tuna mayo mix
3. Toast a wholemeal pitta pocket and fill with the tuna pea mix
4. Put the remaining peas, cucumber and red pepper batons in a silicone cup cake holder
5. Shred some lettuce to make grass for your bento box
6. Arrange the strawberries and raspberries in the bento box

(Photo 8, page 34)



Photo 11



Photo 12

BENTO BOXES

Boiled eggs, brown pitta pockets, avocado, watermelon, melon & raspberries

Ingredients

- 1 boiled egg
- Pitta pockets cut into strips
- ½ Avocado
- Watermelon
- Melon
- Raspberries
- Bento box
- Silicone cup cake holder

Method

1. Hard boil an egg
2. Toast the pitta and cut into strips
3. ½ Avocado – brush with lemon juice to stop it going brown
4. Cubes of melon, watermelon
5. Fresh or frozen raspberries
3. Arrange in a bento box

(Photo 11)



BENTO BOXES

Avocado & raspberries snack fest

Ingredients

- ½ Avocado
- Raspberries
- Bento box

Method

1. ½ Avocado – brush with lemon juice to stop it going brown
2. Fill the centre and around the avocado with fresh or frozen raspberries
3. Arrange in a bento box



BENTO BOXES

Peanut butter, salad & berries

Ingredients

- 1 – 2 slices of bread buttered with smooth nut butter
- Cherry tomatoes
- Strips of yellow pepper
- Grapes
- Salad leaves
- Berries

Method

1. Arrange some washed salad leaves in the bottom of the Bento Box
2. Cut the buttered bread into the shape of a car, using a cutter or freestyle, place on top of the salad leaves
2. Cut the cherry tomatoes in half length ways or quarters and arrange on the sandwich as wheels
3. Peel and cut the grapes – length ways in halves or quarters, place on top of the leaves
4. Add the lightly steamed yellow pepper and arrange below the sandwich as a road
5. Arrange some washed, chopped berries – peel grapes, cut blueberries and blackberries length ways into halves or quarters
6. Decorate with Bento pick forks or fun eyes

(Photo 12)



Photo 13



Photo 14

BENTO BOXES

Chicken & BBQ sauce, corn on the cob, cucumber, clementine, & whole wheat wrap

Ingredients

- 4 chicken breasts or 8 chicken drumsticks
- BBQ sauce
- Corn on the cob
- Whole wheat wrap
- Cucumber
- Satsuma
- Raisins

Method

1. Pre-heat an oven 220°C / 200°C fan / gas mark 7
2. Cover the chicken breasts or chicken drumsticks in BBQ sauce
3. Bake in the oven until cooked (15 – 20 minutes)
4. Boil a pan of water and cook the corn on the cobs until the kernels are tender (10 minutes)
5. Cut the cucumber length ways to make cucumber wands
6. Cut the wraps into triangles
7. Peel the satsuma and assemble your bento box

(Photo 13)

Important to note:

- For younger children, chicken should be shredded into small strips and satsuma segments peeled and cut into quarters

BENTO BOXES

Chicken & cous cous rainbow salad

Ingredients

- Cooked chicken breast strips – shredded
- Cooked cous cous
- Baby sweetcorn and carrots
- Cucumber round
- Red pepper
- Radish (optional)
- Avocado
- Raspberries or other berries
- Lemon juice

Method

1. Cook the cous cous as per the method on the packet. Once cooked add 1/2 teaspoon of olive oil to stop the cous cous sticking together.
2. Arrange the cous cous in 1/2 of the bottom of your Bento box.
3. Lightly steam the pepper, carrots, sweetcorn, radish, pepper and place on the cous cous to make a rainbow
4. Place the shredded chicken and grapes (peeled and cut length ways in half or quarters) in the other side of the Bento box
5. Peel and slice a quarter of an avocado, squeeze some lemon juice on the avocado
6. Add in some raspberries

(Photo 15)



Photo 15



Photo 16



Snack boxes

These are fun to do when you are out and about, to make them extra fun get some training chop sticks or food picks for your little one to pick the food up with.

It is important that all snacks such as dried apricots, raisins, satsuma segments olives, grapes are cut length ways into halves or quarters. For younger children offer soft snack foods. Children should be seated when eating snacks and supervised at all times. Ideas for the snack boxes include;

- Yogurt covered raisins
- Fruit flakes
- Slivered almonds
- Mini cheddars
- Dried apricots
- Dried mango
- Peanut butter sandwiches
- Fruit roll
- Raisins
- Chocolate covered raisins
- Snack mix
- Cucumber
- Chocolate covered sunflower seeds
- Cream cheese pin wheels
- Soft dried fruit; peaches, pears, mango, apricots



Meals for sharing – family favourites

The following recipes are good for the older baby e.g. 10 months or older – these meals are firm family favourites and it is good for your little one to see the whole family enjoying the same food as it helps them to transition over to family foods. These meals have foods which are also easily mashable.



FAMILY FAVOURITES

Fish fingers & sweet potato chips

Fish fingers are always a firm family favourite – the almonds add a sweet nutty flavour to the fish

Ingredients

- 500g firm white fish such as cod*
- 200g white flour
- 3 eggs beaten
- 100g ground almonds
- 100g breadcrumbs (home made or bought)
- Pinch of turmeric
- 10ml olive oil
- 150g sweet potato
- 150g potato
- 150g broccoli

Important to note:

* Check the fish is free from bones

Method

1. Put the flour and ground almonds into a bowl
2. In a separate bowl, crack the eggs and lightly beat
3. Cut the fish into fingers
4. Roll the fish in the egg until it is completely covered and then roll in the flour and ground almonds
5. Take each finger and cover in the flour and almond mix – put on a clean plate until all of the fingers are dusted, put in the fridge until ready to cook
6. Peel the sweet potato, cut length ways into chips – place in a pan with cold water and cook until cooked
7. Preheat the oven to 200°C / 180°C fan / gas mark 6
8. Heat the oil in a pan and place the fish fingers carefully in the hot oil
9. Spray the sweet potato/ potato chips with oil and put in a hot oven for 12 – 15 minutes
10. Cook the fish and sweet potatoes for 3 – 4 minutes on each side, if making more than one portion put on kitchen paper and place in the oven to keep warm
11. Alternatively preheat the oven to 200°C / 180°C fan / gas mark 6. Brush a tray with a little oil, cook the fish fingers for about 10 – 12 mins until golden and cooked through, turn over half way through cooking time
12. Whilst the fish and sweet potatoes are cooking steam the broccoli in the microwave for 3 minutes or cook in a pan of boiling water



FAMILY FAVOURITES

Pasta bolognese

The best bolognese sauces are those cooked over a low heat for a few hours, so the meat melts and takes the flavours of the tomatoes and basil. You can use the bolognese sauce to make lasagne.



Ingredients

- 750g mince beef
- 2 large onions
- 2 tins of chopped tomatoes
- 20ml tomato puree
- 2 – 3 bay leaves
- 2 carrots
- 2 stick celery
- 1 red pepper
- 1 small bunch fresh basil
- Ground black pepper
- Pasta shells or spaghetti

Method

1. Finely chop the onion, heat a large pan – add the mince beef and onion and mix together – no oil is needed
2. Once the meat is sealed and the onion is cooked, add in the chopped tinned tomatoes and tomato puree
3. Grate the carrots, chop the celery and red pepper – add to the meat mixture
4. Add in the bay leaves, chopped basil and black pepper
5. Cook on a low heat for 1 ½ – 2 hours
6. At the end of cooking the meat – boil some water in a large pan – add sufficient pasta shells or spaghetti to feed the family. Boil for 10 – 12 minutes
7. Serve pasta, with bolognese sauce and a little grated cheese

FAMILY FAVOURITES

Lasagne

Ingredients

- Bolognese sauce
- 300g lasagne sheets (fresh or dried)
- Ready made white sauce
- 200g cheddar cheese

Method

1. Heat oven to 180°C / 160°C fan / gas mark 4
2. Lightly grease a ovenproof dish with butter or olive oil (about 30 x 20cm)
3. Spoon a third of the bolognese sauce on the bottom of the dish
4. Cover with sheets of lasagne and pour a third of the white sauce over the sheets, sprinkle a third of the cheese
5. Repeat for a further 2 layers
6. Place in the oven and bake for 45 minutes until bubbling and golden





FAMILY FAVOURITES

Mild chicken curry

Some young children prefer quite strong flavours and really enjoy curry. This recipe is full of flavour and is not spicy hot.

Ingredients

- 400g chicken breast
- ¼ – ½ jar or chicken tikka curry paste
- 2 onions, finely chopped
- 2 sticks of celery finely chopped
- 500ml passata or tinned tomatoes
- 100g red lentils
- 1 can coconut milk
- 1 tablespoon smooth nut butter
- Salt & pepper to taste
- 1 bunch coriander, finely chopped
- 1 tablespoon olive oil
- Rice or naan bread
- Mini poppadum's

Method

1. Chop the chicken breast into chunks
2. Finely slice the onion, celery and coriander
3. Heat the olive oil on a medium heat – add in the chicken, onions and celery until the meat is sealed and the onion mix is cooked
4. Add in the chicken tikka curry paste, coating the mixture in the pan – cook for another couple of minutes
5. Add in the coriander, passata, coconut milk, nut butter, red lentils, salt and pepper
6. Simmer on a low heat for 1½ hours stirring occasionally
7. Serve with rice or naan bread and mini poppadum's





FAMILY FAVOURITES

Chicken bunny

Bunny chow, often referred to as a “bunny” is a South African street food dish from Durban consisting of a hollowed out loaf of bread filled with curry. No rice is served and the bread is eaten with the curry. The dish must be eaten with your fingers a knife and fork is not allowed!

Ingredients

- 4 chicken breasts
- 2 onions
- Bunch of coriander
- 2 carrots
- 2 tablespoons tomato paste
- 3 – 4 tablespoons Chicken Tikka curry paste
- 2 tablespoons Marvelous nut dust
- 400ml coconut milk
- 1 large sweet potato
- Olive oil
- Small soft or crusty roll

Method

1. Finely chop the onion and gently fry in the oil with the chicken until soft
2. Add the curry paste, turmeric, ginger to the onions and chicken, cook for 2 – 3 minutes, stirring
3. Add the coconut milk
4. Grate the carrot, dice the sweet potato, add to the onion mix along with the chicken, tomato paste and coriander
5. Bring to the boil and then turn the heat down, simmer for 30 minutes
6. Cut the top of the crusty roll and take out the soft centre, like a soup bowl
7. Add 2 tablespoons of chicken curry into the bread soup bowl – put the top of the roll on the chicken curry like a hat
8. Let your child eat with their fingers – using the bread hat to mop the sauce up



FAMILY FAVOURITES

Pesto

Ingredients

- 1 large packet of basil
- 50g pine nuts
- 50g hard cheese e.g. parmesan
- 100ml olive oil
- 2 cloves of garlic

Method

1. Put the pine nuts in a small frying pan and toast them over a low heat
2. Into a clean bowl add the basil, pine nuts, cheese, olive oil, garlic and with a hand held blender whizz it all together into a paste
3. Portion into freezer bags or ice cube trays – freeze and take out portions as needed



FAMILY FAVOURITES

Salmon, pasta & peas

Ingredients

- 4 salmon fillets – (younger children will have $\frac{1}{4}$ – $\frac{1}{2}$ cooked salmon fillet – 1 fillet per older children/adults)
- 400g dried pasta
- 400g fresh or frozen peas
- 100g mange tout or broccoli
- 4 portions of pesto
- 75g hard cheese
- Small bunch of basil or dill (few sprigs)
- 4 tablespoons sour cream or crème fraîche
- Salt & pepper

Method

1. Preheat oven to 180°C / 160°C fan / gas mark 4
2. Season the salmon fillets, place on a baking tray, roast the fillets in the oven for 15 minutes or until cooked
3. At the same time bring a pan of cold water to the boil, add salt and pasta when bubbling – cook for 10 – 12 minutes or until al dente (e.g. is soft but with a little bite to it)
4. Chop the basil or dill and grate the cheese, defrost the pesto portions and open the sour cream
5. After 10 minutes to the same pan of water with the pasta still cooking add the vegetables, cook for a further 2 – 3 minutes
6. With care, drain the pasta into a colander and place back in the pan over a low heat, add the herbs, pesto, cheese and sour cream and mix over a low heat until the cheese has melted (1 – 2 minutes)
7. Take off the heat, add in the parsley, seasoning and flaked salmon





Sweet things

Sweet things, to share together
at the end of a family meal.



SWEET THINGS

Chocolate & almond cupcakes

Ingredients

- 225g butter
- 225g sugar
- 125g self raising flour
- 100g ground almonds
- 50g cocoa powder
- 4 eggs
- 2 tablespoons milk or water

For the chocolate topping

- 100g dark chocolate broken into pieces and melted
- 100ml double cream

Variations

- Plain: omit the cocoa powder
- Raspberries: omit the cocoa and add 50g raspberries
- Orange: omit the cocoa and add in 2 tablespoons of orange juice

Method

1. Put the oven on at 180°C / 160°C fan / gas mark 4
2. In a mixing bowl cream the butter and sugar until light and fluffy
3. Beat the eggs into a clean bowl and slowly add the butter mixture, stirring continuously
4. Sieve the cocoa powder, self-raising flour and fold gently into the mixture
5. Place colourful silicone cupcake cases into an appropriate baking tray
6. Fill the cupcake cases ½ full with cake mixture
7. Sprinkle flaked almonds over the top of each cupcake
8. Bake in the oven for 15 – 20 minutes or until a skewer comes out clean
9. Melt the dark chocolate in a bowl over some hot water, add in the double cream once the chocolate is melted and quickly mix together, it will become quite stiff as you mix it
10. Cool the cupcakes for 10 minutes then put onto a wire rack – put the dark chocolate topping over the top making a pattern



SWEET THINGS

Apricot, almond & chocolate cereal bars

Ingredients

- 100g butter
- 250g porridge oats
- 100g dark chocolate chips
- 100g almonds
- 100g dried apricots
- 100g light brown sugar
- 3 tablespoons honey

Method

1. Put the oven on at 180°C / 160°C fan / gas mark 4
2. Mix the oats and nuts and put them on a roasting tray for 5 – 10 minutes to toast
3. Blitz the mixture using a hand held whisk until it is finer
4. Melt the butter, sugar and honey, mixing together
5. Add the chocolate chip, oat mix and dried fruit until everything is well covered
6. Line a baking tray and place the mixture in the tray, pressing down lightly
7. Bake in the oven for 30 minutes until golden brown
8. Slice into matchbox size squares when cool

Important to note:

- For younger children blitz ingredients such as oats, dried apricots and nuts using a hand held blender to a fine crumb

SWEET THINGS

Nutty flapjacks

Ingredients

- 100g butter
- 250g rolled oats
- 100g walnuts
- 50g pumpkin seeds
- 100g runny honey
- 6 tablespoons smooth peanut butter or almond butter
- 10 dates
- 1 pinch of sea salt
- 100g dried mango

Method

1. Put the oven on at 180°C / 160°C fan / gas mark 4
2. Mix the oats and nuts and put them on a roasting tray for 5 – 10 minutes to toast
3. Once toasted, add in the dates, mango, nut butter and water and blitz it all together with a hand held whisk to make a finer crumb
4. Melt the butter and honey, mixing together
5. Pour the butter and honey over the mixture and mix until everything is well covered
6. Line a baking tray and place the mixture in the tray, pressing down lightly
7. Bake in the oven for 30 minutes until golden brown
8. Slice into matchbox size squares when cool



Fruit pots

Ingredients

- 10 raspberries
- 10 strawberries
- ½ banana
- 1 teaspoon Marvelous nut dust mixed in
- 100g full fat yogurt

Peach, apricot & mango

- ½ peach
- 10 apricots
- 25g mango
- 1 teaspoon Marvelous nut dust mixed in
- 100g full fat yogurt

Banana, blueberry & melon

- ½ Banana
- 20 blueberries
- 50g melon
- 1 teaspoon Marvelous nut dust mixed in
- 100g full fat yogurt

Apple, grapes & pineapple

- ½ apple
- 10 grapes cut in half
- 1 round of pineapple
- 1 teaspoon Marvelous nut dust mixed in
- 100g full fat yogurt



SWEET THINGS

Chocolate peanut butter smoothie

Ingredients

- 1 large banana (frozen slices)
- 1 tablespoon cocoa powder
- 50ml full cream yogurt
- 150ml full cream milk
- 1 tablespoon honey or agave syrup
- 1 tablespoon peanut butter
- Chocolate syrup (optional)

Method

1. Place the banana, cocoa powder, yogurt and the milk into a blender
2. Add the honey and the peanut butter. Blend again
3. You may have to scrape the sides a few times in order to get everything properly mixed. Blend until smooth
4. Serve in a glass with a straw and drizzle a small amount of chocolate syrup over the top (optional)

SWEET THINGS

Raspberry & almond smoothie

Ingredients

- ½ large banana
- 50g frozen raspberries or other frozen fruit
- 50ml full cream yogurt
- 150ml full cream milk
- 1 tablespoon honey or agave syrup
- 1 tablespoon almond butter

Method

1. Place the banana, raspberries, yogurt and the milk into a blender or use a stick blender
2. Add the honey and the almond butter. Blend again
3. You may have to scrape the sides a few times in order to get everything properly mixed. Blend until smooth
4. Serve in a glass with a straw



A last note...

We have thoroughly enjoyed working with our parents and children in developing this book and hope it helps to brighten your mealtimes with a rainbow of colour. Please do get in touch with comments, questions or if you have recipes you would like to share.

Remember some days will be better than others. Feeding times and encouraging your children to grow can be very demanding and stressful. You are not alone, ask your local health care professional for support and advice.



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