



# Nursery Nutrition

**Food for under 5's**



Derbyshire  
Children & Young People's  
Health Promotion Programme



*Derbyshire County*

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# Introduction

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This guide has been produced by Derbyshire County Council Trading Standards Division and Derbyshire Children & Young People's Health Promotion Programme with the assistance of other interested partners.

The guide has been developed to support nurseries and other childcare providers in Derbyshire to supply nutritionally balanced meals by providing information on nutrition, menu planning and recipes in order to make small changes that will make a big difference.

The 2010 East Midlands 'Nutrition in Nursery Schools' project looked at the nutritional content of meals supplied to 1-4 year olds in nurseries. This guide is a result of the recommendations of the project in addition to a phone survey conducted in Derbyshire in autumn 2010. The project report recommended that guidance should be available to nursery staff on nutrition and highlighted the following:

- The need for a nutritionally balanced and varied menu
- Provision of frequent meals and snacks at regular intervals
- Age appropriate portion sizes
- A reduction in the overall salt content of menus
- Drinks to be restricted to water, milk and diluted fruit juice

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**Please note:** This guide refers to children in the 1-4 year old age group (under 5's); although the principles of a healthy balanced diet and social eating apply to all age groups.



# General advice & requirements

## Do general healthy eating guidelines apply to the under 5 child?

- From weaning to the age of five years old, children are growing quickly and require sufficient energy levels to enable them to function and be active. A good balance of nutrients is required to support growth and development and a varied diet is essential to achieving this
- Healthy eating guidelines for adults and older children are not always appropriate for preschool children, especially those under two years old; however they can be used as a guide from an early age and to progress into adolescence and adulthood

## How can I encourage a child to eat well?

- It is important to be aware when a child is full and not to encourage overeating
- Encourage and praise a child for trying new foods and for making healthy choices
- Offer a variety of foods; a child may try a food several times before they like or dislike it
- Give time to eat; a good guide is around 15 minutes for a snack and 30 minutes for a meal
- Be a good role model; encourage healthy choices and positive eating habits
- Promote a social atmosphere where children can sit down together to eat and drink

## How much food does an under 5 child need?

- Young children only have a small stomach and their gut is not fully developed. This prevents them from eating large amounts of food at a time and they eat varied amounts of food depending on growth and activity
- Preschool children need smaller meals but need to eat more frequently throughout the day; don't leave long periods of time between meals and snacks
- A wide range of foods should be eaten to ensure that they get all the nutrients they need. Therefore it is important to include foods from each of the four main food groups every day

### The four main food groups are:

- Fruit and vegetables
- Bread, rice, potatoes, pasta and other starchy foods
- Milk and dairy foods
- Meat, fish, eggs, beans and other non dairy sources of protein

In addition to these four groups, food and drinks high in fat and/or sugar are often given to children. However, these foods are not essential and should be limited to small amounts in the diet.

# Fruit and vegetables



Picture by Sophie, aged 4

## Food it includes:

- Fresh: e.g. apple, banana, carrots, broccoli, lettuce etc.
- Frozen: e.g. berries, peas, etc.
- Canned: fruit in juice and vegetables in water (no added sugar or salt)
- Dried: e.g. raisins, apricots etc. (best to be eaten at mealtimes)
- Juiced: fruit and vegetables (to be served diluted at mealtimes only)

## Why it is needed:

- Rich source of vitamins & minerals which protect against ill health
- Provide fluid & fibre to help prevent constipation

## Guidance & tips for children aged 1-4:

- Snack and meal combinations should provide a variety throughout the day
- Offer varieties of colour, texture & taste to stimulate interest and challenge children's palates
- Encourage tastes of different fruits and vegetables every day
- A portion is approximately the size of a child's hand, which increases as they grow
- Children may prefer raw vegetables to cooked, as they make great finger foods
- Children may find fruit and vegetables easier to eat if served cut up in to small portions
- Fresh soups are an excellent way of including pulses and vegetables in a meal
- Fruit based desserts e.g. fruit salad, fruit crumble, fruit jelly are popular. Ensure these contain one portion of fruit per serving
- Most fruit yoghurts contain less than a portion of fruit
- Pure 100% fruit juice should be provided diluted (fruit juice drink is not pure fruit juice)

See Planning your week guidance on page 11



# Bread, rice, potatoes, pasta and other starchy foods

## Food it includes:

- All types of breads (naan, pitta, crusty bread, rolls, bagels, tortilla, white, wholemeal, granary etc.)
- Other cereals e.g. breakfast cereal (porridge, puffed wheat, wheat bisks, crisped rice, flaked wheat), oats/oatcakes, rice (white & brown), pasta/noodles (white & wholemeal), couscous (white & wholemeal)
- Potatoes (boiled, mashed, baked, wedges) and starchy root crops e.g. sweet potato

## Why it is needed:

- Provide essential energy
- Important source of B vitamins, minerals and fibre

## Guidance & tips for children aged 1-4:

- Introduce wholegrain foods gradually from the age of 2, so they are accepted as a regular part of the diet. However, consideration should be given to those children with smaller appetites as these foods are filling
- Fibre enriched cereals e.g. All Bran breakfast cereal, should not be offered to under 2's as they are very filling, leaving no room for other foods and they can interfere with the absorption of essential minerals
- Provide breakfast cereals low in sugar and salt i.e. less than 5g sugar per 100g, less than 0.3g salt/0.1g sodium per 100g. Avoid sugar and chocolate coated products
- Lower salt bread varieties should be used where possible (less than 1g salt/0.4g sodium per 100g is advised)
- Avoid the overuse of bread as the main starchy food at meal times
- Avoid the use of processed potato products e.g. smiley faces, chips and waffles

See Planning your week guidance on page 11

Picture by Owen, aged 4



# Milk and dairy foods

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## Food it includes:

- Milk
- Cheese
- Yoghurts/fromage frais
- Milk- based desserts and sauces

## Why it is needed:

- There is rapid development of teeth and bones between the ages of 1 and 3 years old
- Good sources of calcium, vitamin D, phosphorus, protein and other minerals essential for growth

## Guidance & tips for children aged 1-4:

- Whole milk for under 2 year olds; semi-skimmed milk can be introduced gradually from 2 years if the child is growing and eating well; skimmed milk is not suitable for the under 5's
- Drinking milk should be an accompaniment to meals and snacks and not a replacement
- Flavoured milks are unsuitable because of their high sugar content
- Choose whole milk yoghurt and fromage frais. Novelty yoghurts and those that are high in sugar should not be provided (15g of sugar per 100g is considered high)
- Yoghurts should be eaten using a spoon
- Cheese can be served as the main protein item instead of meat, fish or pulses in a varied diet; a suitable portion of hard cheese for a small child is 20-25g
- Milk-based desserts and sauces are a great way to incorporate dairy foods into your menu

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See Planning your week guidance on page 11



# Meat, fish, eggs, beans and other non-dairy sources of protein

## Food it includes:

- Meat (beef, pork, lamb, poultry)
- Fish (cod, haddock, coley)
- Oily fish (sardines, kippers, salmon, mackerel, fresh tuna & herring - excludes tinned tuna)
- Eggs (boiled, scrambled, poached or in an omelette)
- Beans
- Others (lentils, nuts\*, tofu, soya mince, houmous)

## Why it is needed:

- Major source of protein which is essential for growth and development
- Very good iron and zinc sources
- Oily fish contains Omega-3 fats and is a good source of Vitamin D

## Guidance & tips for children aged 1-4:

- Use lean meat (cut off the fat)
- Homemade composite dishes e.g. Shepherd's pie/lasagne/pasta bake should include lean meat and a high vegetable content
- Beans and lentils added to dishes can help boost iron content
- Choose potato topped over pastry topped pies because pastry is higher in salt and fat
- When cooking meat choose methods that do not require the use of fat e.g. roasting, grilling or use monounsaturated/polyunsaturated fat e.g. olive/vegetable/sunflower oil
- Soya mince, textured vegetable protein (TVP) and tofu can be a substitute for meat and poultry
- Limit the use of processed products such as sausages, shaped poultry products, ham and veggie burgers as they may be high in fat and/or salt
- Introduce oily fish; a mixture of oily and white fish may be more acceptable initially.
- All eggs should be well cooked. Don't give raw eggs or food that contains raw or partially cooked eggs

\* See Allergen links on page 38

See Planning your week guidance on page 11



# Food and drinks high in fat and/or sugar

## Food it includes:

- Butter & spreads
- Cooking fats & oils
- Desserts
- Confectionery
- Cold & hot drinks
- Savoury snacks
- Bottled sauces

**N.B:** Many foods that are found in the other food groups may also contain fats and/or sugars

## Why it is needed:

- Energy source
- Helps with the transport of fat soluble vitamins

## Guidance & tips for children aged 1-4:

- Some foods in this group make an important contribution to the diet of children e.g. certain cooking oils, fruit and milk desserts
- There are also foods that are high in added sugars or poor quality fats e.g. soft drinks, sweets, chocolate and cream filled biscuits, sugary pastries, sugary desserts, highly sweetened cereals, sugary yoghurts, crisps. These foods are not recommended in childcare settings to help reduce risks of tooth decay, poor growth, excessive weight gain and general poor health
- Use home baked desserts to ensure recipes with reduced sugar and fat content and incorporation of whole grain ingredients
- Offer appropriate portions of desserts (see recipe section for guidance)
- It can be confusing choosing which fats to use. Spreads and oils rich in monounsaturated and polyunsaturated fats should be used where possible. Avoid cooking margarine and other spreads that are high in hydrogenated fats/trans fatty acids

See Planning your week guidance on page 11



# Foods high in salt

Although the sodium within salt is essential to help balance body fluids, too much salt is potentially dangerous for young children. Therefore, foods high in salt should be kept to a minimum. No more than 2g of salt each day is required for children aged 1-3 years.

Meals and recipes should use ingredients low in salt. Flavour should come from the use of good quality ingredients, herbs and spices. Salt should not be added when cooking food or at the table.

Processed foods are often high in salt and should be limited in use. These include:

- Meat products e.g. ham, sausages
- Ready to use and packet sauces
- Soups
- Baked beans
- Canned pasta/spaghetti in sauce

Alternatives to gravy and stock should be used whenever possible or lower salt varieties used. It is recommended that stock is diluted using extra water.

Breads should not be relied on as the main starchy food too frequently. For example it is not recommended that sandwiches should be available each day. Use bread with less than 1g salt/0.4g sodium per 100g whenever possible.

# Planning your week

- Plan menus in advance to ensure good food choice and varied meals
- Consider using the menu template on page 13
- A variety of foods should be served throughout each weekly menu
- Use a combination of colours and textures
- Don't include too many new tastes at one time
- Consider the recipes you are already using to see how well they fit into the guide

## To include

Food or Food Group	Portion Frequency
Fruit and vegetables	At each meal plus some snacks (fruit 1-2, vegetables 2-3 per day)
Bread, rice, potatoes, pasta and other starchy foods	At each meal plus some snacks
Meat, fish, eggs, beans and other non-dairy sources of protein	At each main meal
Red meat (beef, pork, lamb)	Twice a week
Fresh/frozen unprocessed fish	Once a week
Oily Fish (sardines, kippers, salmon, mackerel fresh tuna & herring - excludes tinned tuna)	Once a week
Milk and dairy foods	2-3 per day

Picture by Hannah, aged 5



Planning your week

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Mid Morning Snack					
Lunch					
Mid Afternoon Snack					
Tea					

# Breakfast

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A good variety of breakfast options is needed to ensure that this meal offers sufficient nutrients and is not too high in salt or sugar.

## **Consider the following foods as suitable for serving at breakfast time:**

- A variety of breakfast cereals and porridge including whole/multi grain should be offered. Select low salt and low sugar options (see page 6)
  - Different types of bread, toast and other bread products e.g. crumpets and breakfast muffins, including wholegrain, brown and white varieties
  - Milk or another dairy food such as yoghurt
  - Breakfast should include at least 1 fruit or vegetable portion e.g. fruit with cereal, mushrooms with egg
  - Diluted fruit juice can be served with breakfast
- 



# Snacks

Snack foods should complement meals to ensure there is a good balance from the different food groups and an optimum intake of all nutrients.

## Ideas for healthier snacks could include:

- Toasted bread, crumpets, pikelets and various bread products with a fruit or savoury spread
- Breadsticks/crackers/vegetable sticks with dips (e.g. houmous, tzatziki, cream cheese)
- Cheese and crackers
- Scones
- A piece of fresh fruit or raw vegetables e.g. apple, banana, pear, a chunk of cucumber or raw carrot
- Canned fruit in juice
- Plain biscuit e.g. oatcakes, crispbreads (look for those with less than 1.25g salt/0.5g sodium per 100g)
- Small slice of malt loaf

# Drinks

Fluid is essential to prevent dehydration. Most children will drink when they are thirsty but some may need reminding. Approximately six to eight drinks (150-200ml each drink) will be required throughout the whole day, with the amount varying depending on the age of the child. If a drink can't be available throughout the day then it is recommended at all snack and meal times.

- Water should be provided throughout the day
- Avoid sweet drinks such as fizzy drinks and fruit squash; they can lead to tooth decay and fill young children providing little nutritional benefit
- 100% fruit juice can help aid iron absorption; only provide this at meal times and it should be well diluted
- Milk is suitable throughout the day but not recommended at meal times to avoid children filling up and missing out on other important foods



# Sandwiches

## Ideas for healthy sandwich fillings

Use a variety of bread, rolls, wraps or pitta to create interesting sandwiches. These fillings can spread directly onto breads; no butter required. Many can also be used as jacket potato toppings and cold pasta salad mixes.

Alongside traditional sandwich fillings, consider using these more unusual ones:

### **Tuna and sweetcorn**

Drain a tin of tuna (in spring water or oil), add some sweetcorn and mix with a little mayonnaise or salad cream.

### **Grated Carrot and houmous**

Grate a carrot and mix with houmous.

### **Cream cheese and sardines**

Drain the fluid off a can of sardines in spring water and mash with cream cheese. Alternatively you could use pink salmon.

### **Grated cheese and apple**

Grate an eating apple and mix with grated cheese, a little low fat mayonnaise helps to bind these together.

### **Cream cheese and peppers**

Chop mixed peppers into tiny chunks and mix with cream cheese.

### **Cream cheese and mandarin oranges**

Drain the juice from a can of mandarin oranges and mix with cream cheese.

### **Chopped chicken and pineapple**

Add some drained canned pineapple in juice to chopped cooked chicken and bind with a little mayonnaise. Alternatively you could use cottage cheese with pineapple.



# Recipes

The development of recipes is essential to allow good meal planning, the provision of a balanced menu and should ensure appropriate portion sizes are served. The recipes in this guide have been developed for an average 3 year old child and therefore a larger or smaller portion may be required depending on the individual child.

You may choose to involve the children when creating some of these recipes e.g. Wirley gigggs, page 31 and Banana custard crunch, page 36.

Consider using the Recipe Template on page 37 for your own recipes.

Picture by Jacob, aged 5





# Chicken stew

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## Ingredients

Serves 12

4 chicken breasts (approx 500g)  
2 tbsp plain flour  
Black pepper  
1 tbsp vegetable oil  
1 large onion chopped  
450ml chicken stock  
450ml water  
2 tsp tomato puree  
2 tsp dried mixed herbs  
100g sliced mushrooms  
450g chopped mixed carrot, swede and leeks (or vegetables of your choice)

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## Method

1. Mix the black pepper with the flour
  2. Cut the chicken into even sized pieces and coat with the flour
  3. Heat the oil in a large saucepan. Add the chicken and onions to the pan and cook for about 5 minutes, stirring now and then
  4. Pour in the stock and water and bring to the boil. Add the tomato puree, mixed herbs and all the vegetables except the mushrooms
  5. Bring back to the boil. Cover with a lid and lower the heat. Simmer gently for about 45 minutes
  6. Add the mushrooms to the pan and simmer for another 15 minutes
  7. Thicken with cornflour if necessary by blending with a little water and add a little at a time until the desired thickness
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## Can be served with

- Crusty Bread
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## Possible adaptations

- Try adding lentils to help boost iron content



# Sweet & sour chicken

## Ingredients

Serves 12

4 chicken breasts (approx 500g)  
1 onion chopped  
1 red pepper sliced  
1 x 450g canned pineapple chunks in juice  
1 tbsp cooking oil  
500ml water  
1 tsp ground ginger  
300ml vinegar  
50g tomato puree  
50g cornflour

## Method

1. Cut the chicken breasts into small chunks
2. Chop up the vegetables into small pieces
3. Heat the oil in a pan and cook chicken breast pieces for about 10 minutes then add the vegetables and continue cooking for a further 5 minutes
4. Add the pineapple plus the juice, the vinegar, water, ginger and tomato puree and bring back to the boil
5. Simmer for 10 minutes
6. Blend the cornflour with a little water and add a little at a time until the desired thickness

## Can be served with

- Rice (350g dried weight) or noodles (400g dried weight)



# Basic minced meat recipes

## Ingredients: Basic Recipe

Serves 12

500g minced beef, lamb or pork  
1 large onion finely chopped  
125g mushrooms sliced  
400g tinned tomatoes  
1 tbsp tomato puree

To adapt the basic recipe for any of the following add:

### Chilli Con Carne

1 tsp mild chilli powder  
1 green pepper chopped  
400g red kidney beans  
drained

### Bolognaise

1 red pepper chopped  
1 green pepper chopped  
1 garlic clove crushed  
1 tsp oregano

### Lasagne

Sheets of lasagne - follow  
cooking instructions on pack  
Cheese sauce (see overleaf)

### Cottage Pie

150g frozen mixed  
vegetables  
150ml beef stock  
125ml water  
Topping: 1.5kg potatoes  
peeled and boiled for 20  
minutes then mashed

### Minty Minced Lamb

150g frozen mixed  
vegetables  
150ml stock  
125ml water  
2 tbsp mint sauce

### Pork Ragù

1 clove garlic crushed  
1 tsp tarragon

## Method

1. Put the minced meat and chopped onion in a pan and cook until the meat has browned and the onions are soft, stir regularly
2. Add the vegetables (mushroom, peppers, frozen vegetables etc.) and cook for a few more minutes
3. Turn the heat down low and add the tinned vegetables (tomatoes, red kidney beans), herbs, tomato puree and stock and water. Simmer for about half an hour, stir occasionally. Season with black pepper to taste
4. If you are making a cottage pie put the mince mixture in an oven proof dish, spread the mashed potatoes on top and bake in the oven (200°C gas mark 6) for 15-20 minutes
5. If you are making lasagne layer lasagne sheets with the mince mixture and cheese sauce in an oven proof dish. Bake in the oven (200°C gas mark 6) for 30 minutes

Continued >

# Basic minced meat recipes (cont)

## Can be served with

- Pasta (400g dried weight), rice (350g dried weight) or potatoes (1.5kg). Try incorporating some whole grain foods, such as wholemeal pasta mixed with white pasta
- Salad or extra vegetables

## Tips

- To make a small amount of meat go further add plenty of mixed vegetables or lentils as an alternative to any of the recipes. This is also an easy way of contributing to your 5 a day and boosting iron intake
- For fussy children it's a good way to get them to eat more vegetables without them ever knowing!

# Cheese sauce recipe

## Ingredients

425ml semi-skimmed or whole milk  
 25g margarine  
 25g flour  
 25g grated cheese

## Method

1. Melt the margarine in a pan and then slowly add the flour mixing it well. Add the milk gradually, whisking all the time until it comes up to the boil and thickens
2. Once the sauce has thickened add the grated cheese

This sauce can be added to cooked mixed vegetables and pasta for a quick and simple meal.



# Pork meatballs & sauce

## Ingredients

Serves 12

### Meatballs

500g minced pork  
1x 100g dried onions  
50g fresh breadcrumbs  
1 egg  
1 tsp chopped parsley  
½ tsp ground cinnamon

### Sauce

500g passata  
1 red pepper chopped  
1 green pepper chopped  
1 onion chopped

## Method

1. Preheat oven to 180°C gas mark 4
2. Mix together all the meatball ingredients and shape into 36 balls
3. Place onto a baking tray and cook for 15-20 minutes
4. Meanwhile make the sauce:
  - Place the vegetables in a pan with the tomato passata
  - Bring them to the boil
5. Remove meatballs from the oven and drain off any fat that may have collected
6. Put the meatballs in an oven proof dish and pour the sauce over them
7. Place back in the oven and cook for 20 minutes until the sauce starts to thicken

## Can be served with

- Pasta (400g dried weight), rice (350g dried weight) or 1.5kg potatoes

## Possible adaptations

- Other minced meat can be used e.g. turkey, lamb or beef or the sauce can be used for a vegetarian option adding vegetarian mince
- Try incorporating wholegrains e.g. introduce some brown rice mixed with white



# Salmon and broccoli bake

## Ingredients

Serves 12

500g salmon cut into strips  
1kg passata  
400g dried pasta shells  
1 tsp oil  
1 red pepper chopped  
250g canned sweetcorn in water drained  
1 large head broccoli broken into small florets  
150g grated cheese

## Method

1. Preheat oven to 180°C gas mark 4
2. Cook the pasta in boiling water and when nearly cooked put in the florets of broccoli and cook for a further 5 minutes as instructed on the packet
3. Gently cook the pepper in a little oil then add the strips of salmon
4. When the pasta and broccoli are cooked, drain and stir in the salmon, pepper, sweetcorn and passata
5. Pour into a dish and sprinkle over the grated cheese
6. Bake for 15-20 minutes

## Possible adaptations

- Salmon could be mixed with white fish if introducing for the first time or has not been accepted well in the past
- Gradually introduce some wholemeal pasta mixed with white pasta



# Salmon stir fry with vegetables

## Ingredients

Serves 12

500g fresh salmon  
½ small head white cabbage sliced  
100g mushrooms sliced  
2 courgettes chopped  
1 small onion chopped  
1 red pepper sliced  
1 green pepper sliced  
1 clove of garlic crushed  
1 small head of broccoli broken into small florets  
2 carrots thinly sliced  
½ tsp ground ginger  
2 tbsp olive oil

## Method

1. Prepare the vegetables and try to make them all a similar size
2. Cut the salmon into strips or small chunks
3. Heat the oil in a large frying pan or wok, add the vegetables and garlic and stir over a high heat for 5 minutes
4. Add the ginger, then add the strips of salmon and cook for a further 5 minutes

## Can be served with

- Serve on a bed of rice (350g dried weight) or noodles (400g dried weight)

## Possible adaptations

- Salmon could be mixed with white fish if introducing for the first time or has not been accepted well in the past
- Add any other vegetables that you like
- Salmon could be replaced with strips of cooked chicken



# Fishermans pie

Adapted from a recipe provided by The Mulberry Bush Nursery

## Ingredients

Serves 12

1.5kg potatoes  
200g tuna (canned in water or oil) drained  
200g pink salmon (canned) drained  
100g cod  
75g plain flour  
75g margarine  
1.5 litres whole/ semi-skimmed milk  
2 tsp dried parsley  
150g frozen mixed vegetables

## Method

1. Preheat oven to 180°C gas mark 4
2. Prepare the potatoes and boil until soft for mashing
3. Whilst the potatoes are cooking, open the cans of salmon and tuna and drain the juice out, then put into a deep tin
4. Poach the cod in a little water or milk
5. For the sauce melt the margarine in a pan and then slowly add the flour mixing it well. Add the milk gradually, whisking all the time until it comes up to the boil and thickens
6. Add the parsley and mixed vegetables to the sauce and simmer for a further 5 minutes stirring well
7. Flake the cooked cod in with the salmon and tuna, then pour on the parsley sauce
8. Mash the potatoes and lay them on top of the fish filling
9. Bake for 40 minutes

## Possible adaptations

- Chunks of cooked chicken and mushrooms make an alternative filling



# Vegetable pilaff

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## Ingredients

Serves 12

1tbsp vegetable oil  
500g leeks finely sliced  
200g mushrooms diced  
1 small onion chopped  
2 red, green or mixed peppers diced  
1 tsp ground cumin  
400g long grain rice  
800g chopped tomatoes  
500ml vegetable stock  
250ml water  
400g baked beans (low salt/sugar recommended)

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## Method

1. Heat the oil in a large pan and add the leeks, mushrooms, onion and peppers and cook for 2 minutes
  2. Stir in the cumin and dry rice and cook for 1 minute stirring continuously
  3. Add the chopped tomatoes, stock and water and bring to the boil
  4. Cover and cook gently for 30 minutes. Alternatively put in a covered dish and place in a medium oven (180°C gas mark 4) for 45-50 minutes until the rice is tender, if the rice starts to dry out add a little more water
  5. Stir in baked beans and heat for a further 2 minutes
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## Can be served with

- Salad or vegetable sticks. Can also be served cold but do not reheat after cooling
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## Possible adaptations

- For a meat alternative the baked beans could be replaced with 400g cooked diced chicken or 400g canned tuna
- Try incorporating some brown rice



# Vegetable crumble

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## Ingredients

Serves 12

2 large carrots chopped  
2 medium potatoes chopped  
1 small onion chopped  
1 stick celery chopped  
250ml water  
250ml vegetable stock  
400g chopped tomatoes  
400g baked beans (low salt/sugar is recommended)  
Black pepper  
400g plain flour  
200g margarine  
1 tsp mixed herbs

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## Method

1. Preheat oven to temperature 200°C gas mark 6
2. Place the vegetables in a large pan with the stock and water, cook for 10 minutes
3. Add beans and tomatoes and cook for 20 minutes on a low heat
4. Whilst the vegetables are cooking, place the flour, margarine, and herbs in a mixing bowl and rub together until the mixture looks like breadcrumbs
5. Pour the vegetable mix into an oven proof dish and sprinkle the crumb mix on top
6. Bake for 15-20 minutes until golden brown

# Harvest bake

## Ingredients

Serves 12

400g pasta shells (dried)  
400g leeks finely sliced  
1 onion finely sliced  
750g frozen mixed vegetables  
50g margarine  
50g flour  
500ml whole or semi-skimmed milk  
150g grated cheese  
100g fresh breadcrumbs

## Method

1. Preheat oven to 200°C gas mark 6
2. Cook the pasta shells as directed on packet
3. At the same time cook the vegetables by steaming or boiling until tender
4. Drain the pasta shells and vegetables
5. Make the sauce by melting the margarine in a pan, stir in the flour to make a roux then gradually add the milk. Stir continuously until the sauce boils and thickens
6. Add half of the grated cheese and stir well
7. Add the sauce to the pasta shells and vegetables and pour into an ovenproof dish
8. Mix together the remaining cheese with the breadcrumbs and sprinkle them over the pasta mix
9. Bake in the oven for 30 minutes until the topping is golden brown

## Can be served with

- Salad or raw vegetable sticks

## Possible adaptations

- To make as a non-vegetarian dish add 400g canned tuna or salmon to the pasta vegetable mix



# Bean goulash

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## Ingredients

Serves 12

400g canned red kidney beans  
1 tbsp cooking oil  
1 clove garlic crushed  
2 onions chopped  
1 green pepper diced  
1 courgette diced  
400g chopped tomatoes  
1 tsp paprika  
2 tsp tomato puree  
125g canned sweetcorn in water drained  
125g natural yoghurt

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## Method

1. Heat the oil in a pan and cook the onions and garlic until soft
2. Add the green pepper and cook for 2 minutes
3. Stir in the courgette and cook for a further 2 minutes
4. Drain and rinse the kidney beans and stir in the remaining ingredients except the yoghurt
5. Simmer for 15 minutes until all the vegetables are soft
6. Garnish with the yoghurt

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## Can be served with

- Rice (350g dried weight) or noodles/pasta (400g dried weight). Couscous (300g dried weight) or a small bread roll

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## Possible adaptations

- Other canned pulses could be used e.g. butter beans, chick peas or mixed beans
- Try incorporating some whole grain foods e.g. wholemeal pasta mixed with white pasta or a wholemeal bread roll



# Quick bread dough

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## Ingredients

Serves 12

225g strong flour

7g sachet of easy blend yeast

2 tbsp olive oil or vegetable oil

150ml warm water

Milk or egg to glaze

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## Method

1. Preheat oven to oven 230°C gas mark 8
2. Grease a baking tray or loaf tin or use a teflon liner
3. Mix the flour and yeast in the mixing bowl
4. Make a “well” and add the oil and water
5. Mix to a soft dough
6. Turn out onto a lightly floured clean surface
7. Knead thoroughly for 10 minutes
8. Shape and then leave in a warm place to “prove” (double in size)
9. Glaze with milk or egg and add any chosen toppings
10. Bake for 10-15 minutes for rolls, 20-25 minutes for a loaf
11. Allow to cool on a cooling tray



# Easy pizza

## Ingredients

Serves 12

1 recipe Quick Bread Dough (see page 29) or use slices of French bread, pittas or bread rolls  
4 tbsp passata  
240g grated cheese

You can choose your own topping from a variety of ingredients. Here are a few suggestions:

- Diced ham and pineapple chunks
- Vegetables diced or sliced (peppers, courgettes, olives, mushrooms, onion)
- Tuna and sweetcorn or any other ingredient of your choice

## Method

1. Preheat oven to 200°C gas mark 6
2. If using Quick Bread Dough follow the method to step 7 then roll out the dough to make a pizza base or bases. Prick the base(s) with a fork
3. Spread the passata on the pizza base then add the topping of your choice. Try to include some fruit or vegetables as they add to the flavour and are a healthier choice
4. Top this with grated cheese
5. Bake for 10-15 minutes until the cheese is melted and bubbling

## Can be served with

- A chopped salad

## Possible adaptations

- Vegetables could be chopped into small pieces and added into the passata

Picture by Hannah, aged 5



# Wirley giggs

Adapted from a recipe provided by Treasures Neighbourhood Nursery

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## Ingredients

Serves 12

1 recipe Quick Bread Dough (see page 29)

4 tbsp tomato puree

150g grated cheese

200g diced ham or tuna

Choice of other toppings e.g. sliced or diced fruit or vegetables e.g. red or green peppers, sweetcorn, mushrooms, tomatoes and pineapple

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## Method

1. Preheat oven to 200°C gas mark 6
2. Prepare the Quick Bread Dough recipe, following the method to step 7
3. Roll out the dough into a square approximately 5mm deep
4. Spread on the tomato puree then sprinkle on the cheese, ham/tuna or your favourite topping
5. Roll up into a long sausage shape then slice into 12
6. Place onto a greased baking sheet and allow them to rise for about 20 minutes
7. Bake for 15-20 minutes or until golden brown



# Scones

## Ingredients

Serves 12

250g self raising flour  
50g sugar (if making a sweet scone)  
50g margarine  
1 beaten egg  
4 tbsp whole or semi-skimmed milk

## Method

1. Preheat the oven to 220°C gas mark 7
2. Mix the flour and sugar together in a large mixing bowl
3. Add the margarine and rub into the mixture to breadcrumb consistency (if you are adding any extra ingredients e.g. sultanas, cherries, grated cheese, add them now)
4. Stir in the egg
5. Add enough milk to form a stiff dough
6. Put the dough on a lightly floured surface and knead gently
7. Roll into 12cm thickness and cut into rounds with a small pastry cutter (if you do not have a cutter, cut into squares)
8. Place on a lightly greased baking sheet and bake for 10-15 minutes until golden brown

## Can be served with

- Savoury scones can be served occasionally as a bread alternative

## Possible adaptations

- It is recommended that some fruit is added to sweet scones e.g. 50 to 100g chopped dried apricots, cranberries, sultanas, currants or cherries
- Savoury variations – add grated cheese, herbs, garlic or tomato puree
- Wholegrain flour could be incorporated



# Chocolate and beetroot buns

## Ingredients

Serves 12

75g self raising flour  
25g cocoa powder  
75g caster sugar  
40g grated apple  
75g grated cooked beetroot  
1 beaten egg  
75ml vegetable oil  
4 drops vanilla essence

## Method

1. Preheat the oven to 230°C gas mark 8 and line a 12 bun tin with cases
2. Sift the flour and cocoa into a bowl
3. Mix in the sugar and set aside
4. Grate the apple and beetroot into a bowl (you may like to use a plastic bag or rubber gloves to hold the beetroot as it stains your hands)
5. Add the egg, oil and vanilla essence to the apple and beetroot and mix these together
6. Gradually mix in the dry ingredients to the egg mixture
7. Half fill each bun case with the mixture
8. Bake for 15-20 minutes until the buns are firm to the touch

## Possible adaptations

- Wholegrain flour could be incorporated



# Parsnip and sultana sponge pudding

## Ingredients

Serves 12

75g margarine  
75g caster sugar  
75g self raising flour  
1 egg  
1 tsp ground mixed spice  
150g parsnips  
75g sultanas

## Method

1. Preheat oven to 160°C gas mark 3
2. Cream together the margarine and sugar, then add the egg
3. Sieve in the flour and mixed spice, gently mix
4. Grate the parsnips and fold them into the mixture with the sultanas
5. Pour into a lightly greased tin (30cm x 20cm)
6. Bake in the oven for approx 45 minutes

## Can be served with

- Can be served hot with custard or as a cake

## Possible adaptations

- Try using grated carrot or sweet potato as an alternative to parsnip
- Wholegrain flour could be incorporated



# Apple flapjack

Adapted from a recipe provided by Busy Bee Nursery

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## Ingredients

Serves 12

2 cooking apples  
2 tbsp lemon juice  
3 tbsp water  
150g margarine  
85g sugar  
85g golden syrup  
225g porridge oats  
75g crushed cornflakes or rice krispies  
½ tsp ground cinnamon

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## Method

1. Preheat the oven to 190°C gas mark 5
2. Peel and core the apples and chop them into a saucepan
3. Add the water and lemon juice and cook them until they are soft
4. In a separate saucepan melt the margarine with the sugar and golden syrup but do not allow it to boil
5. Stir in the porridge, cornflakes/krispies and cinnamon, mix well
6. Put half of the cereal mixture into a baking tin (30cm x 20cm) and spread it out to cover the bottom
7. Spread on the cooked apple then put the remaining cereal mix on top
8. Bake in the oven for 20-30 minutes until golden brown
9. Allow to cool completely before cutting into squares



# Banana custard crunch

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## Ingredients

Serves 12

500g low fat natural yoghurt

500g low fat ready made custard (or make your own and allow to cool)

150g crunchy cereal (e.g. oat clusters, cornflakes, rice krispies)\*

2 bananas sliced

3 oranges or satsumas broken into segments

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## Method

1. Mix the yoghurt and custard together in a bowl
  2. Put a sprinkle of cereal into the bottom of a small sundae dish
  3. In layers add a little of the fruit then the custard mix then cereal
  4. Finish by sprinkling a little cereal on top and a piece of fruit to garnish
- 

## Possible adaptations

- Any fruit can be used. Also fruit flavoured yoghurt can be used instead of the custard mix

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\* Be aware of the sugar and salt content of the cereals. Some of the cluster type cereals may contain nuts.



# Recipe template

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## Ingredients

Serves 12

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## Method

1.

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**Can be served with**

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**Possible adaptations**

# Useful links

**[www.henry.org.uk](http://www.henry.org.uk)** In Derbyshire the HENRY programme (Health, Exercise & Nutrition for the Really Young) aims to enhance the skills of health and community practitioners as well as the wider children's workforce, making them more effective in preventing and reversing obesity, working with parents of very young children.

The aim of Derbyshire Children's Trust is for every member of the preschool workforce to be trained in HENRY in order that consistent information can be given to families. A FREE HENRY e-learning course is available for all staff who work with preschool children. The material within this module will give a detailed and in-depth understanding of the HENRY programme.

To register for the course please contact Derbyshire County Council, Workforce Development Team, Children and Younger Adults Department on 01629 532 057.

In addition, 'Let's Get Healthy with HENRY' is an 8 week course offered across Derbyshire to parents and carers with preschool children. Your local Children's Centre will have details of courses that may be running in your area.

**[www.derbyshire.gov.uk/business/tradingstandards](http://www.derbyshire.gov.uk/business/tradingstandards)** You can look at food alerts issued by the Food Standards Agency in the Food Standards section of Derbyshire County Council's website. There is also information available on the East Midlands 2010 Nutrition in Nursery Schools project.

**[www.food.gov.uk](http://www.food.gov.uk)** The Food Standards Agency is responsible for food safety and food hygiene across the UK. You can find information on their work on food allergy and intolerance, including research, labelling, advice to caterers and guidance notes at:

**[www.food.gov.uk/allergy](http://www.food.gov.uk/allergy)**

**[www.dh.gov.uk](http://www.dh.gov.uk)** There is a wealth of advice on nutrition available on the Department of Health's website. Its publication, Birth to Five, is an authority on all aspects of early years. Information on this can be found at: **[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_107303](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_107303)**

**[www.cwt.org.uk](http://www.cwt.org.uk)** The Caroline Walker Trust provides evidence based expert reports and training materials to encourage eating well for under-5s in childcare.

**[www.nhs.uk/Change4Life/Pages/change-for-life-kids.aspx](http://www.nhs.uk/Change4Life/Pages/change-for-life-kids.aspx)** Gives exercise and healthy eating ideas for adults and children.

**[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)** The School Food Trust Advisory Panel on Food and Nutrition in Early Years has published the document "Laying the Table. Recommendations for National Food and Nutrition Guidance for Early Years Settings in England".

**[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)** Provides a progressive approach to teaching about healthy eating, cooking, food and farming from 3 to 16 years.



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- **Merseybank Day Nursery**  
21 Chapel Lane, Hadfield, Glossop, Derbyshire, SK13 1PG
- **Treasures Neighbourhood Nursery**  
23 High Street, Staveley, Chesterfield, Derbyshire, S43 3UU
- **Busy Bee Private Day Nursery**  
23 Hilcote Street, South Normanton, Alfreton, Derbyshire, DE55 2BQ
- **The Mulberry Bush Nursery**  
90-92 Belper Road, Ashbourne, Derbyshire, DE6 1BD

**NHS Derbyshire County Public Health** for their assistance in producing this guide.

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**Gina Gorvett**, registered public health nutritionist, for her invaluable assistance in compiling and editing this guide.



Picture 'A Fruit Person'



## **For further information contact:**

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### **Derbyshire Trading Standards**

Chatsworth Hall, Chesterfield Road,  
Matlock, Derbyshire, DE4 3FW

**Email:** [trading.standards@derbyshire.gov.uk](mailto:trading.standards@derbyshire.gov.uk)

### **Telephone:**

**Businesses:** Call Derbyshire 01629 533190

**Consumers:** Citizens Advice Consumer Helpline 03454 040506

or

### **Derbyshire Children & Young People's Health Promotion Programme**

Derbyshire Community Health Care Services NHS Trust, 1 Church View,  
Coney Green Road, Clay Cross, Derbyshire S45 9HA

**Email:** [childrens.healthpromotion@dchs.nhs.uk](mailto:childrens.healthpromotion@dchs.nhs.uk)

**Telephone:** 01246 868434

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[www.ggnutrition.com](http://www.ggnutrition.com)



**Derbyshire  
Children & Young People's  
Health Promotion Programme**

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