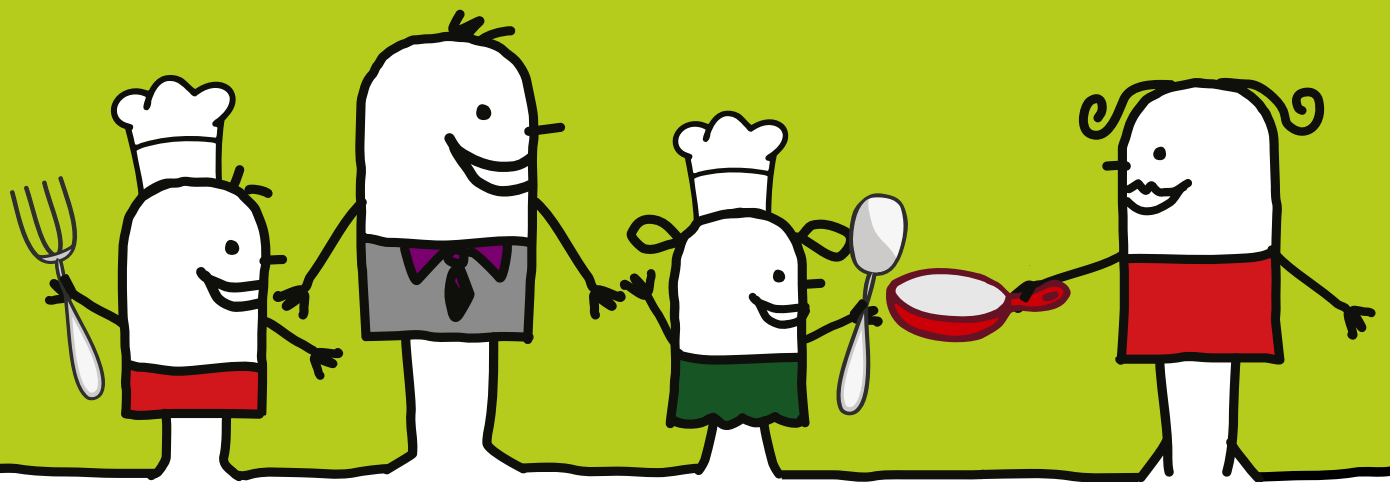




# Cooking with toddlers





# Contents Page

Introduction	1
Before we get started	2
The Friendly Five	4
Let's get started	5
Pack Contents	7
Wheaten Muffins	9
Sunshine Omelette	10
Flower Bouquet	11
Fruit Rocket	12
Building Block Fruit Salad	13
Racing Cars	14
Ladybird Sandwiches	15
Egg Muffins	16
Pizza Sliders	17
Vegetable Risotto	18
Toastie Teddy	19
Appendix 1 – Bunting	21
Appendix 2 – Handwashing Guidance	27
Appendix 3 – Allergen Information	28
Appendix 4 – The Friendly Five	31
Appendix 5 – Letter to Parents	43



# Introduction

As a Council we feel it is really important that children engage with healthy nutritious food from a young age. What we eat as a child can influence our food patterns well into adulthood. It is therefore important that we give all children the opportunity to explore with food, to have fun with food and most of all to enjoy food. We (with your help) want to empower children and give them confidence to prepare exciting, delicious and nutritious food. Food is one of our basic physiological needs and without the correct nourishment our bodies cannot function properly. Our aim is to encourage children to establish good habits and through interactive play, teach them the importance of a varied, balanced diet.

Many children (and adults) do not consume the recommended 5 fruit and vegetable portions per day. There are a number of factors influencing this, for example, availability, cost and lack of knowledge. Wouldn't it be great if we were able to encourage children to eat more fruit and vegetables? Establishing this behaviour in children will not only provide them with the many vitamins and minerals their growing bodies need but it also has the potential to encourage children to pick these foods instead of sugar laden processed confectionary - hello happy healthy children, goodbye dental caries and obesity. Alongside the nutritional benefits of eating fruit and vegetables, you are also equipping these children with the ability to identify fruit and vegetables they may never have seen before.

This toolkit provides an interactive way of encouraging children to eat healthy, nutritious foods, particularly fruit and vegetables. There are a number of ways you can implement this toolkit within your childcare setting. Here are two suggestions;

- **Teddy Bears Picnic**

Hosting a monthly "*Teddy Bears Picnic*" where the children can get involved with making the decorations, preparing the food and setting the table whilst having their most beloved teddy bear as company. Please see Appendix 1 for decoration ideas.

- **10 Week Programme**

Delivering a 10 session programme focusing on one recipe per week provides structure and reinforces the key messages. This can be implemented in childcare settings that hope to have food or nutrition as a quarterly theme.

Whatever you decide to do why not share what you are doing with the world? Your success could encourage others to cook with toddlers. Contact your local newspaper and tell them what you are doing or if you are social media savvy use **#cookingwithtoddlersni**.

Thank-you for sharing our passion, we hope you enjoy our "**Cooking with Toddlers**" toolkit.

# Before we get started

It is important that children learn how to prepare food hygienically and safely. Please see the following tips to ensure everyone enjoys the programme:

## Food Hygiene for Toddlers

- Ensure hands are washed thoroughly prior to food preparation. Please see Appendix 2 for Hand Washing Guidance.
- Ensure food preparation benches or tables are disinfected prior to use.
- Ensure sinks are washed and disinfected before and between uses.
- Ensure fruits and vegetables are washed prior to preparation. Please note unwashed fruit and vegetables are classified as raw foods.
- Different chopping boards should be used when preparing raw and ready to eat foods.
- Where possible tie hair up.
- Ensure any cuts or sores on hands and arms are covered with bright coloured waterproof plasters.
- Children should not sample ingredients during the preparation stage.
- Careful consideration should be taken to ensure children do not consume raw egg.
- If raw egg is handled, hands should be washed before any further food handling.
- Children or leaders that have suffered from any vomiting/diarrhoea 48 hours prior should not be included in the preparation. Instead, they could help set up the picnic area.

## Health and Safety

- A responsible adult should demonstrate how to complete each task i.e. use knife, use scales etc.
- Children should never be left unattended.
- Food should be cut into smaller sized pieces to avoid becoming a choking hazard.
- It is recommended that children under 5 years of age do not consume whole nuts.
- There should be no running with knives/scissors.
- Children should be taught to understand the importance of being safe in the kitchen.
- Spillages onto floors should be cleaned promptly to minimise the risk of slips and falls.
- Read labels of any cleaning chemical in use and follow manufacturing instructions.

## Allergies

- It is important to ensure that you are aware of each child's allergies. For a list of common allergens please see Appendix 3.

***"We as a Council accept no responsibility should an injury or illness occur as a result of participating in a "Cooking with Toddlers" programme. It is each organisation's responsibility to ensure safety in respect of preparation and consumption of food."***

## A Note on Sweet Treats

Like many adults, children love sweet foods so it is important from a young age that children learn the importance of choosing healthy, nutritious food. Foods high in sugar can lead to tooth decay especially if eaten between meals and too many foods containing fat and sugar can also increase the likelihood of children being overweight or obese.

Our children are often rewarded with foods high in fat and sugar like confectionery, cakes, biscuits and chocolate, whether it is through family members, birthday parties, schools, after school activities or clubs. It

is therefore vitally important that we try to make the healthiest choice the easiest choice for our children by offering healthy alternatives.

Fruit is a healthy alternative which not only provides a host of vitamins, minerals and fibre but also introduces our children to an array of different colours, flavours and textures.

### **Teaching Children about the Benefits of Eating 5 a Day**

Research shows that eating 400g of fruit and vegetables a day can lower the risk of serious health conditions such as heart disease, strokes and some forms of cancer in adults. As a rough guide a child's portion is the amount that they can fit in the palm of their hand. The nutritional standard for school meals recommends small children start off with a half portion (40g) and as they get older work towards the 80g portion. Eating five portions of fruit or vegetables daily will not only provide our bodies with a host of vitamins and minerals essential for health but it also acts as an excellent source of dietary fibre which can help maintain a healthy gut and prevent digestive problems. It is important to remember that we need to eat 5 different fruit and vegetables a day as different produce have differing nutrients essential for health. A typical portion size is depicted in the photograph below.



# The Friendly Five

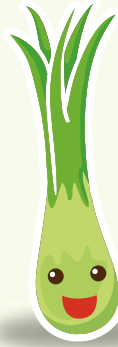
Now that we have learned the importance of eating a variety of fruit and vegetables we want to enable children to recognise five everyday fruit and vegetables. To do this we have developed “*The Friendly Five*” activity and would like to introduce you to



Pearl the pineapple,



Barry the blueberry,



Leah the leek,



Cara the carrot,



Tom the tomato

Please see Appendix 4 where you will find “*The Friendly Five*” alongside fun facts associated with each character. We would encourage you to introduce each of these characters to the children and discuss the fun facts. To reinforce the learning the fun facts can be photocopied to allow the children to colour each of the characters into magical masterpieces.

## Top Tips

- Ask the children what fruit and vegetables they ate yesterday.
- Find out if the children have any favourites and encourage them to tell you why.
- Ask the children to name other fruit and vegetables which may be a similar colour.
- As a group activity ask each of the children if any of “*The Friendly Five*” are their favourite fruit or vegetable.
- To aid learning you may find it useful to bring in a carrot, leek, pineapple, blueberry and tomato. Encourage the children to touch and smell the produce and promote further discussion.

**Alongside using this toolkit there are a number of things you can do to promote behavioural change among children:**

- **Fruity Fridays** – instead of bringing in snack foods containing high amounts of sugar, fat or salt parents should be asked to provide a piece of fruit/vegetable for their child to eat. Not only will it reduce the amount of sugar, fat or salt the child will consume it will also help contribute towards the child’s “5 a Day”. This could gradually be increased to 2-3 days a week and over time every day.
- **Be an example** – it can be difficult to change a child’s behaviour when they see others exhibiting the same negative behaviour. Why not ask all staff to pack healthy lunches and prohibit the use of soft drinks in your childcare setting?
- **Talk** – we all eat food every day so ask the children you care for what they have eaten, whether they liked it, if they have tried anything new and if they helped prepare the meal. Praise the child if they have eaten 5 portions of fruit and vegetables or if they have helped prepare a meal at home. This will encourage them to continue doing so and promote behaviour change.
- **Have fun** – make food fun. This toolkit will help ensure that children will have fun and enjoy preparing their food. If you have additional ideas that you think would work – Go for It! If they work well, let us know and we can tell others about your great ideas and how they can replicate them.



# Let's Get Started

1. Send a letter home with the children advising their parents/guardians that you are taking part in the Cooking with Toddlers initiative (for Template see Appendix 5). Ask the parents/guardians to let you know if their child suffers from any allergies and if hosting a Teddy Bears Picnic remind the parents/guardians to send a teddy with their child.
2. Speak to the children about the initiative and the chosen recipe. Let them know that they will be involved in preparing their own food and encourage all of the children to take part. It is important to be enthusiastic and to engage the children in the conversation.

## Top Tips

- Ask the children if they help their parents/guardians prepare food at home.
  - Encourage the children to think about what they would like to make or which teddy they might like to bring (if hosting a Teddy Bears Picnic).
3. If hosting a Teddy Bears Picnic set up the picnic area. This could be with items already within the organisation, items the leaders have brought in for the event or decorations the children have made prior to the event. Please see Appendix 1 for decoration ideas.
  4. Ask the children to help you prepare and clean the work space whilst reminding them why this is important. This will help reinforce the importance of good food hygiene.
  5. Demonstrate how the children should wash their hands and supervise their hand washing. Tell them when they should wash their hands – after using the toilet, putting material in the waste bin, touching their hair/faces, etc. Give all those who have completed the task correctly an ***"I Know How to Wash My Hands"*** sticker.
  6. Below is a list of nutritional recipes which are included within this pack. Use the enclosed recipe cards for ingredients and method.
    - a. Wheaten Muffins
    - b. Sunshine Omelette
    - c. Flower Bouquet
    - d. Fruit Rocket
    - e. Building Block Fruit Salad
    - f. Racing Cars
    - g. Ladybird Sandwich
    - h. Egg Muffins
    - i. Pizza Sliders
    - j. Vegetable Risotto
    - k. Toastie Teddy
  7. Let's get cooking – gather the children together and demonstrate how to make the dish. Ensure children are adequately supervised, particularly if assisting with knife work and where foods are being cooked. Remind children about the importance of being careful with knives and hot items when preparing food.

8. Once the recipe has been prepared encourage the children to sit together and taste their healthy snack. If hosting a Teddy Bears Picnic ask the children to bring their teddy bear to the picnic. The leader should read the story book "*Teddy Bears Picnic*" while the children are enjoying their freshly prepared snack.
9. Clean up – let the children assist with washing up and cleaning down preparation benches. Ensure the water is at a suitable temperature and not too hot and don't let the children wash sharp knives.
10. Finally, engage in conversation with the children about the event/programme. Ask them what they enjoyed, what they thought of the food and whether they had tasted anything new.

**Top Tip**

This is a great time to talk to children about dental hygiene. Please note if brushing teeth in the care setting, this should be at least 60 minutes post meal. Why not contact your local Oral Health Team to avail of additional teaching resources.

# Pack Contents

In the accompanying equipment pack you will find the following items as detailed in the table below.

Item	Number
Mixing Bowl	11
Wooden Spoon	11
Scales	2
Plastic Jug	11
Chopping Boards • WHITE for bakery and dairy	6
• GREEN for salad and fruit	6
• BROWN for vegetables	6
Knife	11
Childs Apron and Hat	10
Muffin Tin	2
Adult Aprons	2

The equipment is aimed to support with the delivery of the programme and will enable ten children and two facilitators to participate. Some recipes will also require an oven, hob, frying pan, saucepan or baking trays. Please be aware that the children's aprons and hats are reusable.

## Additional Resources

### Nutrition Matters Training

In recognition of the crucial role of childcare providers in encouraging good nutrition among young children, the Public Health Agency and Health and Social Care Trusts are working in partnership to offer **free nutrition training** to all staff within **day nurseries** and **playgroups**, as well as to childminders.

This training aims to provide information and practical advice on a range of issues of relevance to those caring for the under-fives, including:

- Why good nutrition is important;
- Suitable drinks for up to 12 months;
- Healthy eating for the 1-5s;
- Menu planning;
- Meal and snack suggestions;
- How to meet the nutritional needs of children with individual dietary requirements, including those with medical conditions such as coeliac disease and diabetes, those from ethnic communities and those following a vegetarian diet;
- Food safety.

**For more information please contact (028) 9536 1042**

### **Food hygiene Training**

Facilitators should have relevant food hygiene training. For further advice on training requirements and providers of suitable training please contact the Environmental Health Department of your local council.

### **Hand Washing Demonstration Kits**

To make hand hygiene interesting and fun, your local council have hand inspection equipment available which can be used to provide a visual way of teaching and monitoring good hand washing techniques. For more information contact the Environmental Health Department of your local council.

### **Online Recipes and Ideas**

<http://www.bbcgoodfood.com/feature/family-and-kids>

<http://www.smallstepsonline.co.uk/Recipes/Recipes-for-Kids>

<http://www.kidspot.com.au/kitchen/galleries/kid-friendly-recipe-ideas>

<http://www.annabelkarmel.com/recipes/category/kids-1-4-years>

<http://www.childrensfoodtrust.org.uk/>

<https://www.eathappyproject.com/>

<http://www.cookwithtoddlers.com/resources/>



# Wheaten Muffins

Serves  
10-12

**Ingredients** 425g x wholemeal flour  
75g x white flour  
2 x teaspoons baking soda  
1 x teaspoon salt  
1 x tablespoon of unsaturated oil  
e.g. rapeseed, sunflower or corn oil  
600ml x buttermilk  
(Additional oil for brushing on the tin)

**Equipment** Muffin tin  
Scales  
Teaspoon  
Tablespoon  
Table knife  
Large bowl  
Wire cooling rack  
Tea towel  
Pastry brush or kitchen roll

- Method**
1. Preheat the oven to 190°C.
  2. Brush the muffin tin with unsaturated oil and sprinkle with wholemeal flour, making sure that it is well coated.
  3. Place the wholemeal and white flour, baking soda and salt in a bowl and mix well.
  4. Make a well in the centre of the flour and add the oil.
  5. Add the buttermilk and mix using a table knife, until all the ingredients are combined and no loose flour is left.
  6. Transfer the mixture to the tin and divide to make 12 muffins.
  7. Bake for 18-20 minutes at 190°C or until golden brown.
  8. Remove the muffins from the tin and cool on a wire rack.
  9. Cover the muffins with a clean damp tea towel.
  10. Serve when cold with a thin layer of low fat spread.



# Sunshine Omelette

Serves  
2

**Ingredients** ½ x yellow pepper  
2 x baby tomatoes  
2 x egg  
1 x tablespoon of olive oil

**Equipment** 1 x knife  
1 x green chopping board  
1 x mixing bowl  
1 x frying pan  
1 x wooden spoon  
1 x spatula  
1 x measuring jug

**Method**

1. Wash peppers and tomatoes.
2. Deseed and cut the pepper into small chunks.
3. Cut the tomato into quarters.
4. Place 1 tablespoon of olive oil in a frying pan and heat at a high heat.
5. Crack eggs into the mixing bowl (adult task) and add peppers and the tomato to the mixture.
6. Transfer the mixture into a jug and pour into frying pan.  
*Please note this mixture serves two and omelettes should be cooked one at a time.*
7. Once stable, flip omelette and cook through.

**Top Tips**

- Encourage each child to flip their omelette with the use of a spatula.
- Peppers and tomatoes can be substituted with other soft vegetables e.g. spring onion, sweetcorn etc.
- Cooked ham cut into small squares can also be added.
- Use tin provided if you don't have access to an omelette pan





# Flower Bouquet

Serves  
5

**Ingredients** 10 x blueberries  
2 x apples  
2 x kiwis  
5 Strawberries

**Equipment** 1 x assorted flower cookie cutter  
5 x blunt wooden skewers  
1 x green chopping board  
1 x apple corer

**Method**

1. Wash blueberries, apples and strawberries.
2. Cut kiwi into 1cm slices.
3. Core apple and cut into slices 1 cm thick (adult task).
4. Cut various sizes of flowers from the fruit using cookie cutters.
5. Assemble the fruit to make a flower bouquet.

**Top Tip** A variety of different fruits can be used for this recipe so why not get creative?



# Fruit Rocket

Serves  
4

**Ingredients** 12 x blueberries  
8 x grapes  
2 x strawberries

**Equipment** 1 x knife (per child)  
4 x blunt wooden skewers  
1 x green chopping board

**Method**

1. Wash blueberries, grapes and strawberries.
2. Cut strawberries in half.
3. Assemble rocket by placing 2 grapes and 3 blueberries onto skewers and topping with half a strawberry.

**Top Tip** Think of other fruits you could use to build your rocket.





# Building Block Fruit Salad

Serves  
1

**Ingredients** An assortment of fruit that can easily be cut into cubes and cuboids.

**Equipment** 1 x green chopping board  
1 x knife (per child)  
1 x paper/plastic plate

**Method**

1. Ask children to chop the various pieces of fruit into cubes and cuboids.
2. Give each child a plate and ask them to build a house or a car with the building blocks they have created.

# Racing Cars



Serves  
1

**Ingredients** ½ x Apple  
12 x Blueberries

**Equipment** 1 x apple corer  
1 x green chopping board  
Cocktail sticks

**Method**

1. Core all of the apples and give each child 3 segments.
2. Ask each child to count out 12 blueberries.
3. Push two cocktail sticks through the flesh of the apple and place a blueberry either side (wheels).

**Top Tip** Blueberry can be substituted with ½ a grape.

# Ladybird Sandwiches



Serves  
1

**Ingredients** 1 x slice of wholemeal bread  
2 x leaves of lettuce  
1 x cherry tomato  
1 x blueberry  
Low fat cream cheese

**Equipment** 1 x white chopping board  
1 x green chopping board  
2 x knives  
1 x Cocktail stick

- Method**
1. Using a white chopping board cut the wholemeal bread in half to make 2 triangles.
  2. Spread low fat cream cheese over the bread.
  3. Wash the lettuce leaves and cut into small pieces and place on top of the cream cheese.
  4. Cut cherry tomato in half (long ways) and spread with cream cheese and set on lettuce leaf.
  5. Cut blueberries into quarters.
  6. Spread a small amount of cream cheese onto blueberry and stick two to each cherry tomato. These will be the ladybird eyes.
  7. Using a cocktail stick place 2 small dots of cream cheese onto the blueberry for eyes.





# Egg Muffins

Serves  
12

**Ingredients** 5 x medium eggs  
½ x red pepper  
60g of sweetcorn  
6 cherry tomatoes

**Equipment** 1 x mixing bowl  
1 x jug  
1 x green chopping board  
1 x knife  
1 x spoon  
1 x weighing scales  
1 x wooden spoons  
1 x bun tin

- Method**
1. Preheat oven to 180°C.
  2. Wash, deseed and cut pepper into small squares.
  3. Cut tomatoes in half (long ways).
  4. Place pepper and sweetcorn into mixing bowl.
  5. Crack 5 eggs into the mixtures (adult task). Allow each child the opportunity to mix the mixture.
  6. Place one tomato into each of the bun tray moulds.
  7. Transfer mixture from mixing bowl into jug.
  8. Pour mixture from jug into bun tin. Allow each child to pour the mixture for their own muffin.
  9. Place in the oven and cook for 20 minutes, checking regularly.
  10. Ensure the muffins are cooked thoroughly throughout before serving.

- Top Tips**
- A variety of vegetables can be used to make this recipe.
  - Cooked ham cut into squares can also be used where there are no vegetarian children.

# Pizza Sliders



Serves  
4

**Ingredients** 1 x soda farl  
2 x tablespoons of tomato puree  
40g x sweetcorn  
½ x pepper

**Equipment** 1 x white chopping board  
1 x green chopping board  
1 x knife  
1 x tablespoon  
1 x bread knife  
1 x baking tray  
1 x weighing scales

**Method**

1. Cut the soda farl in half-length ways. Then cut each of those pieces in half again, width ways.
2. Spread tomato puree over each of the soda farls.
3. Drain sweetcorn.
4. Wash, deseed and cut pepper into small chunks and place on top of the soda farls along with the sweetcorn.
5. Grill for a few minutes (adult task).

**Top Tip**

- Grated cheese and cooked chicken or ham can also be added to the pizza. Be careful of salt content
- A corn or wholemeal tortilla could be used as a substitute to soda farls.
- Why not try adding cooked chicken or ham to the topping.



# Vegetable Risotto



Serves  
10

**Ingredients** 400g x brown rice  
160g x sweetcorn  
70g x mushrooms  
½ x onion  
1 x red pepper  
1 x reduced salt chicken stock cube  
500ml of boiling water  
1 x tablespoon of olive oil

**Equipment** 1 x green chopping board  
1 x brown chopping board  
1 x knife  
1 x weighing scales  
1 x measuring jug  
1 x large saucepan with lid

**Method**

1. Peel and chop onion.
2. Drain sweetcorn.
3. Wash, deseed and chop pepper.
4. Wash and chop mushrooms.
5. Place 1 tablespoon of oil in saucepan and sauté onions and mushrooms for 2 minutes and add peppers for an additional 2 minutes.
6. Weigh rice.
7. Dissolve one stock cube into 500ml of boiling water.
8. Add rice to saucepan and cover with the stock mixture.
9. Stir thoroughly.
10. Place lid on saucepan and cook for approximately 20 minutes stirring occasionally and adding more liquid if necessary.
11. Add sweetcorn and cook for a further 3 minutes.
12. Take mixture off the heat and transfer into bowls.

# Toastie Teddy

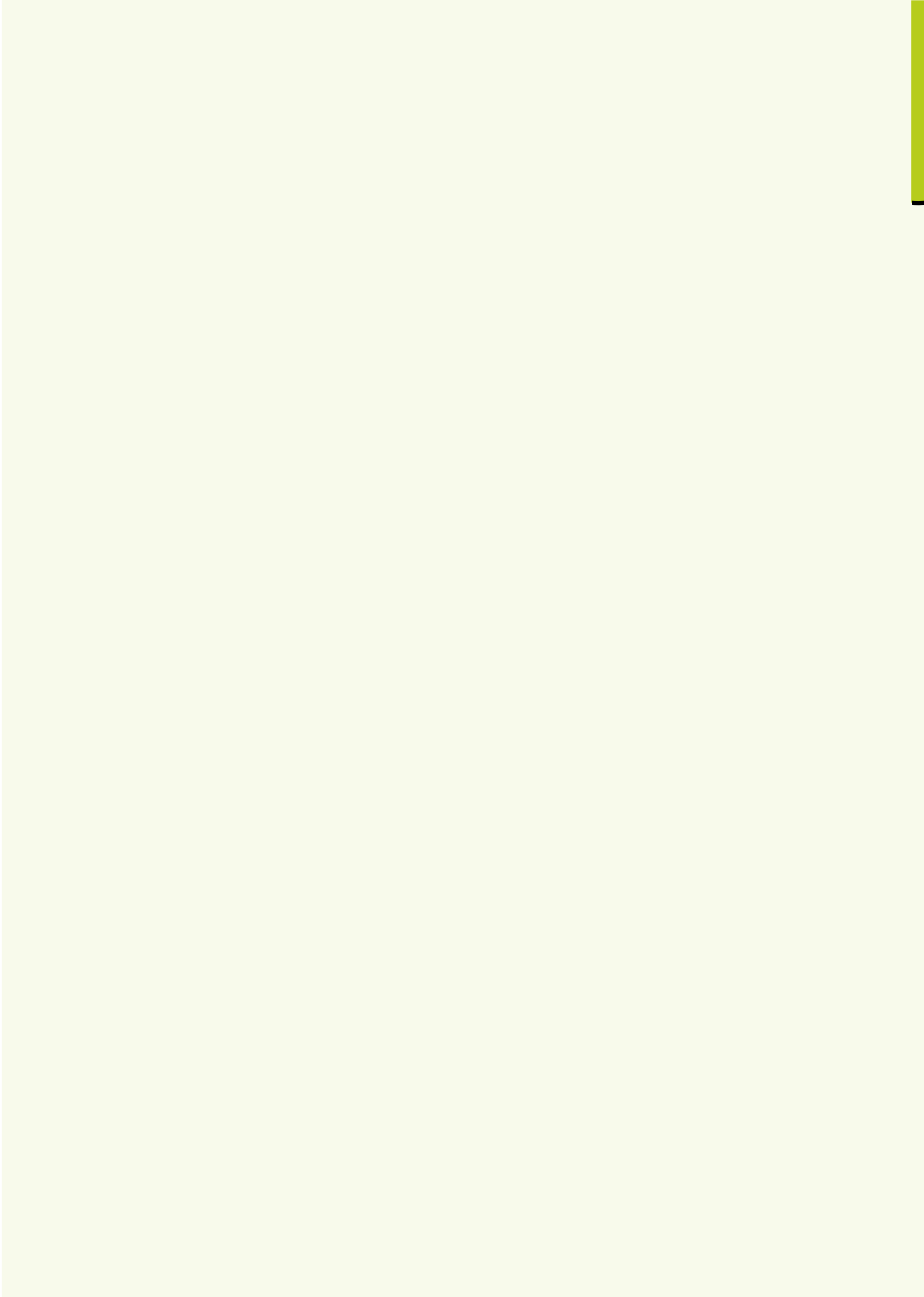
Serves  
1

**Ingredients** 1 x wholemeal slice of bread  
3 x slices of banana  
3 x ½ slices of blueberries  
Low fat spread

**Equipment** 1 x white chopping board  
1 x green chopping board  
Toaster  
1 x Table knife

**Method**

1. Toast the bread in a toaster.
2. When toasted, add a thin layer of low fat spread.
3. Then slice the banana and place on top of the bread to make 2 ears and a nose.
4. Place 2 ½ blueberries on the bread to form the eyes and a further ½ blueberry on top of the banana to complete the nose.



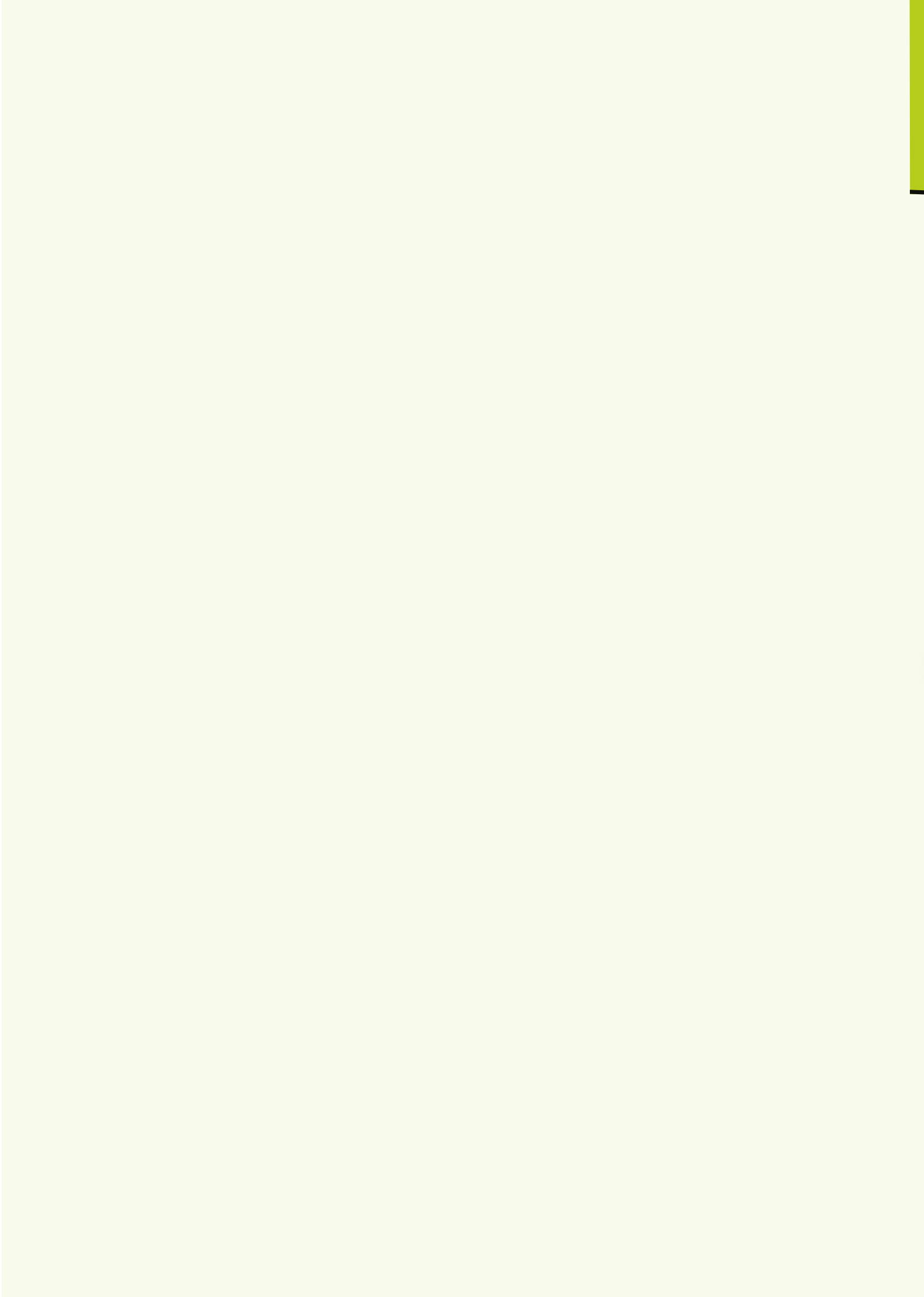


# Appendix 1

## Bunting Templates/Decorations

### Teddy Bear Bunting template / Place settings

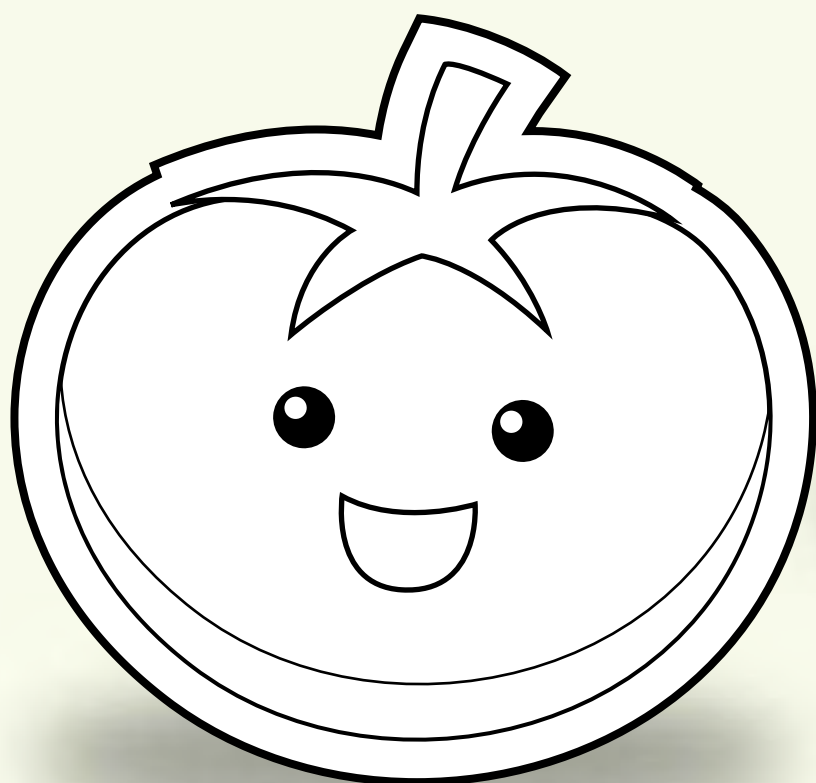
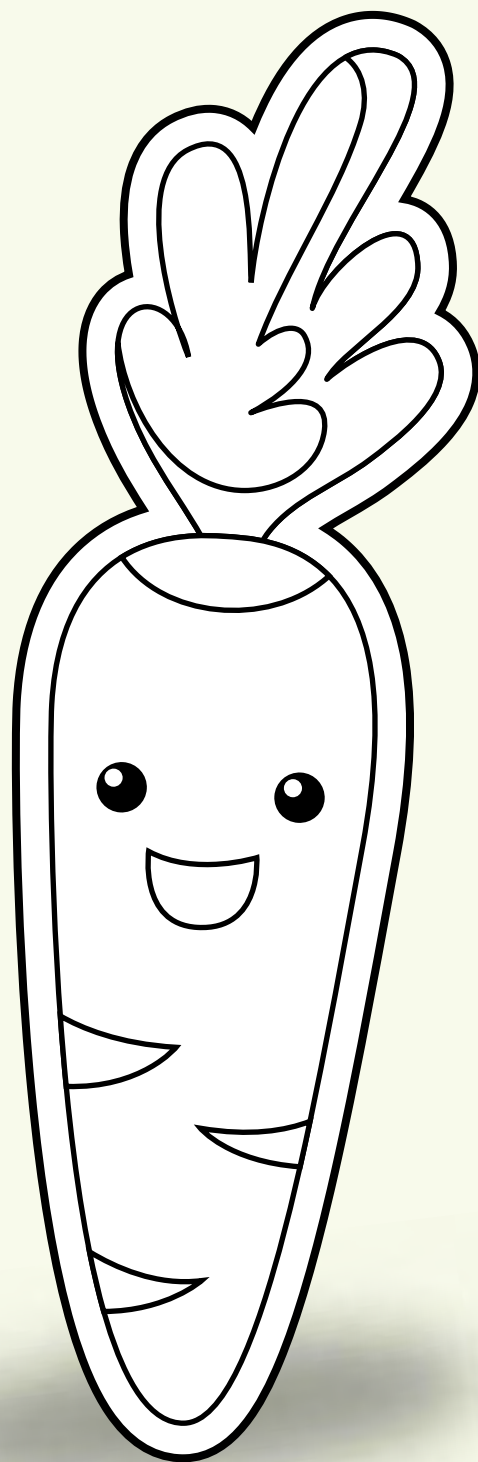




# Appendix 1

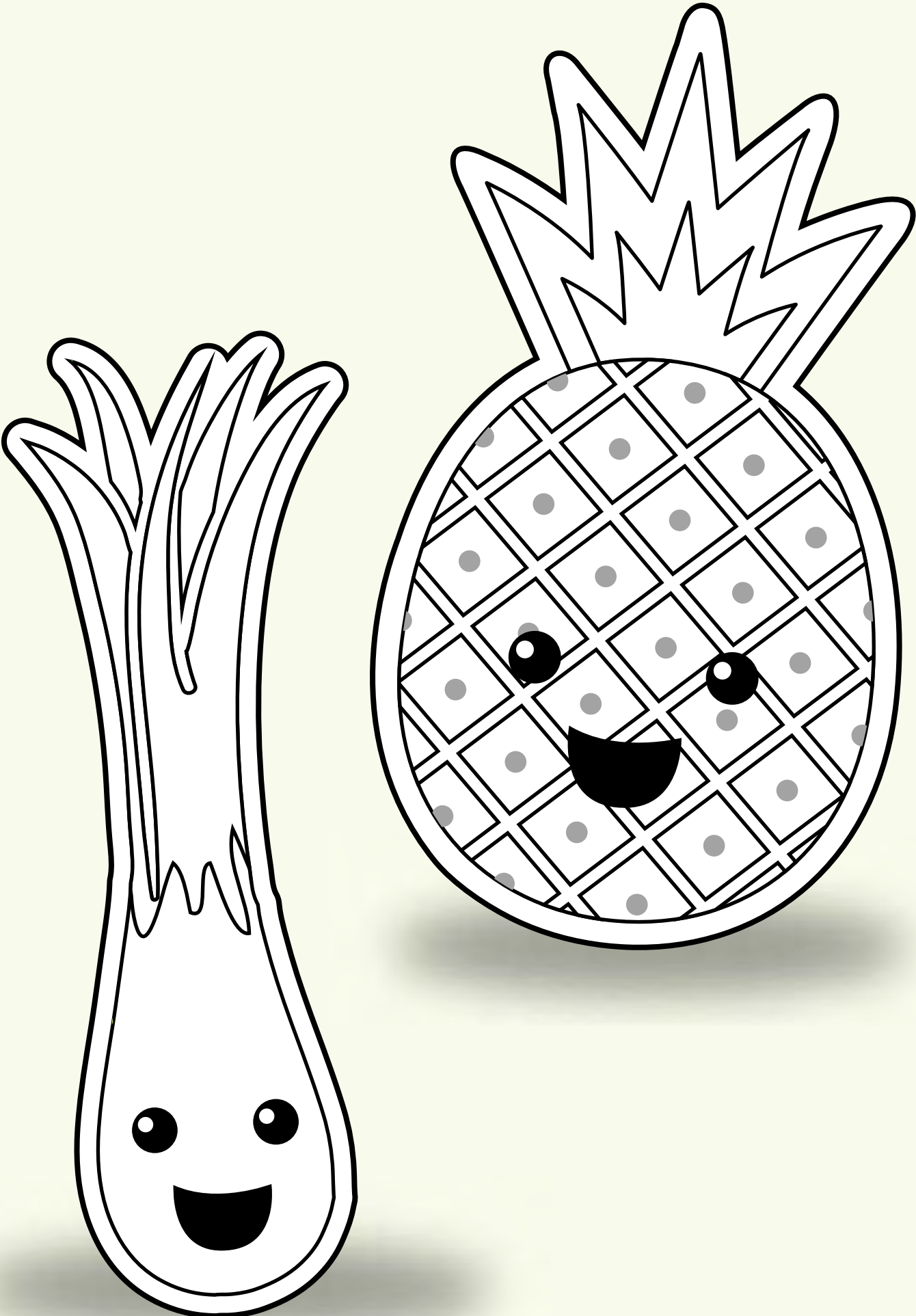
## Bunting Templates/Decorations

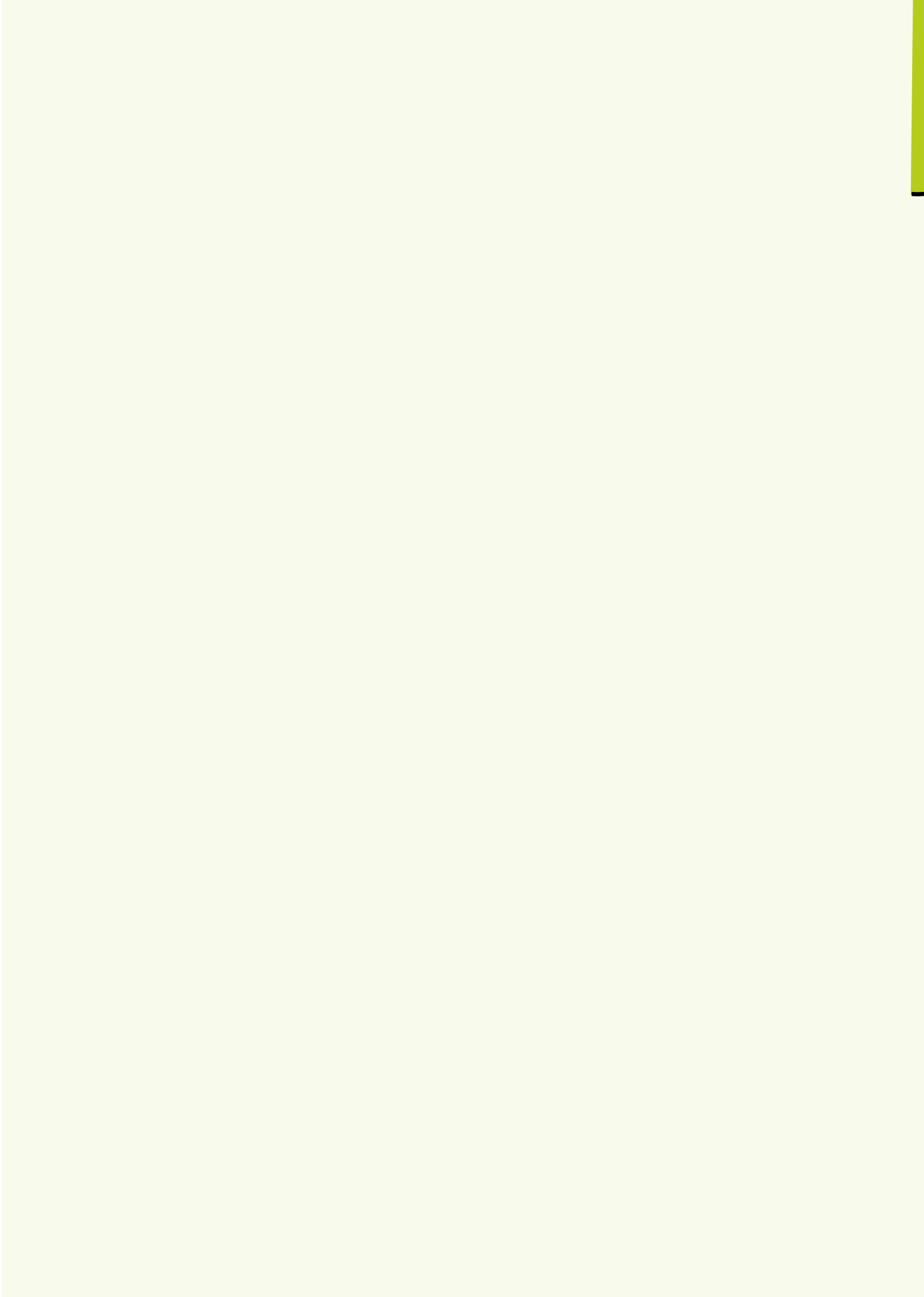
### Fruit and Vegetable Bunting





Fruit and Vegetable Bunting continued...





# Appendix 2

## Handwashing Guidance



Wet your hands



Add soap



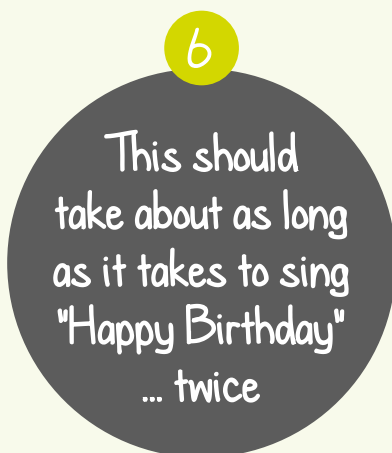
Rub hands together



Cover hands with soap



Clean between fingers



Rinse all the soap off



Dry your hands completely

# Appendix 3

## Allergen Information

# Allergens

Coming to a food label near you



Food Standards Agency  
food.gov.uk

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



# 1

### Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

### Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



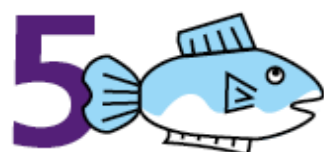
# 3

### Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

### Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



# 5

### Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

### Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.







## 7 Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

## Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews



## 9 Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

## Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



## 11 Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

## Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



## 13 Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

## Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



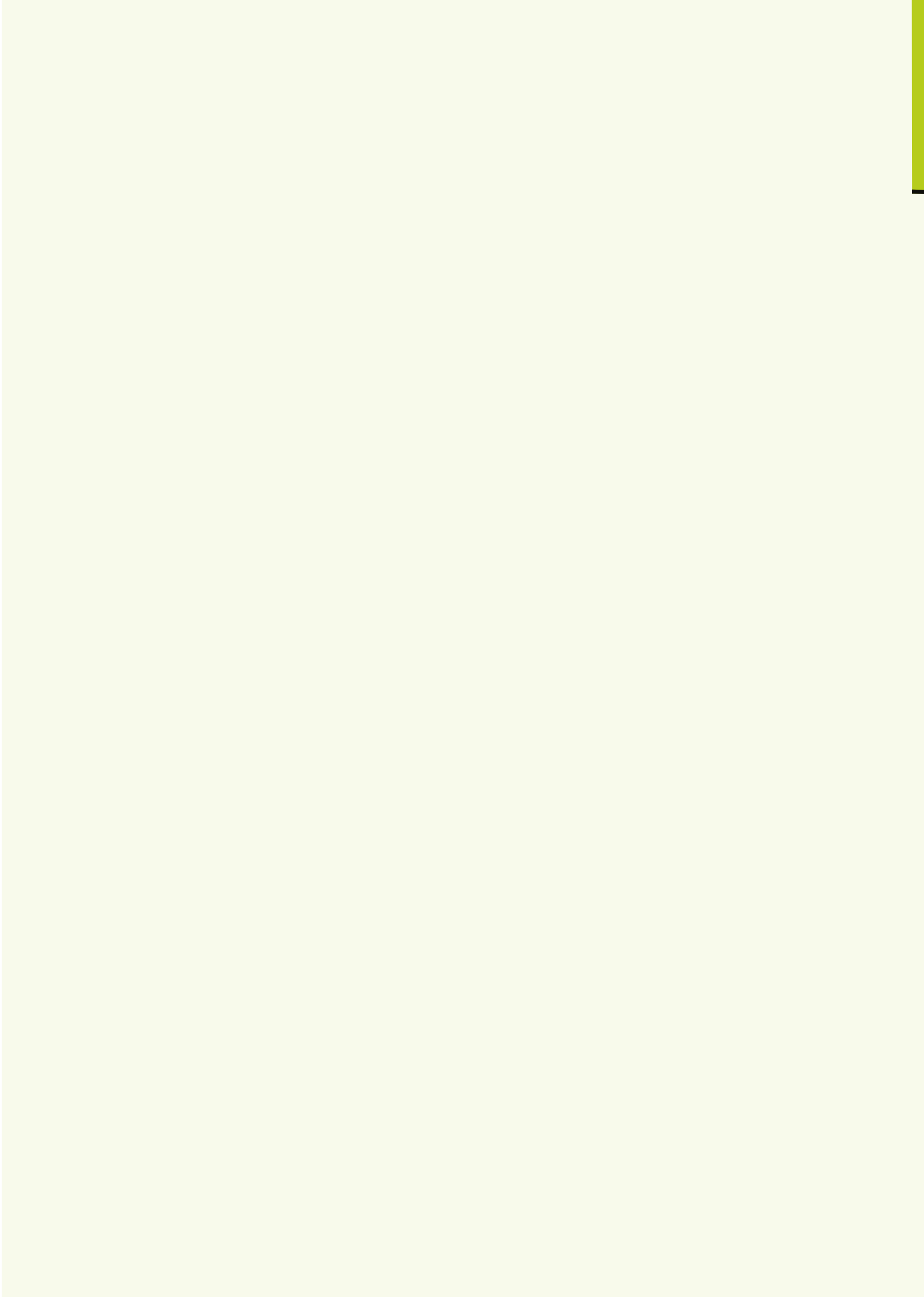
For more information, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)

✉ Sign up to our allergy alerts on [food.gov.uk/email](mailto:food.gov.uk/email), or follow #AllergyAlert on Twitter and Facebook

📘 Let's keep connected at [food.gov.uk/facebook](https://www.facebook.com/food.gov.uk)

🗨 Join our conversation @[food.gov.uk/twitter](https://twitter.com/food.gov.uk)

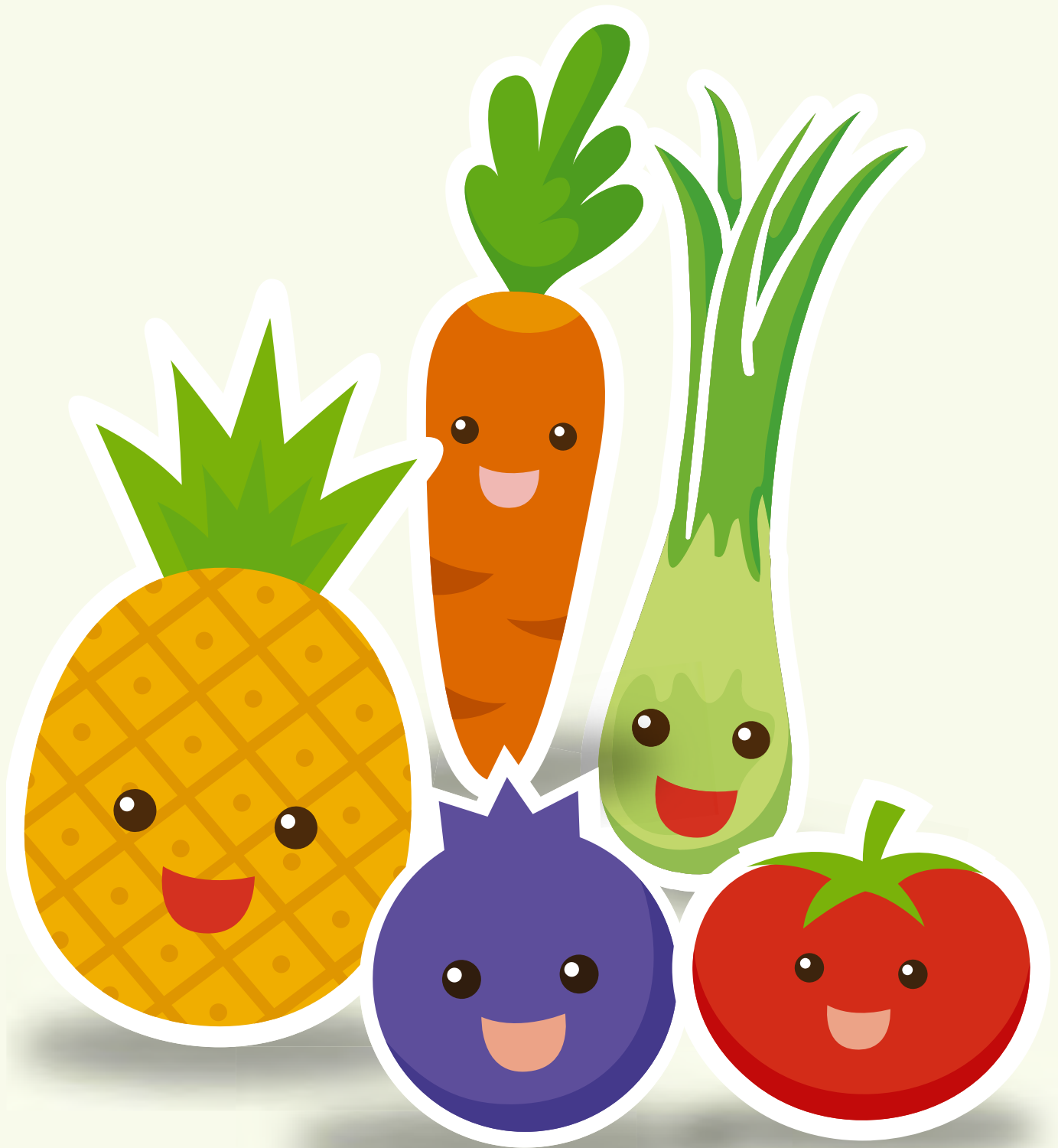
📺 Watch us on [food.gov.uk/youtube](https://www.youtube.com/food.gov.uk)



# Appendix 4

## The Friendly Five

We would encourage you to introduce each of these characters to the children and discuss the fun facts. To reinforce the learning the fun facts can be photocopied to allow the children to colour each of the characters into magical masterpieces.





# Cara the Carrot



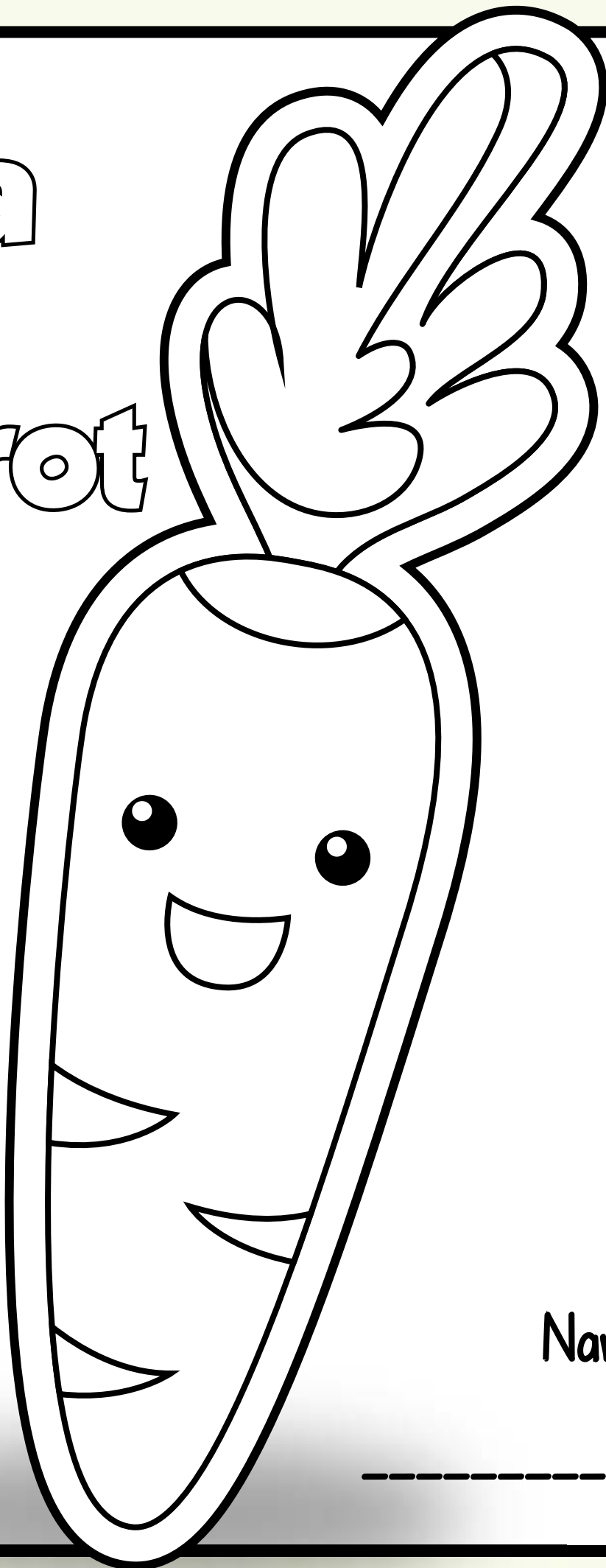
I am orange

I grow in  
the ground

I am a great  
lunchtime  
snack



Cara  
the  
Carrot



Name

-----

# Tom the Tomato

I am red

I have seeds  
inside me

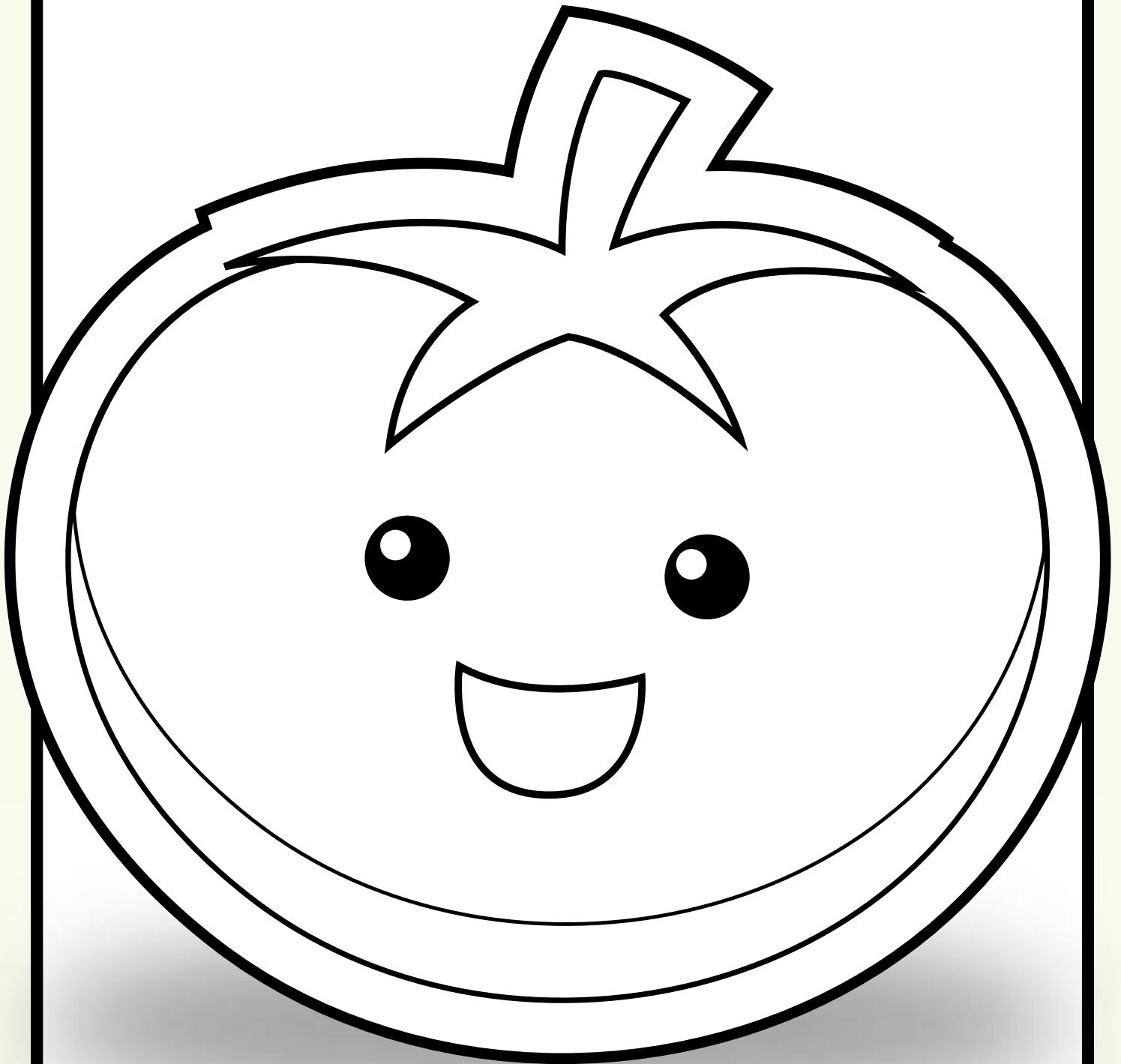
I am round



# Tom the Tomato

Name

\_\_\_\_\_





# Barry the Blueberry

I am blue

I am round

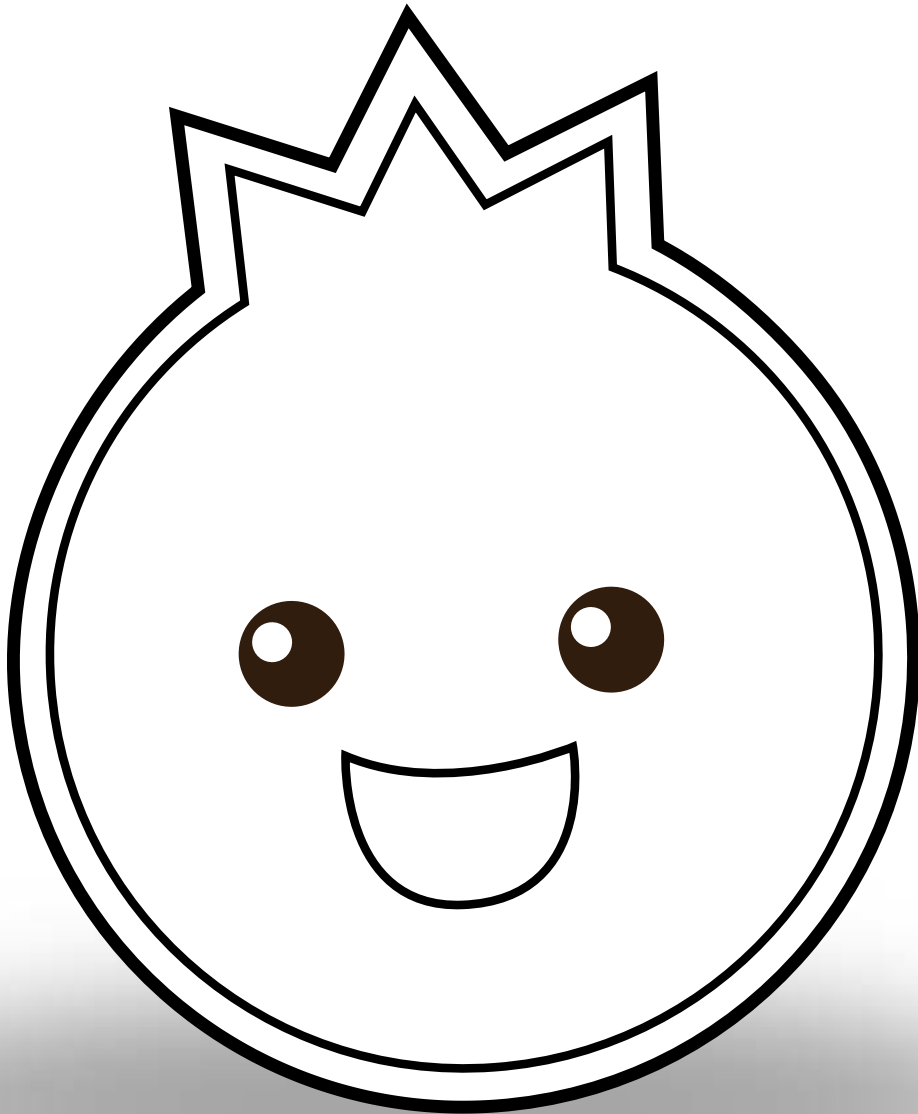
I am small



# Barry the Blueberry

Name

-----

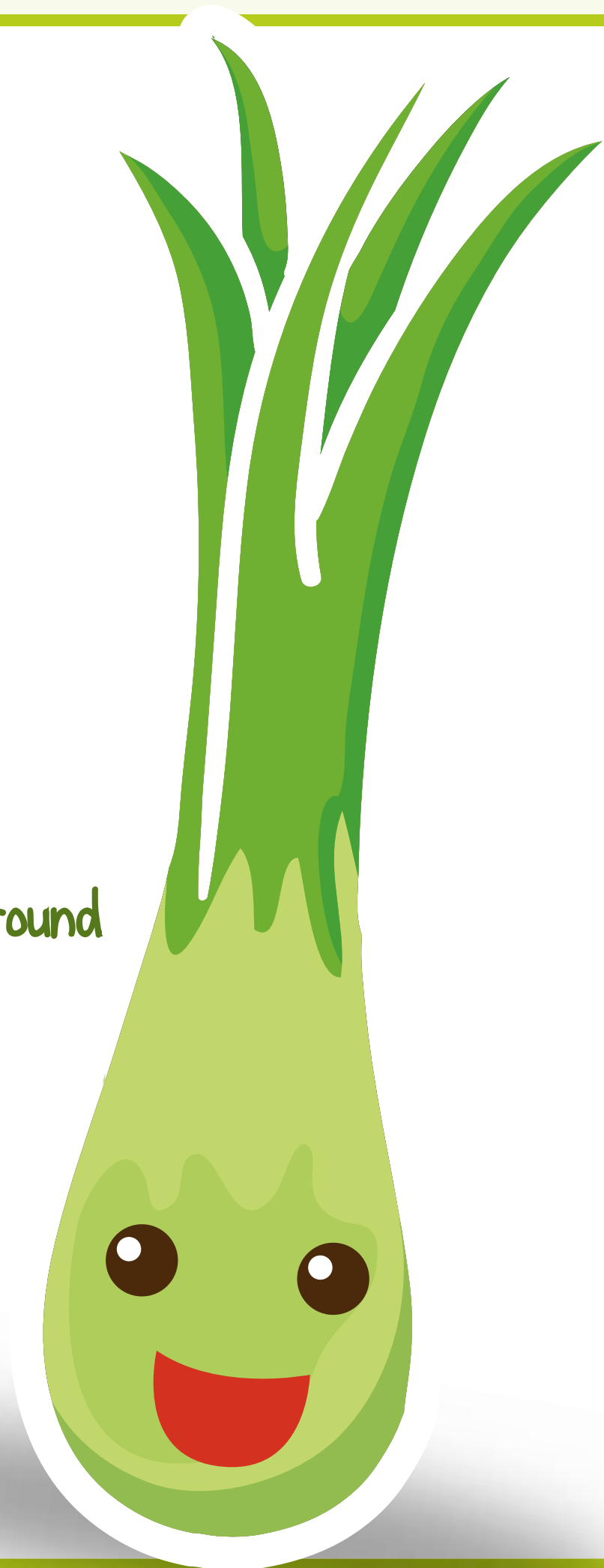


# Leah the Leak

I am green

I am long

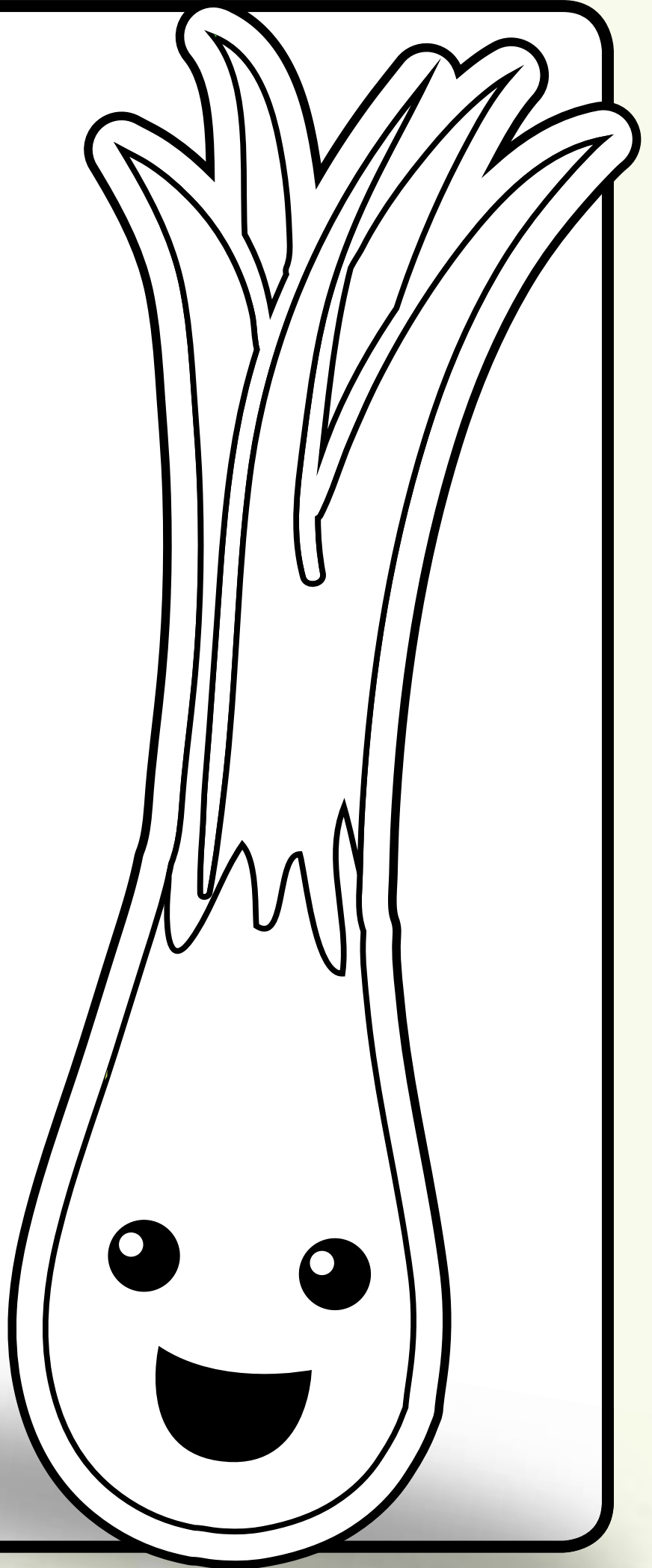
I grow in the ground



# Leah the Leak

Name

-----



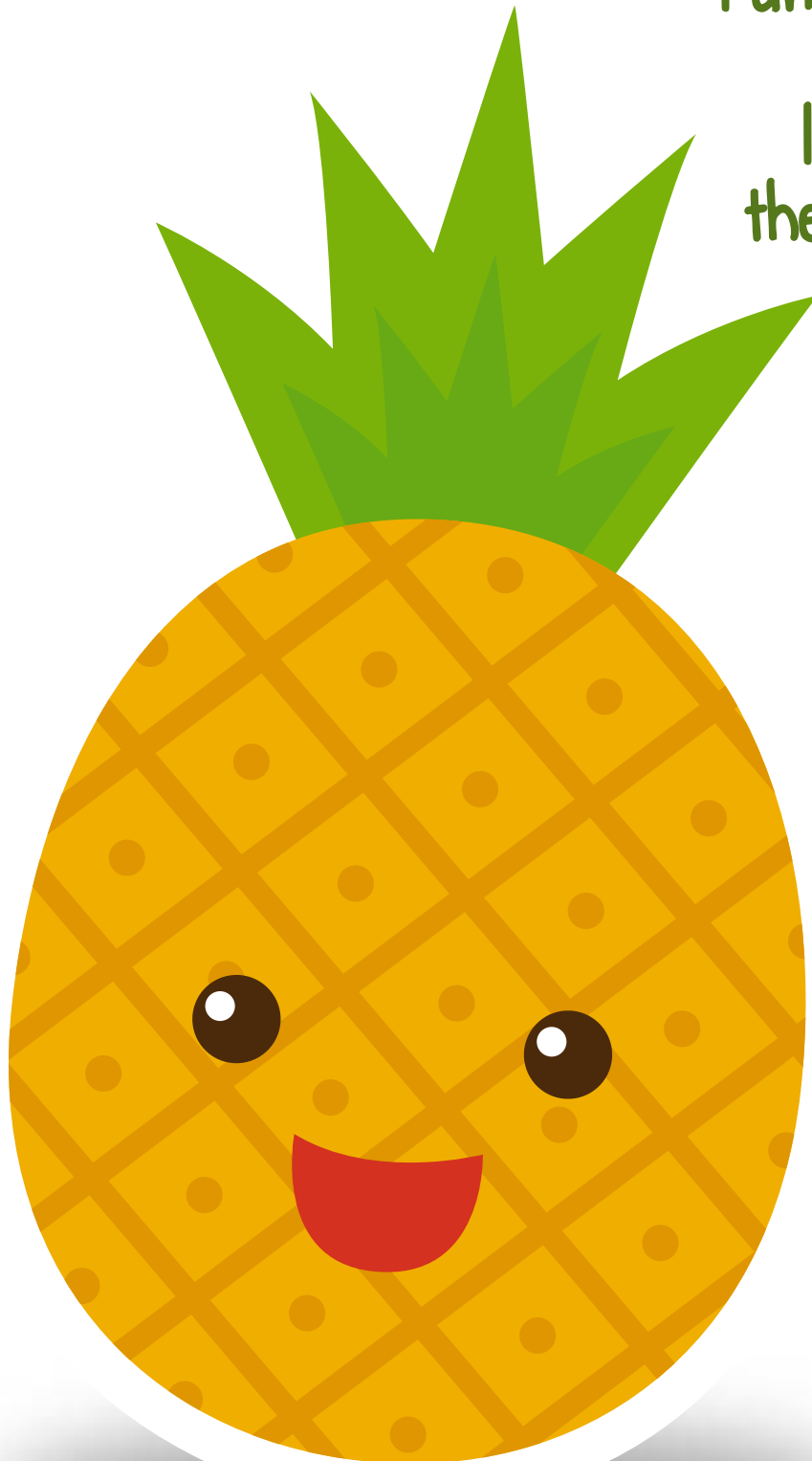
# Pearl the Pineapple

I am yellow

I grow in hot  
countries

I am spikey

I grow in  
the ground

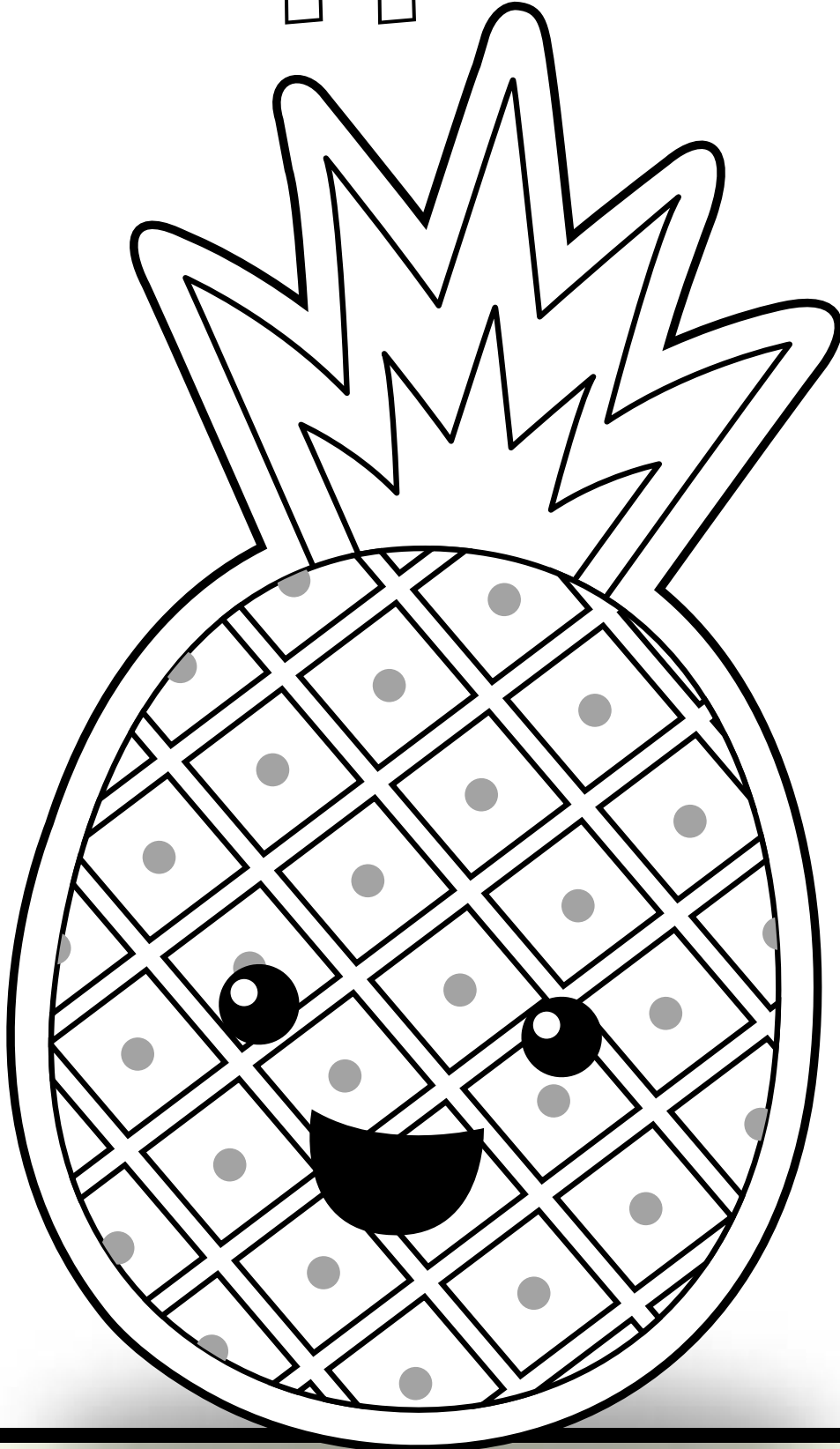




# Pearl the Pineapple

Name

-----



# Appendix 5

## Letter to Parents/Guardians

On the next page you will find a template letter to send to your parents/guardians consisting of your intention to take part in **Cooking with Toddlers**.

Dear Parent/Guardian,

We are delighted to inform you that we are taking part in a very exciting Council lead initiative called **Cooking with Toddlers** that will involve your child learning basic cookery skills. What our children eat can influence their food patterns well into adulthood. It is therefore important that we give all children the opportunity to explore with food, to have fun with food and most of all to enjoy food. We (with your help) want to empower children and give them confidence to prepare exciting, delicious and nutritious food. Our aim is to encourage children to establish good habits and through play, teach them the importance of a varied, balanced diet.

We will be starting this initiative on \_\_\_\_\_.

**In order for your child to take part we require the following details;**

Name of Child: \_\_\_\_\_

Known Allergies: \_\_\_\_\_

Special Dietary Requirements: \_\_\_\_\_

Signed: \_\_\_\_\_ (Parent/Guardian)

Date: \_\_\_\_\_

Thanking you in advance for your support with this initiative.



Dear Parent/Guardian,

We are delighted to inform you that we are taking part in a very exciting Council lead initiative called **Cooking with Toddlers** that will involve your child learning basic cookery skills. What our children eat can influence their food patterns well into adulthood. It is therefore important that we give all children the opportunity to explore with food, to have fun with food and most of all to enjoy food. We (with your help) want to empower children and give them confidence to prepare exciting, delicious and nutritious food. Our aim is to encourage children to establish good habits and through play, teach them the importance of a varied, balanced diet.

We will be starting this initiative on \_\_\_\_\_.

**In order for your child to take part we require the following details;**

Name of Child: \_\_\_\_\_

Known Allergies: \_\_\_\_\_

Special Dietary Requirements: \_\_\_\_\_

Signed: \_\_\_\_\_ (Parent/Guardian)

Date: \_\_\_\_\_

Thanking you in advance for your support with this initiative.



*Developed by*



**Causeway  
Coast & Glens**  
Borough Council

*and*



**Mid & East  
Antrim**  
Borough Council

*and funded by*



**Public Health  
Agency**