

# Active Kids – At Home

## Week 8: Healthy meals

Good nutrition is important for everybody, in particular children as they grow and develop a healthy positive lifestyle. Without good nutrition through healthy food our bodies and minds can suffer, especially when trying to maintain energy levels and concentrate at school, work or participating in physical activity throughout the day. Children can learn quickly about good and poor food choices, and are often influenced by friends and popular trends as highlighted by [Better Health Victoria](#).

*Better Health Victoria* recommends involving children in planning and preparing their own lunchboxes and meals throughout the day. This gives children the opportunity to learn about healthy eating and gives them a chance to make autonomous decisions about what they will be eating during the day in future.

Below is a list of more resources with some wonderful tips and suggestions to help families manage healthy meals across the whole day.

### Breakfast

- Getting children to love breakfast every day, *Raising Children* – <https://raisingchildren.net.au/toddlers/nutrition-fitness/breakfast-lunches/breakfast>
- Breakfast ideas for everyone, *Australian Healthy Eating Advisory Service* – <https://heas.health.vic.gov.au/sites/default/files/ECS-breakfast-ideas-for-OSHC.pdf>

### Lunchboxes

- Lunchbox tips, *Better Health Victoria* – <https://www.betterhealth.vic.gov.au/health/healthyliving/lunch-box-tips>
- Lunchboxes – Menu Planner, *Better Health Victoria* – <https://www.betterhealth.vic.gov.au/health/healthyliving/lunch-boxes-menu-planner>

### Snacks

- Healthy snacks, *Healthy Kids Association* – <http://healthy-kids.com.au/healthy-lunchbox-snacks/>
- Saving time and money, *LiveLighter* – <https://livelighter.com.au/The-Facts/LiveLighter-for-Families/At-Home/Saving-Time-and-Money>

**Recipe Finder** – LiveLighter is a great website with plenty of information about healthy eating and physical activity. Use their 'Recipe Finder' tool to discover some new healthy and easy to prepare meals – <https://livelighter.com.au/recipe>

# Week 8: Healthy meals

Home Activity: Why not try out some new recipes?

## Breakfast

### Chai Pudding Recipe, Two Ways

#### How to Make Chia Pudding

The basic chia seed pudding recipe involves chia seeds, some liquid, ingredients for flavour, and a little time. You don't have to cook chia seeds to make pudding, so it's a good way to get kids into the kitchen. You simply mix and wait.

Here, we're offering up two varieties of chia seed pudding that will make it into your snack and treat rotation at home!

#### Almond Butter and Raspberry Chia Seed Pudding Recipe

**Serves:** 1

**Time in the kitchen:** 5 minutes, plus two hours refrigeration time



#### Ingredients

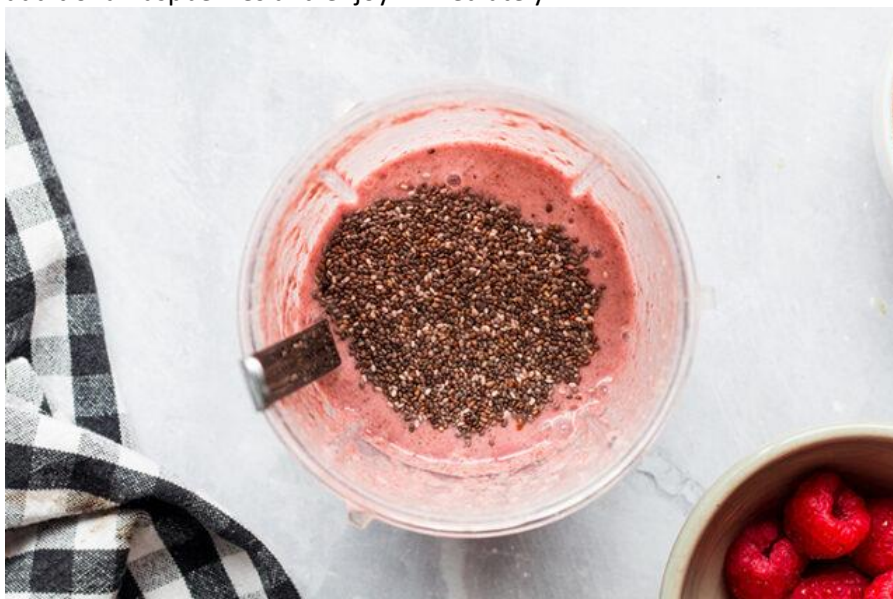
- 3/4 cup milk of choice
- 1/4 cup fresh raspberries
- 1 tbsp. + 1-1.5 tbsp. chia seeds
- 1/2 tbsp. flaxseeds
- 1/2 tsp. Vanilla extract
- Pinch of salt
- Monkfruit or stevia, to taste (*healthy substitutes for sugar*)
- 1 Tbsp. almond butter
- Additional raspberries, for topping



### Directions

In a high speed blender, blend together the milk, raspberries, 1 tablespoon of chia seeds (or more, if you like a very thick pudding), flaxseeds, vanilla extract, and salt.

Stir in the remaining chia seeds. Pour the pudding into a mason jar and refrigerate for 2 hours. Remove the mason jar from the fridge and add sweetener to taste. Top with almond butter and additional raspberries and enjoy immediately.



## Hazelnut Mocha Chia Seed Pudding Recipe

**Serves:** 1

**Time in the kitchen:** 5 minutes, plus two hours refrigeration time



### Ingredients

- 1/2 cup milk of choice
- 1/4 cup brewed coffee
- 1.5 Tbsp. Hazelnuts
- 1 Tbsp. cacao powder
- 1 Tbsp + 1 tbsp. Chia seeds
- 1/2 tsp. vanilla extract
- Monkfruit or stevia to taste (*healthy substitutes for sugar*)
- Hazelnuts and cacao nibs/100% chocolate pieces, for topping

### Directions

In a high speed blender, blend together the milk, coffee, hazelnuts, cacao powder, 1 tablespoon of chia seeds, and vanilla extract. Add sweetener to taste and stir in the remaining chia seeds. Transfer the pudding to a mason jar or similar container and refrigerate for two hours. Top with hazelnuts and cacao nibs/100% chocolate pieces and enjoy! This pudding can also be made ahead and refrigerated.

### Dinner

#### *Garlic Balsamic Chicken with Cherry Tomatoes Recipe*

Whether you're having friends over for dinner or you're short on time on a weeknight, balsamic glazed chicken is a simple no-fuss meal that you can serve with virtually any side dish. This recipe comes together in less than 15 minutes and will become your new go-to balsamic chicken recipe.

**Serves:** 4

**Time in the kitchen:** 15 minutes

### Ingredients

- 1.5 lbs. boneless chicken breasts
- 3 Tbsp. Olive Oil

- 5 clove sliced garlic
- 3.5 Tbsp. Balsamic Vinegar
- 2-3 Tbsp. chicken broth
- 1.5 Tbsp. coconut aminos OR soy sauce
- 2 Tbsp. basil
- 1 cup cherry tomatoes
- salt and pepper
- More fresh basil

### **Directions**

Pound the chicken breasts between two pieces of parchment using a meat mallet until they are uniform in thickness. Season both sides of the breasts liberally with salt and pepper.

Heat the olive oil in a pan over medium heat. Once hot, add the sliced garlic and stir until the garlic is fragrant. Place the chicken breasts in the pan and sauté for 2 minutes on each side.

Add the balsamic vinegar and coconut aminos/soy sauce.

Bring the mixture to a boil, then flip over the chicken again and reduce the heat to a simmer.

Add the broth and the tomatoes and give the pan a gentle shake.

Continue cooking over medium heat over the stovetop, turning the chicken every minute or so to coat it in the balsamic mixture.

Add a small amount of extra broth as needed.

Cook until the chicken is fully cooked, and the tomatoes are soft. Garnish with fresh basil and enjoy!

### **Nutrition Info** (serves 4):

Calories: 446

Total Fat: 13g

Total Carbs: 6g

Net Carbs: 5.3g

Protein: 50g

### [Looking for some more inspiration?](#)

#### **Healthy Breakfast Ideas**

- Scrambled Eggs
- Yoghurt or Fruit
- Fresh bread or toast with jam, tomatoes, cheese, baked beans or spaghetti
- Cereal (that's low in sugar) like porridge, muesli or weet bix

#### **Healthy Lunch Ideas**

For sandwiches use grainy bread or rolls, flat bread, fruit loaf or buns, bagels, corn or rice cakes, Turkish bread, crispbread or pikelets. Try these fillings:

- Salmon or tuna in spring water
- Reduced fat cheese or cheese spread
- Egg
- Falafel or lentil patties
- Sliced lean cold meats such as ham, turkey, chicken, lamb or beef with vegetables
- Grated carrot, lettuce or tomato

#### **Healthy Dinner Ideas**

- Pasta – make a salad with lots of raw vegetables
- Rice – when making fried rice, minimise oil and add lots of steamed vegetables
- Vegie soups for winter
- Roast different vegies with a dribble of olive oil

- Have a salad or a bowl of steamed vegies on the table with dinner
- Thread shopped and washed capsicum, pineapple and mushroom chunks onto a skewer and BBQ/grill

#### **Healthy Snack Ideas**

- A platter of fruit or vegetables;
- Roll a banana in orange juice and coconut
- Freeze orange quarters or other fruits on hot days
- Cut up carrot sticks or celery, serve with salsa/ peanut butter/ hummus dip