

EAT BETTER
FEEL BETTER



COOK & TASTE



Summer Reading Challenge

The summer holidays are a great time to introduce children to new foods and recipes. It's easy to become stuck in a rut with family meals, always cooking what you know everyone will eat without any fuss (sound familiar).

Involving children in the shopping, preparation and serving of foods is a great way for them to feel more control over what they are eating and hopefully (all fingers crossed) they will be more willing to try and accept new foods.

Here are some of our favourite recipes to cook with children, some colouring and activity sheets to keep them busy and links to videos and useful websites to help you nurture a healthy and varied diet.



Recipes to Try

- [Cheeky Chickpea Curry](#)
- [Rainbow Couscous](#)
- [Pizza Pitta Faces](#)
- [Veggie Bean Quesadillas](#)

Videos to Encourage Healthy Choices

- [Eat a Rainbow](#)
- [Eat Them to Defeat Them](#)

Useful Websites

- [British Nutrition Foundation](#)
- [NHS - Change4Life](#)
- [NHS Grampian - Confidence 2 Cook](#)
- [Eat them to defeat them](#)

Downloadable Activities

- [Reward Chart](#)
- [Eat a Rainbow Colouring](#)
- [My Healthy Plate](#)