



**Happy Holidays from the Good for Kids team!**

**Healthy Holiday Season Recipe Ideas**



**Keep cold foods cold** in the fridge, or with plenty of ice. Frozen water bottles can be used as ice bricks.

**Water is the best drink to quench thirst**



**When storing food, separate meat, chicken and fish** from foods that won't be cooked, such as salad & desserts.

Photo courtesy of bettycrocker.com



Bite size pieces of fruit and veges can be more appealing to small appetites and easier for children to manage.



Photo courtesy of healthykids.nsw.gov.au

Christmas shapes make any food fun! Vegie platters with dips are a delicious way to celebrate.



Photo courtesy of flickr.com

Biscuit cutters turn sandwiches, pikelets and raisin bread into festive treats



Photo courtesy of gofor2and5.gov.au



Photo courtesy of healthykids.nsw.gov.au

Freeze fruit pieces in fruit juice or yoghurt for a tasty, cool treat. Fresh, frozen or tinned fruit are good choices.



Photo courtesy of thislunchbox.com



### Christmas Gift Ideas for the Whole Family

- \* Frisbee
- \* Cricket bat and ball (a bucket can be used as stumps)
- \* Skipping rope
- \* Soccer ball or football
- \* Bubble mix and wands for young (and old) children to blow and chase bubbles



### Indoor game ideas to beat the heat

#### Koolchee: A traditional Aboriginal game

Set up empty milk bottles or cartons as skittles. Roll a ball towards the skittles, aiming to knock over as many as possible.

Use large balls for young, or less confident, children.



#### Musical statues

Dance to your favourite music. When the music stops, everyone must stand as still as a statue until the music starts again.

### Savoury Pinwheels

Recipe adapted from gofor2and5.com.au

#### Ingredients

- 1 cup reduced-fat cheese, grated
- 1 small onion
- 2 rashers lean bacon
- 1 cup chopped fresh, frozen or tinned vegetables (corn, tomato, capsicum, pineapple, spinach)
- 1 cup parsley or herbs (optional)
- 1½ cups wholemeal SR flour
- 1½ cups white SR flour
- 60 g margarine
- 1 cup low-fat milk
- 2 tablespoons extra milk



Great for the  
lunchbox and  
BBQs

#### Method

1. Turn oven to 200°C.
2. Chop the onion, bacon and parsley. Put aside in a bowl with the other chopped vegetables.
3. Sift both flours together into a large bowl.
4. Rub the margarine into the flour with your fingertips, until the mixture looks like fine breadcrumbs.
5. Add milk and mix together to a soft dough (not sticky).
6. Sprinkle flour on a clean bench. Roll out dough into a rectangle about 1 cm thick.
7. Brush the top side of the dough with extra milk. Sprinkle with the grated cheese, onion, bacon and parsley.
8. Firmly roll up the dough (from the long side). Brush the top with extra milk.
9. Cut the roll into 8 slices.
10. Lay flat on a tray. Bake for 30-35 minutes or until lightly browned.