

## 4. After school club recipes and tips



### Recipes for success

Tried and tested nutritionally-analysed recipes designed to help you develop a popular compliant menu

## Recipes

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### Acknowledgements

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- Longcroft Secondary School and Taylor Shaw Catering
- Beverly High School and Taylor Shaw Catering
- Windlestone School, Durham

Two of the recipes included in this book were tried and tested by the Children's Food Trust at Fundayz After School Club, Wellgate Primary School, Barnsley. Three of these recipes have been developed and used by the Trust's national Let's Get Cooking programme ([www.letsgetcooking.org.uk](http://www.letsgetcooking.org.uk))

## Why has this booklet been developed?

We know that some schools find it difficult to understand and implement the food-based standards for school food other than lunch, especially in after school clubs.

This booklet contains ideas and practical tips on how to provide low-cost and easy-to-make meals, snacks and drinks for after school clubs which meet the food-based standards. It also includes 10 tried and tested after school club recipes.

**The Children's Food Trust Primary School Food Survey found that 21 per cent of schools had an after school club on their premises.<sup>1</sup>**

The food-based standards for food other than lunch are important to:

- help reduce the number of children who are overweight or obese. The most recent findings from the National Child Measurement Programme (2011–2012) show that more than a fifth of reception-aged children attending school were categorised as overweight or obese, rising to one in three children in Year 6.<sup>2</sup>
- promote consistency and ensure that the hard work of schools and caterers providing healthy lunches is supported

by extending healthier food options across the school day.

- increase opportunities for children and young people to help them to eat healthily. Healthy eating messages taught at school should be reflected in the choice of food schools provide, to encourage children to make healthy food choices.<sup>3</sup>

To find out more information about the food-based and nutrient-based standards, go to the Children's Food Trust website.<sup>4</sup>



## Frequently asked questions: applying the school food standards to after school clubs

### 1. Do all after school clubs have to comply with the food-based standards for food other than lunch?

Yes, these standards apply to all food and drink provided on the premises of local authority-maintained school up until 6pm.

This includes breakfast clubs, mid-morning break services, tuck shops, vending machines and after school clubs.

### 2. Do all after school club food providers have to meet the standards?

Yes, all food providers including teachers, school caterers, private companies, charities, volunteers, parents or other person have to meet the standards.

### 3. Should after school clubs coordinate with other food providers in school?

Yes, there should be a process to coordinate catering services across the school day. If you run an after school club, check with the breakfast club, mid-morning break services, tuck shop and lunchtime food providers if you are going to serve any menu items which are restricted by the standards. For a summary of the food-based standards see page 5.

### 4. Do after school clubs have to demonstrate that they are meeting the food-based standards?

Yes, the after school club food provider should give evidence of compliance with the standards to the senior manager responsible for school food.

### 5. Should after school clubs consult the whole school food policy?

Yes, many schools have a whole school food policy, which restricts the types of food children are allowed to eat at school. Check with the headteacher to see if they have a policy, and what this means for the food and drink that you can provide at after school club.

**A simple three-step process to check that the food provided at your after school club meets the food-based standards and the schools' food policy.**

**Step 1.** Write a list of all the food and drink you provide.

**Step 2.** Check this food provision meets the standards. Visit the Children's Food Trust website.

**Step 3.** Give a copy of your after school club menu and completed checklist to the school.

## At a glance – the food-based standards for food other than lunch

The food-based standards for food other than lunch apply to all food provided in school up to 6pm. This includes breakfast clubs, mid-morning break services, tuck shops, vending machines and after school clubs.

### These foods should be provided

Food/food groups		Food other than lunches	
	✓	<b>Fruit and vegetables</b>	Fruit and/or vegetables must be provided in all places where pupils can buy food in school
	✓	<b>Water</b>	Free, fresh drinking water should be provided at all times
	✓	<b>Healthier drinks</b>	Only healthier drinks are permitted. These include: <ul style="list-style-type: none"> <li>• Plain water (still or sparkling)</li> <li>• Plain low-fat milk</li> <li>• Plain fruit juice or vegetable juice</li> <li>• Combinations of fruit juice (at least 50 per cent) and water</li> <li>• Flavoured milk containing at least 90 per cent low-fat milk and less than 5 per cent added sugar</li> </ul>

### These foods should be provided on a restricted basis, or not at all

Food/food groups		Food other than lunches	
	✗	<b>Starchy food cooked in fat or oil – restricted</b>	Starchy food cooked in fat or oil such as roast potatoes, chips, fried rice and garlic bread should not be provided on more than <b>three days</b> a week, whether at lunchtime or at any other time in the school day where food is provided
	✗	<b>Deep-fried food – restricted</b>	No more than <b>two</b> deep-fried food <b>items</b> such as chips and battered or coated products should be provided in a single week, whether at lunchtime or at any other time in the school day where food is provided
	✗	<b>Meat products – restricted</b>	A meat product, either manufactured or homemade, from each of these four groups may be provided once per fortnight across the school day. This applies to lunchtime and all other times in the school day where food is provided: <p><b>Group 1:</b> Burger, hamburger, chopped meat, corned meat</p> <p><b>Group 2:</b> Sausage, sausage meat, link, chipolata, luncheon meat</p> <p><b>Group 3:</b> Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll</p> <p><b>Group 4:</b> Any other shaped or coated meat product such as nuggets, meatballs</p>
	✗	<b>Salt and condiments – restricted</b>	Salt should not be available to pupils to add to food after food has been cooked Salt should not be provided on tables or service counters Condiments such as ketchup and mayonnaise should be available only in sachets or individual portions of not more than 10g or 1 teaspoonful
	✗	<b>Snacks – restricted</b>	Offer only nuts, seeds, fruit or vegetables without added fat, salt, sugar or honey (except for dried fruit which may contain up to 0.5 per cent vegetable oil as a glazing agent). Savoury crackers and breadsticks must not be provided at any other time of the school day except lunch
	✗	<b>Cakes and biscuits – restricted</b>	Cakes and biscuits must not be provided at any other time of the school day except lunch
	✗	<b>Confectionery – not permitted</b>	Confectionery such as chocolate, chocolate biscuits, cereal bars or sweets must not be provided at any time of the school day

## Food examples and ideas for after school clubs

### Snacks: cold items

- Breakfast cereals with milk or yoghurt
- Yoghurt or fromage frais (plain or fruit flavoured)
- English muffins/bagels
- Plain currant/raisin bread
- Sandwiches – use a variety of different types of bread
- Filled pitta, bagels or rolls
- Wraps, such as Mexican bean
- Pasta salads
- Sandwich fillings/toppings: cheese, hard-boiled egg, peanut butter, houmous, tahini, sliced meat, bacon, bean salad, meat or fish paste (potted meat), tinned fish
- Combinations of nuts\* and seeds without added fat, sugar or salt



### Snacks: hot items

- Toast or bread rolls with spread, peanut butter\* or yeast spread/extract
- Toasted teacakes, crumpets or bagels
- Toasted sandwiches, warm pitta, paninis or wraps
- Bacon sandwiches
- Tortillas, fajitas, burritos, quesadillas, enchiladas
- Toast with baked beans, cheese, eggs (scrambled, boiled or poached)
- Omelette or Spanish omelette
- Tortilla (thick omelette with potatoes or vegetables)
- Quiche
- Pizza slice with toppings e.g. vegetables or cheese
- Jacket potato with toppings, such as cheese, cottage cheese, coleslaw, baked beans, chilli, vegetable chilli, curry, tuna, ratatouille, chicken mayo, cheese savoury
- Pasta, rice or noodles with meat or vegetable-based sauce
- Vegetable pasties
- Fishcakes
- Soup

\* The Children's Food Trust recommends you visit [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk) for accurate and reliable information on managing allergies in schools.

## More ideas – and what not to include

### How to include fruit and vegetables at after school clubs

- Whole/pieces of fresh fruit, such as banana, apple, grapes, pear
- Pots of sliced/chopped fruit, such as melon, berries, pineapple
- Canned fruit in natural juice, such as peaches, pears, mandarins, pineapple
- Fruit kebabs
- Jelly with fruit
- Yoghurt with fruit
- Banana custard
- Smoothies
- Dried fruit without added fat, sugar or salt, such as apricots, sultanas, raisins, dates
- Crudités, vegetable sticks with dips
- Salads, salad shaker pots
- Vegetables to accompany snacks or meals: tomatoes, pepper, cucumber, celery, broccoli, carrots, mixed salad
- Try including a portion of fruit or vegetables in the food that you prepare
- Roasted or stir-fried vegetables

### What can't I serve at after school clubs?

- Confectionery; chocolate, sweets, chewing gum, sugar-free sweets/chewing gum
- Cereals with added chocolate
- Cereal bars and processed fruit bars; these are categorised as confectionery
- Crisps (including baked crisps, tortilla chips, potato sticks, puffs, prawn crackers)
- Japanese rice crackers
- Pretzels
- Bombay mix
- Nuts\* with added salt or fat
- Cakes: slices of cake, Swiss roll, fruit cake, banana cake, apple cake, sponge, fairy cakes, individual cake bars
- Buns: American (sweet) muffins, Chelsea buns
- Pastries: croissants, Danish pastries, Eccles cakes, Bakewell tart, mince pies, custard tart
- Biscuits: digestives, rich tea, gingernuts, flapjacks, shortbread, wafers, cream crackers, breadsticks, oatcakes

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## Drinks

**Did you know the human body is made up of between 50 and 70 per cent water? The exact amount depends on your age and body composition.<sup>5</sup>**

- ✓ Free, fresh drinking water should be available at after school clubs.
- ✓ It is important to encourage children to drink regularly throughout the school day, including at after school clubs, to ensure that they are well hydrated.
- ✓ Try providing a variety of drinks across the week at your after school club, so that children can try different types and flavours.

### Examples of drinks that meet the standards

- Plain water
- Plain low-fat milk (no more than 1.8% fat)
- Flavoured milk (must be low-fat milk (no more than 1.8 per cent fat) and contain less than 5 per cent added sugar)
- Fruit juice or vegetable juice
- Plain yoghurt drinks
- Plain soya, rice or oat drinks enriched with calcium
- Combination drinks; water (still or sparkling) combined with fruit juice or vegetable juice (must be at least 50 per cent fruit juice)
- Milk (no more than 1.8 per cent fat) and/or yoghurt combined with fruit or vegetable juice (such as smoothies)
- Plain soya, rice or oat drinks (enriched with calcium) combined with fruit or vegetable juice
- Flavoured milk (must be low-fat milk (no more than 1.8 per cent fat) and contain less than 5 per cent added sugar)
- Tea, coffee or hot chocolate

### Examples of drinks that do not meet the standards

- Flavoured water
- Squash/cordial
- Soft drinks or fizzy drinks containing less than 50 per cent fruit juice
- Milk drinks made with milk containing more than 1.8 per cent fat or containing more than 5 per cent added sugar

**A study found that children who drank more water at school were happier and had better visual attention than those who drank less.<sup>6</sup>**



## After school club recipes

The Children's Food Trust worked closely with a small number of after school clubs to develop this booklet. Whilst some clubs provide only drinks or snacks, others provide children with an evening meal. The following recipes have been tried and tested at schools or at after school clubs.

1. **Chinese vegetable stir-fry**
2. **Speedy chicken biryani**
3. **Chilli con carne**
4. **Salmon fishcakes**
5. **Cheese quesadilla**
6. **Carrot and potato soup**
7. **Paninis**
8. **Cheesy, vegetable-topped muffins**
9. **Apple-berry fool**
10. **Mixed fruit smoothie**

These recipes could be used at after school clubs or included in your school's lunch menu cycle.

**Note** – After school clubs do not need to nutritionally analyse their recipes. The 10 recipes have been nutritionally analysed just in case they are used as part of the school lunch menu. Where recipes indicate they are high in a particular nutrient, that means they exceed 50 per cent of the nutrient-based standard per primary and secondary serving.

If these recipes are included as part of your school lunch menu cycle, you will need to analyse the full menu cycle to check that the nutrient-based standards for school lunch are still met.



### This recipe makes:

9 primary servings (160g)  
6 secondary servings (240g)

**Prep time:**  
20 minutes

**Cooking time:**  
10 minutes

**High in fibre, vitamin A, vitamin C and folate**

**Serving suggestion:**  
with boiled rice or noodles

**Tip:**  
add strips of chicken to increase the protein content

**Recipe adapted from:**  
Let's Get Cooking

## Chinese vegetable stir-fry

Serve as a main meal



### Ingredients

- 5g cornflour (1tsp)
- 15ml water (1tbsp)
- 15ml soy sauce (1tbsp)
- 15ml sweet chilli sauce (1tbsp)
- 15ml sunflower oil (1tbsp)
- 150g red onion, peeled and cut into slices
- 8g garlic, crushed (2 cloves)
- 5cm piece root ginger, grated
- 250g carrots, peeled and cut into strips 4cm long
- 200g broccoli, cut into small florets
- 150g button mushrooms, sliced
- 150g pak choi or slaw cabbage, sliced
- 150g red pepper, deseeded and sliced
- 150g red pepper, sliced
- 150g green beans, trimmed

### Method

1. Put the cornflour into a jug or cup, add the water and mix to a paste. Stir in the soy and sweet chilli sauces and mix until smooth.
2. Heat the oil in the wok or frying pan. Add the onions, garlic and ginger and stir.
3. Add the carrots and broccoli and stir-fry for two minutes.
4. Add the mushrooms and cabbage and cook for another four minutes.
5. Add the courgette, pepper and green beans. Keep stirring and cook for another four minutes.
6. Pour the soy sauce mixture over the vegetables, stir well and cook for one minute.

Nutrients	Nutrient content		
	Per 100g	Primary serving (160g)	Secondary serving (240g)
Energy kcals	35	55	83
Fat g	1.4	2.3	3.4
Saturates g	0.2	0.3	0.4
Carbohydrate g	4.3	6.8	10.1
NME sugars g	0.0	0.0	0.1
Fibre g	1.9	3.0	4.6
Protein g	1.5	2.4	3.6
Iron mg	0.5	0.9	1.3
Calcium mg	25.2	39.9	60.0
Vitamin A µg	491.7	780.1	1170.2
Folate µg	27.2	43.2	64.8
Vitamin C mg	19.5	31.0	46.5
Sodium mg	88.7	140.7	211.0
Zinc mg	0.2	0.9	0.5

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## Speedy chicken biryani

Serve as a main meal



### Ingredients

- 15ml vegetable oil (1tbsp)
- 250g chicken breast fillets, skinned and cut into 1cm cubes
- 60g balti curry paste
- 20g fresh coriander, chopped
- 150g red onion, peeled and diced
- 100g French beans, trimmed and cut in half
- 100ml water
- 350g fresh tomatoes, quartered
- 500g cooked basmati rice (180g uncooked)
- 2 eggs, hard boiled, quartered

### Method

1. Heat the vegetable oil in a large saucepan, add the chicken and cook for 5 minutes.
2. Add the balti curry paste and half the coriander, the onion and the French beans and cook for a further 3 minutes, stirring well.
3. Add the water and tomato quarters and cook for a further 3 minutes.
4. Add the boiled rice. Mix well, cover and simmer for 2 minutes.
5. Serve garnished with the egg and remaining coriander.

Nutrients	Nutrient content		
	Per 100g	Primary serving (175g)	Secondary serving (263g)
Energy kcals	97	171	256
Fat g	3.4	6.0	9.0
Saturates g	0.9	1.5	2.3
Carbohydrate g	11.8	20.6	30.9
NME sugars g	0.2	0.3	0.5
Fibre g	0.9	1.6	2.3
Protein g	5.5	9.7	14.5
Iron mg	0.5	0.8	1.2
Calcium mg	21.6	37.9	56.8
Vitamin A µg	43.9	76.8	115.2
Folate µg	14.1	24.7	37.1
Vitamin C mg	5.7	10.0	14.9
Sodium mg	72.1	126.2	189.3
Zinc mg	0.5	0.9	1.3

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### This recipe makes:

9 primary servings (175g)  
6 secondary servings (263g)

**Prep time:**  
15 minutes

**Cooking time:**  
15 minutes

**High in protein and vitamin C**

**Serving suggestion:**  
with green salad or raita

**Tip:**  
rice can be cooked in the microwave if available, follow cooking instructions on the packet

**Recipe adapted from:**  
Let's Get Cooking

### This recipe makes:

6 primary servings (215g)  
4 secondary servings (322g)

**Prep time:**  
30 minutes

**Cooking time:**  
30 minutes

**High in fibre, vitamin A and vitamin C**

**Serving suggestion:**  
with boiled rice, baked potato or as a quesadilla

**Tip:**  
swap beef for Quorn™ or veggie-mince to make a vegetarian alternative

**Recipe adapted from:**  
Let's Get Cooking

## Chilli con carne

Serve as a main meal



### Ingredients

- 15ml vegetable oil (1tbsp)
- 150g onion, peeled and finely chopped
- 200g lean minced beef
- 4g garlic, peeled and crushed (1 clove)
- 150g red pepper, deseeded and chopped
- 1g chilli powder or chilli flakes (1tsp – depending on strength)
- 400g can chopped tomatoes
- 400g canned red kidney beans, rinsed (256g drained)
- 150ml water (10tbsp)
- 1g black pepper

### Method

1. Heat the oil in a saucepan.
2. Add the onion and cook gently until it softens.
3. Add the minced beef and garlic and stir until the meat has browned.
4. Add the red pepper, then the chilli powder or flakes.
5. Add the tomatoes, kidney beans and water and black pepper.
6. Simmer the chilli for about 15 minutes before serving.

Nutrients	Nutrient content		
	Per 100g	Primary serving (215g)	Secondary serving (322g)
Energy kJ	63	136	204
Energy kcal	2.4	5.2	7.7
Fat g	0.6	1.4	2.1
Saturates g	5.8	12.4	18.6
Carbohydrate g	0.0	0.0	0.0
NME sugars g	1.7	3.7	5.6
Fibre g	5.1	10.9	16.3
Protein g	0.9	1.9	2.9
Iron mg	23.3	50.1	75.1
Calcium mg	92.4	198.6	297.9
Vitamin A µg	10.7	22.9	34.3
Folate µg	11.7	25.1	37.6
Vitamin C mg	108.3	232.7	349.0
Sodium mg	0.9	2.0	3.0
Zinc mg			

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## Salmon fishcakes

Serve as a main meal or snack



### Ingredients

- 1.5kg cooked mashed potatoes (use floury potatoes such as Maris Piper or similar)
- 200ml semi-skimmed milk
- 750g can salmon in spring water, (drained weight 500g approx) flaked
- 25g fresh parsley, chopped
- 3g white pepper (1tsp)
- 1 egg, beaten
- 175g white breadcrumbs

### Method

1. Preheat the oven\* to 180°C, 350°F, gas mark 4.
2. Grease a baking tray.
3. Mash the potatoes with the milk
4. Mix together the mashed potatoes, salmon, parsley and pepper, bind with the egg.
5. Form into rounds (about 27 x 90g fish cakes).
6. Dip each fishcake into the breadcrumbs.
7. Place on the tray and bake for 15-20 minutes until crisp and golden.

\* If you don't have an oven, the fish cakes can be dry-fried in a frying pan on the hob.

Nutrients	Nutrient content		
	Per 100g	Primary serving (223g)	Secondary serving (272g)
Energy kJ	108	240	293
Energy kcal	1.9	4.3	5.3
Fat g	0.4	0.9	1.1
Saturates g	16.4	36.5	44.7
Carbohydrate g	0.0	0.0	0.0
NME sugars g	0.8	1.7	2.1
Fibre g	7.2	16.1	19.6
Protein g	0.6	1.4	1.7
Iron mg	42.3	94.2	115.1
Calcium mg	17.1	37.9	46.4
Vitamin A µg	17.5	38.9	47.5
Folate µg	4.5	10.1	12.3
Vitamin C mg	127.5	283.8	346.8
Sodium mg	0.5	1.1	1.3
Zinc mg			

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### This recipe makes:

11 primary servings (223g)  
9 secondary servings (272g)

**Prep time:**  
20 minutes

**Cooking time:**  
20 minutes

**High in protein, folate and vitamin C**

**Serving suggestion:**  
with rice or pitta and a salad

**Tip:**  
children can help mash the potatoes and shape the mixture in to round circles

**Recipe adapted from:**

Longcroft School and Performing Arts College and Taylor Shaw



### This recipe makes:

3 primary servings (89g)  
2 secondary servings (133g)

**Prep time:**  
10 minutes

**Cooking time:**  
10 minutes

**High in calcium and vitamin A**

**Serving suggestion:**  
with tomato and cucumber salad

**Tip:**  
encourage children to create their own quesadilla from a selection of ingredients

**Recipe adapted from:**  
Children's Food Trust

## Cheese quesadilla

Serve as a main meal or snack



### Ingredients

- 2 large flour tortillas (approximately 62g each)
- 100g, low-fat, strong Cheddar cheese, grated
- 50g of a mix of any of the following, chopped: mushrooms, spring onions, olives, fresh tomatoes, cooked chicken pieces, avocado

### Method

1. Heat a large frying pan to medium heat.
2. Lay a tortilla on a plate and spread with the child's choice of filling, top with the grated cheese then the second tortilla, press down firmly.
3. Slide the quesadilla off the plate into the hot pan and turn down the heat.
4. Flip the tortilla over after 1.5 minutes. It may be easier to slide the tortilla onto a plate and then turn over. Cook for a further 1½ minutes.
5. Slide out onto a plate and cut into wedges.

Nutrients	Nutrient content		
	Per 100g	Primary serving (89g)	Secondary serving (133g)
Energy kJ	254	225	338
Energy kcal	8.8	7.8	11.7
Fat g	5.1	4.5	6.7
Saturates g	29.3	26.0	38.9
Carbohydrate g	0.0	0.0	0.0
NME sugars g	1.2	1.1	1.6
Fibre g	16.2	14.4	21.5
Protein g	0.9	0.8	1.2
Iron mg	419.5	372.0	558.0
Calcium mg	88.8	78.7	118.1
Vitamin A µg	26.3	23.3	34.9
Folate µg	2.0	1.7	2.6
Vitamin C mg	407.4	361.2	541.8
Sodium mg	1.4	1.2	1.8
Zinc mg			

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## Carrot and potato soup

Serve as a main meal or snack



### Ingredients

- 800g onions, peeled and chopped
- 1.2kg potatoes, peeled and diced
- 1kg carrots, peeled and diced
- 100g red lentils, dried
- 20g stock cubes
- 2.5l water
- 2g black pepper (1tsp)
- 10g fresh parsley chopped or 5g dried parsley (2tbsp)

### Method

1. Place all the ingredients except the parsley into a pan and bring to the boil.
2. Reduce the heat and simmer for 25 minutes or until the vegetables are tender.
3. Cool slightly, add half the parsley and liquidise until smooth.
4. Serve, garnished with the remaining parsley.

Nutrients	Nutrient content		
	Per 100g	Primary serving (282g)	Secondary serving (352g)
Energy kJ	28.8	81.0	101.3
Energy kcal	0.2	0.6	0.7
Fat g	0.0	0.1	0.1
Saturates g	6.1	17.1	21.4
Carbohydrate g	0.0	0.0	0.0
NME sugars g	0.9	2.6	3.2
Fibre g	1.1	3.0	3.8
Protein g	0.4	1.0	1.3
Iron mg	9.6	26.9	33.7
Calcium mg	398.5	1119.9	1399.8
Vitamin A µg	10.2	28.7	35.9
Folate µg	2.2	6.2	7.7
Vitamin C mg	71.3	200.1	250.2
Sodium mg	0.2	0.5	0.6
Zinc mg			

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### This recipe makes:

20 primary servings (282g)  
16 secondary servings (352g)

**Prep time:**  
15 minutes

**Cooking time:**  
30 minutes

**High in fibre, vitamin A, vitamin C and folate**

**Serving suggestion:**  
with wholemeal or granary bread rolls

**Tip:**  
try using other seasonal vegetables to vary the colour and flavour

**Recipe adapted from:**  
Beverly High School and Taylor Shaw



### This recipe makes:

2 primary servings (109g)  
1 secondary servings (217g)

**Prep time:**  
10 minutes

**Cooking time:**  
10 minutes

**High in protein and vitamin C**

**Serving suggestion:**  
with a green salad and a glass of milk or fruit juice

**Tip:**  
encourage children to select their own fillings

**Recipe adapted from:**  
Children's Food Trust

## Paninis

Serve as a main meal or snack



### Ingredients (per panini)

- 1 panini roll (approximately 72g each)
- 45g canned tuna in spring water, drained
- 15g low-fat mayonnaise (1 level tbsp)
- 1 tomato (approximately 85g), sliced

### Method

1. Fill the panini with the child's choice of filling and press hard together.
2. Preheat the grill, panini maker or sandwich maker until hot and grill, turning over until toasted on both sides.
3. To serve the panini later, wrap tightly in plastic film at the end of step 1. Remove the film before grilling.

Or

- 1 panini roll (approximately 72g each)
- 50g roasted vegetables (peppers, courgettes, carrots, onions, tomatoes) chopped
- 25g low-fat mozzarella

Nutrients	Nutrient content (tuna mayonnaise and tomato panini)		
	Per 100g	Primary serving (109g)	Secondary serving (217g)
Energy kJ	134	146	291
Energy kcal	3.0	3.3	6.6
Fat g	0.6	0.6	1.2
Saturates g	18.9	20.5	41.0
Carbohydrate g	0.3	0.4	0.7
NME sugars g	1.1	1.2	2.3
Fibre g	9.0	9.8	19.6
Protein g	0.9	1.0	2.0
Iron mg	65.5	71.0	142.0
Calcium mg	37.5	40.7	81.3
Vitamin A µg	13.9	15.1	30.2
Folate µg	6.7	7.2	14.5
Vitamin C mg	308.3	335.0	669.0
Sodium mg	0.5	0.5	1.1
Zinc mg			

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## Cheesy, vegetable-topped muffins

Serve as a main meal or snack



### Ingredients

- 150g red onions, peeled and chopped
- 350g aubergine, chopped
- 175g courgettes, chopped
- 150g yellow or red peppers, deseeded and chopped
- 30ml olive oil (2tbsp)
- 5g garlic, peeled and crushed (1 clove)
- 2.5g dried thyme (2½tsp)
- 50g plain flour
- 5g mustard (½ tsp)
- 2g black pepper (1tsp)
- 250ml semi-skimmed milk
- 100g, low-fat strong Cheddar cheese, grated
- 6 white or wholemeal muffins or rolls cut in half (approx 68g per muffin)

### Method

1. Preheat an oven to 190°C, 375°F gas mark 5.
2. Mix all the chopped vegetables in a bowl with the oil, garlic and thyme. Spread on a baking sheet and roast for 20 minutes or until soft.
3. Meanwhile make the white sauce. Mix the flour, pepper and mustard with a little milk, gradually whisk in the rest of the milk and bring to the boil, whisking all the time, to form a white sauce.
4. Add half the cheese.
5. Mix the vegetables with the cheese sauce.
6. Put the muffins on a shallow baking tray.
7. Spoon the vegetable mixture on top of the muffins and top with the remaining cheese.
8. Grill until the top is hot and bubbling.

Nutrients	Nutrient content		
	Per 100g	Primary serving (147g)	Secondary serving (290g)
Energy kJ	143	212	423
Energy kcal	6.3	9.4	18.7
Fat g	2.0	3.0	6.0
Saturates g	16.6	24.6	49.1
Carbohydrate g	0.0	0.0	0.1
NME sugars g	1.3	1.9	3.8
Fibre g	5.9	8.8	17.5
Protein g	0.8	1.2	2.3
Iron mg	155.7	230.2	460.4
Calcium mg	86.1	127.2	254.5
Vitamin A µg	15.4	22.8	45.5
Folate µg	8.8	13.0	26.0
Vitamin C mg	218.6	323.2	646.4
Sodium mg	0.6	0.9	1.9
Zinc mg			

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### This recipe makes:

12 primary servings (147g)  
6 secondary servings (290g)

**Prep time:**  
30 minutes

**Cooking time:**  
30 minutes

**High in fibre, calcium and vitamin A**

**Serving suggestion:**  
serve with green salad

**Tip:**  
serves 12 as a snack or 6 for a more substantial meal

**Recipe adapted from:**  
Windlestone School

**This recipe makes:**

10 primary servings (115g)  
8 secondary servings (144g)

**Prep time:**  
20 minutes

**Chilling time:**  
30 minutes

**High in vitamin C**

**Serving suggestion:**  
layer the fruit, custard and yoghurt and decorate with extra berries

**Tip:**  
make with ready-made custard for a quick dessert. Rhubarb and orange makes a seasonal variation

**Recipe adapted from:**

Children's Food Trust

## Apple-berry fool

Serve as a dessert

**Ingredients**

- 200g dessert apples, peeled, cored and chopped
- 5ml lemon juice (1tsp)
- 150g fresh raspberries
- 150g fresh strawberries
- 150g fresh blueberries
- 45g caster sugar
- 10g custard powder (1tbsp)
- 150ml semi-skimmed milk
- 300g natural, low-fat yoghurt

**Method**

1. Place the apple in a saucepan with the lemon juice, berries and sugar. Cook to a pulp.
2. Blend the custard powder with a little milk.
3. Heat the remaining milk then pour on to the blended custard powder and stir over a gentle heat until thick.
4. Beat the custard into the fruit pulp then allow to cool.
5. Stir the yoghurt into the custard/fruit mixture.
6. Spoon into bowls and chill.

Nutrients	Nutrient content		
	Per 100g	Primary serving (115g)	Secondary serving (144g)
Energy kJ	55	64	80
Energy kcal	0.6	0.7	0.8
Fat g	0.3	0.4	0.5
Saturates g	11.1	12.8	16.0
Carbohydrate g	5.6	6.4	8.0
NME sugars g	1.0	1.1	1.4
Fibre g	2.1	2.4	3.1
Protein g	0.3	0.3	0.4
Iron mg	65.7	75.5	94.4
Calcium mg	5.1	5.9	7.4
Vitamin A µg	8.4	9.6	12.1
Folate µg	14.4	16.5	20.6
Vitamin C mg	27.3	31.3	39.2
Sodium mg	0.3	0.3	0.4
Zinc mg			

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## Mixed fruit smoothie

Serve as a snack, drink or dessert

**Ingredients**

- 140g fresh strawberries, hulled
- 60g fresh blueberries
- 200g bananas, peeled and cut into chunks
- 100ml orange juice
- 250g low-fat, natural yoghurt

**Method**

1. Place all the ingredients in to a blender and blend until smooth.
2. Pour into glasses and serve.

Nutrients	Nutrient content		
	Per 100g	Primary serving (124g)	Secondary serving (185g)
Energy kJ	57	70	105
Energy kcal	0.5	0.6	0.9
Fat g	0.3	0.3	0.5
Saturates g	11.6	14.3	21.5
Carbohydrate g	2.2	2.7	4.0
NME sugars g	0.7	0.8	1.2
Fibre g	2.2	2.7	4.1
Protein g	0.3	0.3	0.5
Iron mg	61.5	75.9	113.8
Calcium mg	4.7	5.8	8.6
Vitamin A µg	16.4	20.2	30.3
Folate µg	23.7	29.3	44.0
Vitamin C mg	24.2	29.9	44.8
Sodium mg	0.3	0.4	0.5
Zinc mg			

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**This recipe makes:**

6 primary servings (124g)  
4 secondary servings (185g)

**Prep time:**  
10 minutes

**High in vitamin C**

**Serving suggestion:**  
with a snack such as breakfast cereal or beans on toast

**Tip:**  
encourage children to design their own smoothie by letting them choose their favourite fruit

**Recipe adapted from:**

Children's Food Trust

## References

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### The Children's Food Trust

The Children's Food Trust aims to reduce childhood obesity and improve educational performance through improving the food our children eat both in and out of school and in early years settings. We work directly with thousands of schools, millions of parents and with local authorities across the country. We campaign on key issues for school food. We run the UK's biggest network of cooking clubs and, under our previous name of the School Food Trust, we were directly responsible for developing and introducing the national food and nutrition guidelines in both schools and early years settings. We make a difference, and would be pleased to help you too.

### Let's Get Cooking

Let's Get Cooking provides training, support and resources for setting up and running healthy cooking activities for people of all ages. Let's Get Cooking is a programme run by the Children's Food Trust.

[www.letsgetcooking.org.uk](http://www.letsgetcooking.org.uk)

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**cooking**