

THE PASTA-BILLITIES
ARE *endless.*

*I'm delicious
when I'm hot...*

*...and just as tasty
when I'm cold...*

Did you know?

Wholewheat pasta is a good source of fiber which helps us feel fuller for longer by releasing energy slowly. Try using half wholewheat and half white pasta to introduce it to your child's diet.

SIMPLE POTATOES

Three ways.

*wrap me in foil, bake me in the oven
and make me into a jacket potato...*

mash me...

*Why not bake me, scoop me out, mix
me with cheese, stuff me and bake
me again?! Yum!*

*chop me and bake me as
wedges...sprinkle with
cheese if you like!*

Did you know?

All carbohydrates get converted into glucose, which our brains need to function. Glucose gives us the energy to learn, grow, think and play.

THE ULTIMATE CHEESE *sandwich.*



*switch up the salad
items to use your
favourite ...*

*add salad for an extra
crunch...*

*add sliced apple for a
Ploughman's inspired
lunch*

Did you know?

Calcium helps us build strong teeth and bones. When you tap your teeth, you are tapping your enamel, which is the hardest substance in the human body.

FUN, FRUIT & VEG selfie.

shredded lettuce
for hair

carrots for ears

Carrot slices for
eyelashes

apple for a nose

oranges for lips

Did you know?

You can measure out a portion of fruit or vegetables using the palm of your hand. One portion is equal to as much as a child can fit into the palm of their hand!

TASTY, TOMMY tomatoes.

*dice me and put me
on cheesy toast...*

*chop me and
badd me to
pasta sauce...*

*add me to cold
pasta for a tasty
cold lunch...*

*add me to beans
and dollop me
onto a jacket
potato...*

Did you know?

Tomatoes are actually a fruit and not a veg! They are a great source of Vitamin C and provide approx 28% of your daily intake requirement.