



Tumeke Toddlers

.....



Tips for toddlers

By the time kids are 1 year old, they can eat most of the foods that the family eats!

Learning to eat new foods

Kids need to learn how new foods taste, feel and smell.

- Some foods taste sour like lemon or sweet like grapes.
- Some foods feel hard like apples, cold like yoghurt, or soft like banana.
- Kids may need to try a new food many times before eating it. If they don't like a new food the first time, try it again another time.

Offer a new food:

- With a favourite food.
- With other foods that your kid already enjoys eating.
- When other kids and adults are eating that food.



Tips for families:

- Kids have small stomachs. Remember to give kids smaller serves than adults and don't force them to finish the meal if they are full.
- Give kids time to eat.
- Eat together at the family dinner table.
- Turn the TV, computer, phone and radio off while eating.
- Use kid friendly bowls with edges, small plates and kid size cutlery.
- Learning to eat can be messy and fun!



Fussy eating

Kids may refuse to eat when they:

- Have too much food on their plate.
- Have filled up on drinks or junk food.
- Want to feed themselves.
- Are too tired.
- Don't feel well.

Be patient! Keep on giving your kid healthy foods. They will not starve themselves.

Things not to do:

- Don't give kids adult size servings.
- Don't force your kids to eat or finish the food on their plate.
- Don't give your kids drinks or snacks before a meal.
- Don't feed your kids junk food and sweet drinks.
- Don't use junk food or sugary drinks to reward them or keep them quiet.

Toddler Breakfasts



Toast with avocado

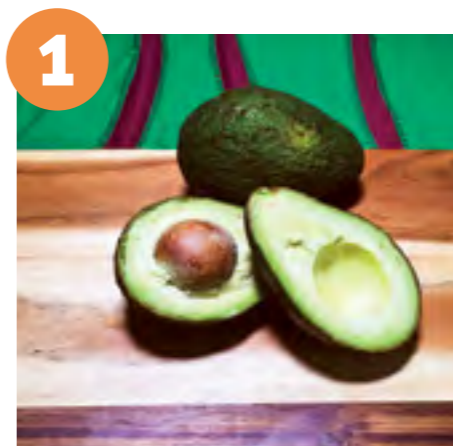
Serves 4 | Prep time: 10 mins

Ingredients:

- 8 slices of wholegrain bread
- 2 avocados

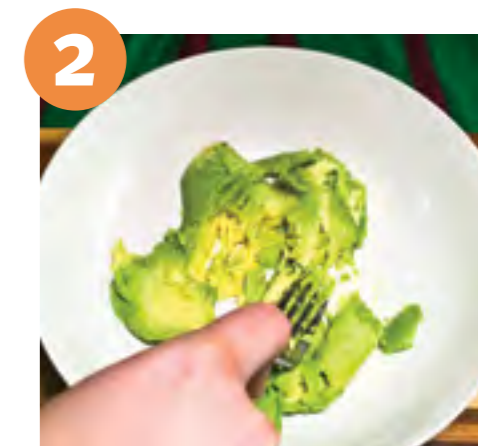
Step 1

Halve the avocado, remove seed and scoop contents into a bowl.



Step 2

Mash the avocado using a fork.



Step 3

Toast the bread.



Step 4

Top the toast with smashed avocado.



Step 5

Place on plate and serve.



Fruit porridge

Serves 4 | Prep time: 10mins | Cooking time: 20mins

Porridge ingredients:

- 1 ¾ cup rolled oats
- 2 ½ cups water or low fat milk

Stewed fruit ingredients:

- 3 cups sliced fruit of choice, eg apples, pears, peaches, berries
- 1 tbsp water

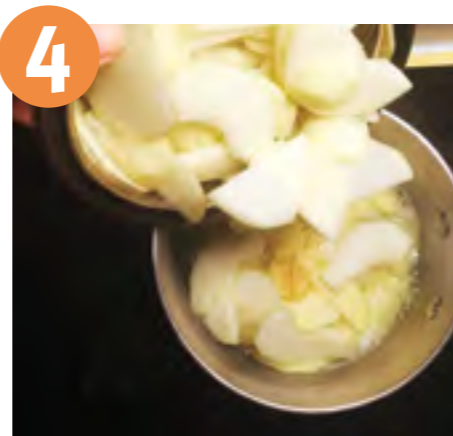
Step 1: Pour the milk/water and oats into a large saucepan over medium heat.

Step 2: Stir until bubbling and until desired consistency.

Step 3: Slice up fruit.

Step 4: Add fruit and water to saucepan over medium heat with lid on for 5mins. Remove lid and cook for another 2mins.

Step 5: Divide porridge and fruit into 4 bowls and serve.



Wheat biscuit with peaches

Serves 4 | Prep time: 5mins

Ingredients:

- 8 wheat biscuits
- 2 cups tinned peaches
- 4 cups low fat milk

Step 1: Divide wheat biscuits into four bowls.

Step 2: Open tinned peach and place contents in a bowl.

Step 3: Pour milk over wheat biscuits.

Step 4: Divide peaches between bowls.

Step 5: Serve breakfast.





Toddler Meals





Veggie fried rice

Serves 4 | Prep time: 10 mins | Cook time: 15 mins

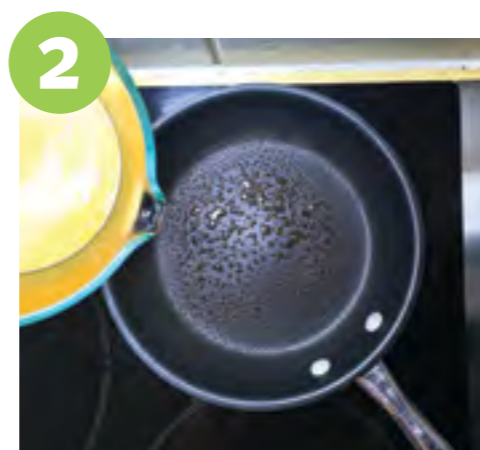
Ingredients:

- 2 cups cooked brown or basmati rice
- 4 eggs
- 1 head broccoli, cut into bite sized pieces
- 1 onion, diced
- 2 cups frozen peas, corn and carrot mix
- 2 tbsps olive oil
- 2 tbsps soy sauce

Step 1
Whisk eggs in a small bowl until bubbly.



Step 2
Coat frypan lightly with oil over medium heat and pour egg mix into frypan.



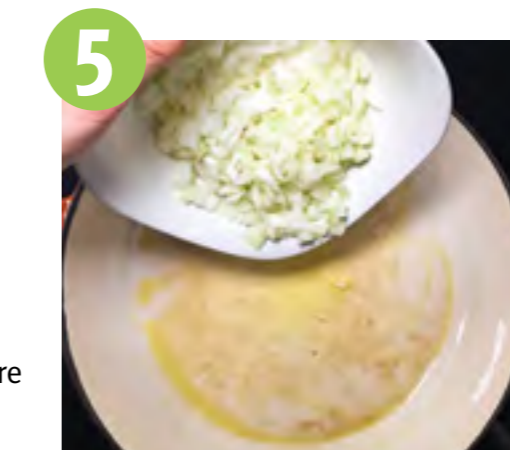
Step 3
Flip egg after 3 mins. It should look like an omelette.



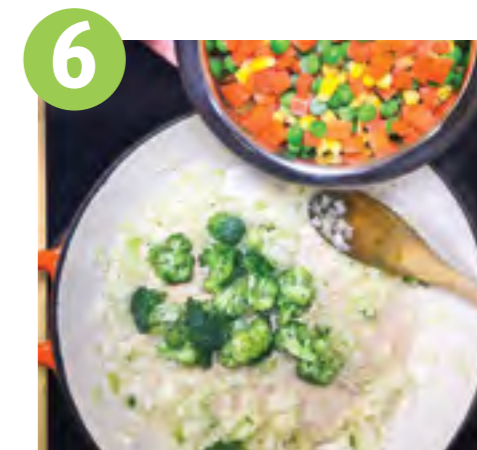
Step 4
Remove from pan and place omelette on plate. Cut into bite-sized pieces and set aside.



Step 5
Heat oil in pan and cook the onions for 2 mins.



Step 6
Add the broccoli and frozen vegetables and cook until vegetables are soft.



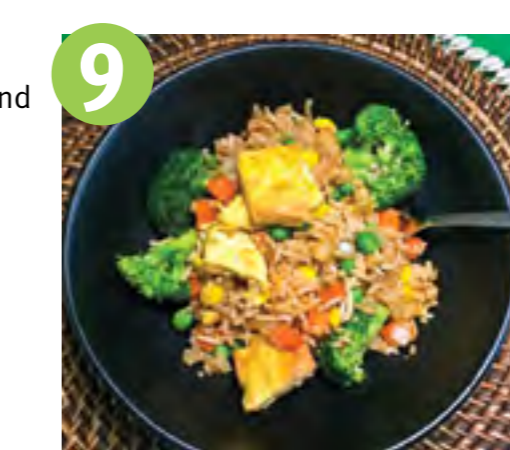
Step 7
Add the rice and soy sauce to the pan and stir to combine.



Step 8
Add strips of omelette and stir into fried rice.



Step 9
Place on dinner plate and serve.





Tuna bake

Serves 4 | Prep time: 15 mins | Cook time: 35 mins

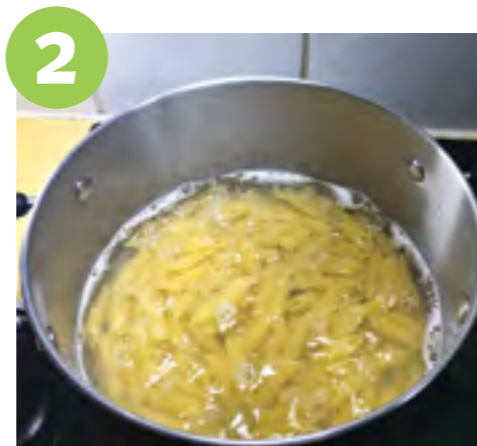
Ingredients:

- 2 cups of dry penne pasta
- 1 head of broccoli, cut into florets
- 1 cup frozen peas
- 425g tin of tuna in springwater, drained
- 1/4 cup flour
- 1 tbsp minced garlic
- 1 tbsp olive oil
- 2 cups low fat milk
- 1 cup low fat grated cheese

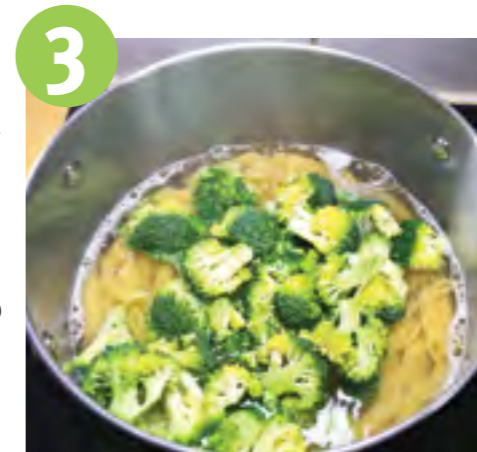
Step 1
Prepare ingredients.
Cut broccoli into florets.



Step 2
Cook pasta in large
saucepan of boiling
water.



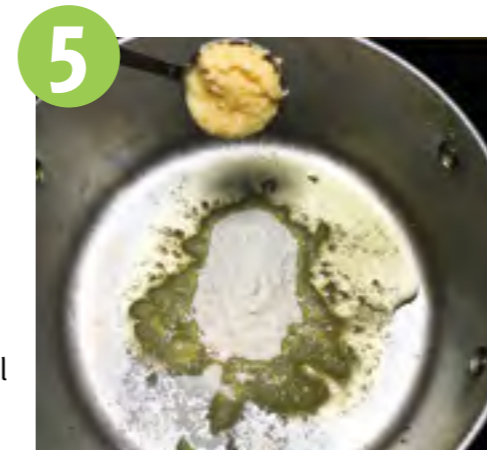
Step 3
Add the broccoli to the
pasta in the last 3 mins of
cooking.



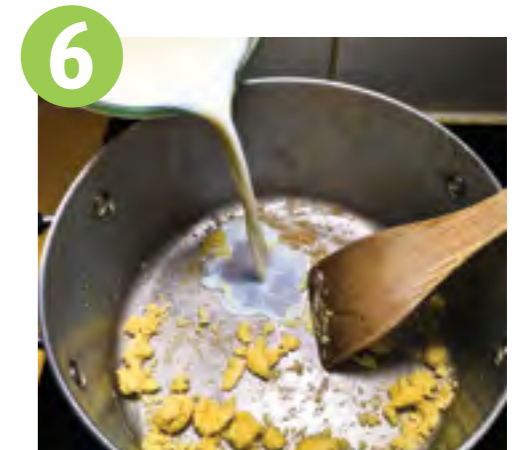
Step 4
Drain the water and put to
side.



Step 5
Put a pan on medium
heat, pour in the olive
oil, flour and garlic until
mixture thickens.



Step 6
Add the milk slowly and
stir for 10 minutes or until
mixture has thickened.



Step 7
Add the vegetables, tuna,
peas and cheese and mix
well.



Step 8
Pour mixture into an
ovenproof dish and cook
for 25 minutes or until
golden.



Step 9
Serve from the dish





Rice paper rolls

Serves 4 | Prep time: 30 mins

Ingredients:

- Rice vermicelli noodles
- 1 medium carrot, grated
- 1 small zucchini, grated
- 1 tbsp soy sauce
- 1 tbsp fresh lemon juice
- 8 round (16cm diameter) rice paper sheets

Step 1

Put noodles in a heatproof bowl and cover with boiling water for 5mins. Drain.



Step 2

Place carrot and zucchini in a microwave safe bowl, cover with 2 tbs water and cook for 3-5 mins until they are soft.



Step 3

Remove vegetables from microwave. Add noodles and soy sauce and stir.



Step 4

Soak a rice paper sheet in a dish of warm water for 10 seconds.



Step 5

Drain rice paper on paper towel, then put onto a clean surface.



Step 6

Put a spoonful noodle mixture into the middle of the rice paper sheets.



Step 7

Fold in the sides and begin to roll.



Step 8

Repeat with remaining rice paper sheets and noodle mixture. Serve immediately.



Cheesy broccoli bake

Serves 4 | Pre time: 15 mins | Cook time: 35 mins

Ingredients:

- 1 cauliflower, cut into florets
- 1 head of broccoli, cut into florets
- 1/4 cup of water
- 1/4 cup melted butter
- 1/3 cup flour
- 2 cups low fat milk
- 1 cup low fat grated cheddar cheese
- 1 tbsp of herbs (dried or fresh)

Step 1

Prepare ingredients. Cut the broccoli and cauliflower into florets.



2

Step 2

Put the broccoli and cauliflower in a large microwave safe bowl. Cover with water and cook in the microwave for 7 minutes.



3



4

Step 4

In a saucepan, melt the butter over a medium heat. Stir in the flour and mix well.



5

Step 5

Add milk to the pan slowly and whisk mixture at the same time. Once thick add cheese and herbs.



6



7

Step 7

Sprinkle with cheese



Step 8

Cook for 20 minutes and serve.



Vegetable frittata

Serves 8 | Prep time: 15 mins | Cook time: 45 mins

Ingredients:

- 2 zucchinis, grated
- 1 large carrot, grated
- 1 ½ cups chopped spinach (fresh or frozen)
- 10 eggs
- 1 cup low fat milk
- 1 ¼ cups low fat cheddar cheese
- 1 garlic

Step 1

Prepare the spinach, dice the capsicum and grate the zucchini and carrot



Step 2

In a large bowl, whisk eggs and milk



Step 3

Stir in zucchini, spinach, carrot, diced capsicum, cheese and garlic



Step 4

Pour mixture into a large oven dish lined with baking powder



Step 5

Cook in the oven for 45 minutes or until a skewer inserted into the middle of the mixture comes out clean



Alternatively, to cook faster, use a tray of muffin liners and pour mixture into cups and cook for 20-30 minutes





Toddler Snacks





Cucumber rounds

Serves 4 | Prep time: 10 mins

Ingredients:

- 1 medium cucumber
- Cottage cheese
- Corn kernels
- Carrot, grated
- Cherry tomatoes, cut in halves

Step 1: Cut cucumber into 1cm-thick slices.

Step 2: Slice cherry tomatoes in half.

Step 3: Grate carrots and drain corn kernels

Step 4: Assemble ingredients onto cucumber slices.



Avocado dip

Makes 1 ½ Cups | Prep time: 15 mins

Ingredients:

- 2 large avocados, chopped
- 1 small tomato, chopped
- 2 tbsps lime juice

Step 1: Cut avocado in half and empty into bowl

Step 2: Dice tomato

Step 3: Cut lime in half.

Step 4: Use a fork to mash the avocado until it is almost smooth. Add tomato and squeeze in lime juice. Stir to combine.

Step 5: Serve with chopped up vegetables such as carrot, capsicum and celery.





Fruit salad and yoghurt

Serves 4 | Prep time: 15 mins

Ingredients:

- 2 cups natural yoghurt
- 2 medium bananas
- 2 medium pears
- 2 medium apples

Step 1

Slice bananas and pears into bite size pieces



Step 2

Slice apples into bite size pieces.



Step 3

Mix sliced fruit into bowl and top with 1/2 cup of yoghurt.



Cheese dip

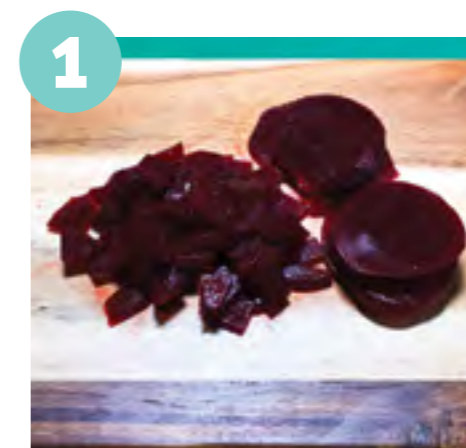
Serves 4 | Prep time: 5 mins

Ingredients:

- 250g cottage cheese
- 1 small cucumber
- 225g sliced beetroot (small tin)

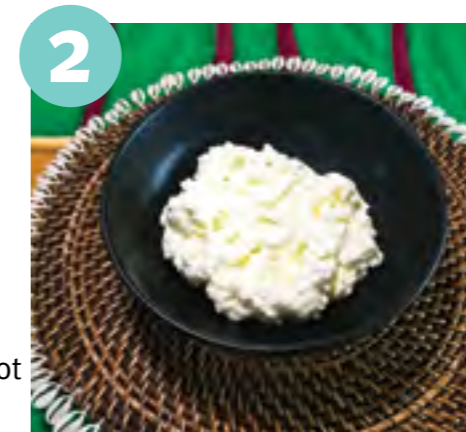
Step 1

Cut up cucumber and beetroot into small cubes.



Step 2

Place cottage cheese into a bowl and add cucumber and beetroot.



Step 3

Mix ingredients together.



Step 4

Serve with chopped up vegetables such as celery, carrot and capsicum.



Sandwich sushi

Serves 4 | Prep time: 15 mins

Ingredients:

- 8 slices wholemeal bread
- 3 tbsps cream cheese
- 2 small cans of tuna in springwater, drained
- 1 avocado, sliced
- 1 carrot, grated

Step 1

Place bread on a flat surface and cut off the crusts.



Step 2

Flatten each slice of bread with a rolling pin or can/jar.



Step 3

Spread each slice with cream cheese.



Step 4

Place drained tuna, sliced avocado and grated carrot on each slice of flattened bread.



Step 5

Roll up bread and cut in half.



Step 6

Arrange on serving plate.



Ham and cheese muffins

Makes 12 | Prep time: 20 mins | Cooking Time: 25mins

Ingredients:

- 1 ½ cups self-raising flour
- 1 cup grated low fat cheese
- 1 cup low fat milk
- 2 eggs
- ¾ cup cottage cheese
- ¼ cup olive oil
- ¾ cup diced ham
- 1 small can of corn kernels
- 1 cup fresh spinach leaves, chopped

Step 1

Whisk the eggs, and mix in milk and cottage cheese.



Step 2

In another bowl, combine flour and grated cheese. Pour the egg mixture into the flour mixture.



Step 3

Add olive oil and mix.



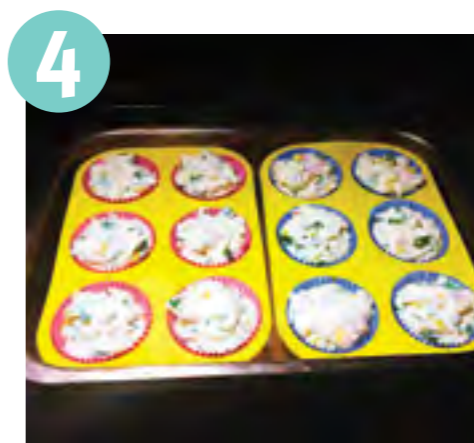
Step 4

Add ham, corn and spinach and mix well.



Step 5

Divide the mixture into the muffin tray.




Step 6

Bake for 25mins in a preheated oven 200deg (fan forced) until muffins are golden brown.

Acknowledgements

The development of Good Start Kai has been coordinated and led by the Good Start Program within Children's Health Queensland Hospital and Health Service. It has received invaluable input from the Maori and Pacific Islander community. Particular thanks to STEAM, a grassroots community group who represent Maori and Pacific Islander families and provided feedback into the structure and content of this resource.

For further information about the Good Start Program:

 (07) 3310 7800

 www.childrens.health.qld.gov.au/community-health/gsp/

 goodstart@health.qld.gov.au

