Cooking is fun!

Healthy eating and cookery club toolkit for primary schools and parents

www.greatgrubclub.com
Learning how to prepare healthy meals is an important skill in life, and the earlier children start the better. By acquiring this invaluable skill, children can also gain an understanding of the importance of a healthy and balanced diet.

This toolkit has been designed to support early years teachers, primary school teachers and parents of children aged 4 to 11 years old in establishing and developing cookery clubs. It also gathers, in one place, most of the information needed to teach children about healthy eating.

Offering a wealth of recipes and practical tips, the toolkit aims to show children and their parents and teachers how easy and fun it is to cook delicious and healthy meals.

Even though the toolkit is aimed at adults, the recipes have been designed for children and include simple step-by-step instructions they will find easy to follow. These may be photocopied and distributed to club members.

All the recipes published here include at least one type of vegetable or fruit – to help children reach the goal of eating at least five portions of vegetables and fruits every day. They also include a rough guide to how many servings each one makes, but this will vary depending on how old the children are and whether adults are eating the dish too! Most recipes serve four people, so if you are using them in a classroom environment, make sure you calculate the correct amount of ingredients.

This toolkit was produced by the Great Grub Club – World Cancer Research Fund (WCRF UK) children’s education programme – which encourages children to develop healthy habits by teaching them about healthy eating and physical activity in a fun and informative way.

WCRF UK is the principal UK charity dedicated to the prevention of cancer through the promotion of healthy diet and nutrition, physical activity and weight management.

The resource was reviewed by a team of teachers, scientists and nutritionists, and is based on WCRF UK’s Recommendations for Cancer Prevention. Our advice is kept up to date through our Continuous Update Project (CUP), which reviews and interprets the research on an ongoing basis. It updates the findings of our 2007 Expert Report, Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective, the most authoritative study of its kind ever published.

Happy cooking!

Some of the recipes in this toolkit need more adult help than others. Before starting, look over the recipe with the children and see what they can do alone and what needs your supervision. Look out for the hand symbol to see when and how children might need help.

Look out for the light bulb symbol to discover extra downloadable resources you can use to get your club members learning about healthy living. The resources include display materials, factsheets and much more. You can download them from our Great Grub Club Toolkits web section for free at www.greatgrubclub.com/toolkits.
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Why run a club?

Getting children involved in the kitchen is a great way to encourage them to eat healthily. They will eagerly tuck into something they have prepared themselves and take great pride in watching someone else enjoy their food.

With the support of a cookery club, children can learn about the importance of a healthy and balanced diet, how to plan and prepare balanced meals, find out what food is in season when, read and understand food labels, learn about food hygiene and food safety skills, and, above all, discover that cooking is fun!

What type of club?

You can run different types of clubs, depending on your availability, venue size, and the number of people helping out.

Here are some ideas:

- Run a weekly, monthly or quarterly cookery club as part of your existing after school, breakfast or holiday clubs.
- Run a one-off event at your school, as part of your winter or summer fair, where children can prepare some of the foods you are planning to sell at the event with the support of teachers and parents.
- Ask parents to help run out-of-school hours cookery clubs, where they can teach small groups to prepare some basic dishes.

How to set up a cookery club – what you need to know

1) Adult helpers

Running a cookery club takes time and commitment, and it’s important you have enough support from other adults.

Ideally you want one or two adults to be the club leader/leaders who can oversee the running of the club as well as take responsibility for the health and safety of the sessions.

Other helpers can focus on the practical side of the club, like buying the ingredients or equipment, preparing all that is needed before each session, and providing support to the club members during the session.

Make sure jobs are allocated and a rota is in place at the start of the club so helpers know which tasks they are responsible for at each session.

Consider how you could recruit helpers, for example contacting teachers, parents/carers, school catering staff, etc.
2) Members

Consider how many children you are able to cater for per session. This will depend on how many helpers you have at hand and the space available.

You might want to run clubs tailored to specific age groups, or a number of different age groups. It might be useful to have older children working with younger ones.

It's important that you have a good ratio of children to helpers.

Consider how you are going to recruit children, for example, on a first-come-first-served basis. If you have more requests than places consider putting a waiting list system in place.

Make sure helpers are aware of members' special needs, allergies or special medical requirements and treat this information as confidential.

When you have enough helpers and you are ready to recruit members, promote your cookery club in your local school or neighbourhood using posters, notice boards, newsletters for parents, etc.

3) Session planning

Consider how many sessions you will run and when. It might be easier to organise sessions in blocks of four or five to ensure commitment from helpers and attendance of members.

Also consider how long each session will last. Ideally you'll want it to be at least 90 minutes long to allow enough time for cooking and clearing up afterwards.

Consider what cooking skills members should learn and what recipes you want to cook.

The recipes included in this toolkit will help introduce some of the skills you can apply to other recipes (e.g., chopping, grating, peeling, etc). For more tasty, healthy recipes take a look at www.greatgrubclub.com.

It would be good to meet with the children before the club starts to ask what they would like to learn to cook.

If you are running the cookery club as part of a lesson, our KS1 and KS2 lesson plans and worksheets can help you link together some of the main healthy living topics. Take a look at the For Teachers section of www.greatgrubclub.com to find plenty of free ideas and downloadable resources to get you and your class learning about healthy living.

Here are some ideas for your cookery club sessions:

- Handling food – with the support of our lesson plans, displays and worksheets, children will learn how to be hygienic and how to stay safe in the kitchen.

- Healthy packed lunches – with the support of our lesson plans, displays, worksheets and interactive games, children will learn how to plan a healthy packed lunch that contains a variety of food groups that include a range of nutrients.

- Understanding food labels – with the support of our lesson plan and worksheet, children will learn how to read food labels and use them to make informed choices.

Whatever you are planning, make sure members and adult helpers are involved in the planning and running of the club as much as possible.
4) Location
You don't need a state-of-the-art kitchen to run a cookery club. Depending on the number of members you want to cater for, it is possible to run a cookery club from any room that's big enough to fit a chair for each member and a shared worktop space.

No matter how big or small the room is, you need to ensure that you have access to some basics, such as running water, cleaning products, waste-disposal facilities and a first aid box.

Remember, even if you don't have access to a stove or oven it's still possible to run a cookery club. You can focus the sessions on non-cooked recipes such as fruit dishes, salads, sandwiches, dips etc.

5) Cooking and storage facilities
Where possible, consider having the cookery club in a room where you have easy access to a fridge, hob and oven.

You'll also need some cooking equipment; take a look at page 14 for a list of useful utensils.

6) Funding
You will need to consider the cost of ingredients and any basic equipment that might be needed. To fund the club you could think about the following:

- Charge club members for attending the club to cover the cost of ingredients.
- Ask club members to bring their own equipment and ingredients.
- Contact a local supermarket or other local businesses to ask whether they might donate ingredients or sponsor the club.

7) Policies and procedures
If you are running the cookery club in a school environment it's quite likely all the relevant policies and procedures are in place already.

If not, take a look at the list below to ensure everything is in place before the start of the club.

- Adult checks – ensure that all of the adults involved in the club have a current Criminal Records Bureau (CRB) check. For more information visit the Criminal Records Bureau section of the Home Office website at www.homeoffice.gov.uk
- Parental consent – ensure that you have a signed parental consent form for each member of the club, together with any information about members' food allergies. We have included an application and parental consent form sample on page 10 for your reference.
- Food hygiene and safety – ensure that all the relevant training has taken place for the people who will be involved in delivering the sessions. It is recommended that at least one adult completes a Level 2 Award in Food Hygiene and Safety. Your Local Environmental Health Department (www.education.gov.uk) may be able to advise you about this. Ideally you will also want a first aider in your club, or to ensure you know how to promptly contact a first aider if needed.
- Risk assessment – to prevent any accidents ensure that relevant risk assessment forms are completed at the start of every session. We have included a risk assessment form sample on page 9 for your reference. For more information visit the Health and Safety Executive website at www.hse.gov.uk.
- Insurance – you and your cooking club will need to be covered by public liability insurance. Your school or venue might have this already, but you'll need to check that it covers a cooking club and food activities.
8) Running the cooking session

Ensure one adult is available before the start of each class to set up the equipment and ingredients and prepare the space. Another helper could take responsibility for photocopying and laminating the recipes you'll need for the session.

At the start of every session ensure you spend some time explaining safety in the kitchen to the participants.

At the end of the class allow time for cleaning up and putting ingredients and equipment away.

On the right is an example of how you may want to plan your session.

9) Evaluating success

It is important to review and monitor your club to evaluate its impact and identify areas for improvement.

You might also want to assess members' acquired skills and knowledge or see if your sessions have influenced members to make healthier food choices.

Here are some ideas of how to gather information for evaluation purposes:

- Have a comments box for the members and their parents to write their suggestions.
- Send out a questionnaire to parents at the end of the club to find out whether their children's new knowledge and ability to make healthier choices are having an impact at home or whether recipes from the club have been used at home.

<table>
<thead>
<tr>
<th>Session 1 – Time for breakfast</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
</tr>
<tr>
<td>10 minutes</td>
</tr>
<tr>
<td>- Complete register</td>
</tr>
<tr>
<td>- Complete food safety checks with the members</td>
</tr>
<tr>
<td>- Talk about what you'll be cooking this session, illustrating the step-by-step instructions</td>
</tr>
<tr>
<td>Cooking</td>
</tr>
<tr>
<td>60 minutes</td>
</tr>
<tr>
<td>- Show participants how to use the equipment safely</td>
</tr>
<tr>
<td>- Prepare and cook the dish</td>
</tr>
<tr>
<td>Discussion</td>
</tr>
<tr>
<td>20 minutes</td>
</tr>
<tr>
<td>- Eat the prepared dish together or wrap up the food to take home</td>
</tr>
<tr>
<td>- Summarise what members did, the skills they learned, what they enjoyed the most and the least and if they encountered any difficulties</td>
</tr>
<tr>
<td>- Hand out copies of the recipe for them to try at home</td>
</tr>
</tbody>
</table>

Suggested activity: Use the Great Grub Club downloadable displays at www.greatgrubclub.com/toolkits to teach children about cooking equipment and techniques, cooking words, hygiene rules, safe cooking and much more.
# Shopping list and planning sheet

Use this template to help you plan for each session.

<table>
<thead>
<tr>
<th>Menu</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time for breakfest</td>
<td></td>
</tr>
</tbody>
</table>

| Number of participants | 4 |

<table>
<thead>
<tr>
<th>Shopping list</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• 4 bananas</td>
<td></td>
</tr>
<tr>
<td>• sliced wholegrain bread</td>
<td></td>
</tr>
<tr>
<td>• large tub low-fat natural yoghurt</td>
<td></td>
</tr>
<tr>
<td>• 200ml of apple juice</td>
<td></td>
</tr>
<tr>
<td>• ground nutmeg</td>
<td></td>
</tr>
<tr>
<td>• ground cinnamon</td>
<td></td>
</tr>
<tr>
<td>• 4 cloves</td>
<td></td>
</tr>
<tr>
<td>• 150g dried fruits, for example prunes, apricots or raisins</td>
<td></td>
</tr>
<tr>
<td>• 1 lemon</td>
<td></td>
</tr>
<tr>
<td>• 150g rolled oats</td>
<td></td>
</tr>
<tr>
<td>• 450ml semi skimmed milk and 450ml water</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Equipment needed for the session</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• toaster</td>
<td></td>
</tr>
<tr>
<td>• 4 spoons</td>
<td></td>
</tr>
<tr>
<td>• 4 butter knives</td>
<td></td>
</tr>
<tr>
<td>• 4 plates</td>
<td></td>
</tr>
<tr>
<td>• 2 knives</td>
<td></td>
</tr>
<tr>
<td>• 2 chopping boards</td>
<td></td>
</tr>
<tr>
<td>• 4 saucepans</td>
<td></td>
</tr>
<tr>
<td>• 4 teaspoons</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other items needed</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• tablecloth</td>
<td></td>
</tr>
<tr>
<td>• cutlery</td>
<td></td>
</tr>
</tbody>
</table>
Here is an example of a generic risk assessment form. It’s important that you complete both a general and an activity specific risk assessment form for each session. If you are running your cookery club in a school environment they might have a risk assessment form template you can use. Some other venues may also have risk assessment forms in place, so ask them when you book the space.

<table>
<thead>
<tr>
<th>Activity/ session</th>
<th>What are the hazards?</th>
<th>Who might be harmed?</th>
<th>Risk ranking</th>
<th>What are you already doing?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cutting vegetables</td>
<td>Cutting fingers</td>
<td>Children</td>
<td>Medium</td>
<td>Safe use of knives to be explained and demonstrated</td>
</tr>
<tr>
<td></td>
<td>Stabbing</td>
<td>Helpers</td>
<td></td>
<td>Knives suitably stored when not in use</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Safety posters displayed</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>First-aid box provided and nominated first-aider always on site</td>
</tr>
<tr>
<td>Using conventional ovens</td>
<td>Burning</td>
<td>Children</td>
<td>Medium</td>
<td>Safety measures and use explained, and demonstrated (only children assessed as competent allowed near sources of heat with increased adult/child ratio)</td>
</tr>
<tr>
<td></td>
<td>Scalding</td>
<td>Helpers</td>
<td></td>
<td>Instructions for safe use clearly displayed</td>
</tr>
<tr>
<td></td>
<td>Fire</td>
<td></td>
<td></td>
<td>Appliances regularly safety checked</td>
</tr>
<tr>
<td></td>
<td>Explosion</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Signed
Position
Additional comments
Here is an example of an application and parental consent form.

<table>
<thead>
<tr>
<th>Name of cookery club:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/time:</td>
</tr>
<tr>
<td>Start date:</td>
</tr>
<tr>
<td>Finish date:</td>
</tr>
<tr>
<td>Cost:</td>
</tr>
<tr>
<td>Club leader/s:</td>
</tr>
<tr>
<td>Equipment required:</td>
</tr>
<tr>
<td>Please return this application by:</td>
</tr>
</tbody>
</table>

I would like my child to join the above cookery club.

| Name of child:          |
| Class (if applicable):  |
| Name of parent/carer:  |
| Signed:                |

**Medical information:**

- Does your child have any allergies? Yes ☐ No ☐
  If 'Yes', please give details:

- Does your child have any medical issues/use any medication? Yes ☐ No ☐
  If 'Yes', please give details:

**Emergency contact telephone numbers:**

If your child cannot attend any club sessions for whatever reason, we would be grateful if you could let us know in advance. This is for the safety of your child so that the club leader can account for any non-attendance.
Below is a useful checklist of things you should do at the start of each session.

<table>
<thead>
<tr>
<th>Name of club leader/s:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of session:</td>
<td></td>
</tr>
<tr>
<td>Number of members attending:</td>
<td></td>
</tr>
<tr>
<td>Number of helpers attending:</td>
<td></td>
</tr>
</tbody>
</table>

- Review your risk assessment
- Complete the register
- Check that you have all of the signed permission forms and information on members’ allergies and/or special needs
- Wipe all surfaces with antibacterial spray
- Make sure that the floor is clean and dry
- Check that the fridge, hob and oven are in good working condition
- Check whether any members are suffering from sickness (they should not be in the kitchen until 48 hours after they have recovered)
- Ask members and helpers to cover cuts and grazes with waterproof coloured plasters
- Ask members and helpers to tie back their hair, take off any jewellery and put on an apron
- Ask members and helpers to wash their hands with soap and water
- Wash all fruit and vegetables
- Set out chopping boards and knives
- If not using immediately, cover and store food in a fridge or cool box
- Make sure knives are stored safely away when not in use
Cooking is great fun, but as there are some dangers too, like heat and knives or even food poisoning, children must always take care to be safe in the kitchen.

Before you start

- Make sure that all equipment and utensils are clean and that food contact surfaces are disinfected.
- Check that the fridge and freezer are in good working order.
- Before cooking, members and helpers should tie back long hair, wash hands and put on an apron.

Food safety

- Vegetables and fruits should always be washed if they are not going to be peeled.
- Make sure members use separate chopping boards for meat, fish and vegetables.
- Members and helpers should always wash their hands after handling raw meat or fish.
- Food should be cooked and chilled properly.
- Avoid leaving perishable food at room temperature for too long.
- Use products within the use by dates.

Safe cooking

- Turn on the oven or hob only when needed. Don’t leave pan handles sticking out when using the hob.
- Members and helpers should always use oven gloves when taking food in and out of the oven.
- Remind children not to plug in or use any electrical equipment without asking an adult’s permission.
- Remind children to be careful with knives. Help them to choose a knife and if needed also help them chop the food. Children should never walk around carrying knives.

Hygiene rules

- Members and helpers should wash their hands often while cooking, especially after handling raw foods, blowing their nose, touching the bin or using the toilet.
- Members and helpers should take off any bracelets and rings.
- Make sure the working surface is kept clean and disinfected.
- Make sure that anything spilled on the floor is wiped up immediately.
- Throw away any food that has fallen on the floor.
- Members and helpers should cover cuts with coloured waterproof plasters/dressings.
- Empty all of the rubbish bins as they fill up and dispose of any appropriately.
- Club leaders should make sure they are always aware if any of the members have any skin, nose, throat, stomach or bowel problems or infected wounds.

Suggested activity: Download our Safe cooking and hygiene rules displays at www.greatgrubclub.com/toolkits to show children before the start of each session.
Food storage

Fridge storage
Some foods need to be kept in the fridge to help stop bacteria growing. These include foods with a use by date, cooked foods and ready-to-eat foods such as desserts and cooked meats.

Top tips for fridge storage:
• Keep your fridge below 5°C /40°F.
• When preparing food, keep it out of the fridge for the shortest time possible.
• Keep food refrigerated until you’re ready to serve it.
• Cool leftovers as quickly as possible (within 90 minutes) and store them in the fridge. Eat within two days.
• Never put open cans in the fridge as the metal of the can may transfer to the can’s contents. Transfer the contents into a storage container.

Use by dates
These appear on foods that go off quickly such as fish and meat products as well as freshly prepared salads. It is important to follow the storage instructions on the label and not to use any food or drink after the use by date. If the food can be frozen its life can be extended beyond the use by date but always make sure you follow the instructions on the pack – such as ‘freeze on day of purchase’, ‘cook from frozen’ or ‘defrost thoroughly before use’.

Freezing guidelines
• The freezer should be -18°C/0°F or lower.
• Let foods cool down thoroughly before freezing them.
• Be sure to date foods stored in the freezer as they lose quality as time goes on.

Defrosting guidelines
• Foods can be defrosted in the fridge. After food has been defrosted it should be safe to eat for up to two days.
• When cooking defrosted food, always ensure it is hot all the way through.
• The quickest way to defrost frozen food is to microwave it on the defrost setting. Food thawed in the microwave should be cooked or reheated immediately. This is because microwaves do not heat food evenly and some parts of the food heat up too quickly and allow bacteria to grow. Cooking the food straight away will kill the bacteria.
Below are some examples of the cooking equipment you might need for your cookery club. Depending on the number of members you may need more than one of certain items.

As well as these, you should also provide:
- Aprons
- Plastic containers
- Wash basin, sponge or brush and washing up liquid
- Plastic tablecloths
- Tea towels and kitchen towels
- Cleaning products
- Anti-bacterial spray
- Rubbish bags, dustpan and brush

Suggested activity: Use the Great Grub Club downloadable displays at www.greatgrubclub.com/toolkits to teach children about cooking equipment cooking words, safe cooking and much more.
Eat well, live well – teaching ideas for your club

This section of the toolkit looks at the importance of a balanced diet and developing healthy eating habits early in life. Healthy eating habits are often formed during childhood and can help to reduce the risk of cancer and other diseases later on in life. This section includes information on food and nutrition, healthy cooking methods and ingredients, understanding food labels, safe food storage and cooking equipment and what’s in season. You can use the information provided and the suggested activities when planning your sessions to ensure the different aspects of healthy eating are covered.

Getting the balance right

Different kinds of foods give your body different kinds of nutrients. Having the right amount of each food is called having a ‘balanced diet’. We need a balanced diet to stay healthy. All the food we eat can be divided into these five food groups:

- Starchy foods (bread, rice, potatoes, pasta, cereals)
- Vegetables and fruits
- Milk and dairy
- Meat, fish, eggs, beans and nuts
- High fat/sugary foods (biscuits, chocolate, cake, crisps)

Eat well plate

To stay healthy we need to eat a balance of different foods – this means eating the right amount from each food group.

**Suggested activity:** Children can play our interactive game Our healthy plate available at www.greatgrubclub.com/for-teachers. It’ll teach them about food groups and how much of each type of food they should be eating.

**Suggested activity:** Children can use the Great Grub Club downloadable sheet Our plate of good health and Plan a healthy meal – available at www.greatgrubclub.com/for-teachers – to design their own balanced meal.
Reshape your plate

An easy way to make sure you are eating the right balance of foods is by reshaping your plate. Fill two-thirds (or more) of your plate with plant foods such as vegetables, wholegrains, pulses such as beans and tubers such as potatoes and one-third (or less) with lean meat, fish, poultry or reduced-fat dairy.

Nutrients

All food contains nutrients. There are various nutrients, and different foods contain different amounts of them. Different nutrients help our bodies in different ways. By eating a balanced diet we will get all the nutrients our bodies need to stay healthy.

Some common nutrients are:

- **Vitamins** – for example vitamin C, which is good for our skin, and vitamin A, which is good for our eyesight. You find vitamins in vegetables and fruits, lean meat, dairy and wholegrains.

- **Minerals** – for example calcium, which helps to keep our bones strong, and iron, which keeps our blood healthy. You find minerals in lean meat, milk, green vegetables and fish.

- **Carbohydrate** – gives us energy. You find carbohydrate in wholegrain bread, pasta, rice, potatoes, vegetables and fruits.

- **Protein** – is needed for growth and repair. You find protein in meat, fish, eggs, nuts and pulses like beans.

- **Fibre** – helps to move food through our bodies so that we go to the toilet regularly. You find fibre in wholegrain versions of bread, rice, pasta and cereal, as well as in beans, lentils, potatoes, vegetables and fruits.

- **Fat** – gives us energy, but eating too much can be bad for our health and can lead to weight gain. We only need a little fat, and it’s best to choose healthier fats such as rapeseed oil. You find fat in oils, meat, dairy products, nuts, cakes, biscuits, crisps and some other snacks.


5 A DAY, every day

Children and adults should eat at least 5 portions of vegetables and fruits every day. Vegetables and fruits help to keep our bodies healthy because of the nutrients they contain such as vitamins and fibre.

What else counts?
- Canned, dried and frozen vegetables and fruits.
- Vegetables and fruits that are mixed with other foods, for example with porridge or in a pasta sauce.
- Fruit juice, beans, pulses and baked beans, but only as one portion, no matter how much of them you have.
- Potatoes don’t count but they’re still important for keeping healthy.

What is a portion?

A child’s portion of vegetables and fruits is roughly what can fit into their cupped hand. Here are some examples of what might fit into a child’s cupped hand to make one portion:
- An apple, orange, chopped banana, plum or satsuma.
- Some smaller fruits like grapes or berries.
- A small slice of a large fruit like a melon or pineapple.
- Some vegetables like carrots or broccoli.
- A medium tomato or a few cherry tomatoes.

Taste a rainbow

Different vegetables and fruits contain different vitamins and minerals. The best way to make sure you are getting a wide variety is to eat a colourful mixture – think of a rainbow and try to eat foods that come in all its different colours.

Suggested activity:
- Children and adults should eat at least 5 portions of vegetables and fruits every day. Vegetables and fruits help to keep our bodies healthy because of the nutrients they contain such as vitamins and fibre.
- Suggested activity: Children can use the Great Grub Club downloadable sheet My rainbow fruit salad – available at www.greatgrubclub.com/for-teachers – to design their own fruit salad using five different fruits.
- Suggested activity: Ask children to show you their cupped hand and give examples of one portion of different vegetables and fruits.
- Suggested activity: Ask the children to name five different vegetables and fruits of different colours, such as green beans, yellow banana, red pepper, orange satsuma and purple grapes.
- Suggested activity: Children can use the Great Grub Club downloadable sheet Taste a Rainbow wall chart – at www.greatgrubclub.com/toolkits – to keep track of all the colourful vegetables and fruit they eat in one week.
Food labels

Most packaged shop-bought foods are labelled to show how much energy they provide per 100g and also how many of some nutrients they provide.

Take a look at each item listed in the nutritional information of a typical food item:

- **Energy** – measured in kilojoules (kJ) and kilocalories (kcal). kcal is the main measuring unit used in the UK, and we normally refer to kcals as ‘calories’. To maintain a healthy weight you need to balance the amount of energy you take in with the amount you use up each day.

- **Protein** – measured in grams. Your body needs protein for growth and repair. It can also be a source of energy.

- **Carbohydrate** – measured in grams. Carbohydrate gives us energy. Healthy sources include wholemeal breads, wholegrain cereals, wholegrain rice and pasta as well as potatoes, pulses and some vegetables.

- **Fat** – measured in grams. Your body needs a small amount of fat to stay healthy. Too much fat is not good for you. Fat also gives us energy and can be found in foods such as nuts, meat, eggs and avocados. You can also find a type of fat called saturated fat in fatty meat, dairy products, foods like pies, cakes and many fried foods. Eating too much of this fat is not good for your body.

- **Fibre** – measured in grams. Fibre helps you to go to the toilet regularly. It helps you to keep a healthy weight and keep your heart healthy. Good sources include wholemeal breads and cereals, fruits, vegetables and pulses such as beans.

- **Salt (and its component sodium)** – measured in grams. Too much salt is not good for you. In total, children should have no more than 3g of salt a day if they are 4-6 years old and no more than 5g a day if they are 7-10 years old.

**Suggested activity:** Children can use the Great Grub Club downloadable sheet **Understanding food labels** – available at www.greatgrubclub.com/toolkits – and some popular food labels to see if they are healthy.

Traffic light labelling

Traffic light labelling looks at the amount of energy, sugar, fat and salt in food to determine whether it is healthy.

What do the traffic light colours mean?

- **Red (high)** = eat small amounts, or just occasionally
- **Amber (medium)** = OK most of the time
- **Green (low)** = a healthier choice

We should base our diets mostly on foods that fall into the green category, have moderate amounts of foods from the amber category and limit our intake of foods from the red category.

Remind children of the guideline daily calorie intake for adults (2000 kcal for women, 2500 kcal for men) and ensure they know that this is for adults and so is not necessarily correct for children. Whilst it is good practice for children to know how to use food labels, they shouldn’t worry too much about their daily calorie intake – rather they should just make sure they eat a balanced diet.
5 easy ways to reduce...

When preparing food with children keep these handy tips in mind to help you reduce the amount of salt, sugar and fat you use.

Salt

1. Don’t add salt when cooking – if you do, add it towards the end of the cooking time and try to gradually reduce the amount you add.

2. Experiment with herbs and spices to add flavour instead of salt.

3. Choose reduced-salt options when buying baked beans and tinned spaghetti.

4. Buy pulses and fish tinned in water rather than brine, or rinse before using to remove as much of the salt as possible.

5. If you use canned vegetables such as sweetcorn, look for those which are canned in water with no additional salt or sugar.

Sugar

1. Make fruit purées with naturally sweet fruit like mango. Use fruit purees to top fat-free Greek yoghurt for a healthy dessert.

2. Buy reduced sugar versions of baked beans and tinned spaghetti.

3. Use spices and other flavours instead of adding sugar. Lemon and orange zest bring out fruit flavours and vanilla and cinnamon are a good choice for adding sweetness.

4. Buy fruit canned in juice, not syrup.

5. Use dried fruit to sweeten desserts instead of sugar.

Fat

1. Try to replace some of the meat in a dish by adding vegetables, beans, pulses or grains such as barley.

2. Try not to cook with pastry too often. If you do, filo pastry is a better option than puff or shortcrust pastry.

3. Use semi-skimmed or skimmed milk when cooking and use low-fat cream cheese and half-fat mature hard cheese rather than full-fat versions.

4. Trim visible fat from meat and remove skin from chicken and turkey before cooking. Use leaner cuts of meat where possible.

5. Try healthier ways of cooking; take a look at the next page for more details.

Suggested activity: Children can use the Great Grub Club downloadable sheet Spectacular spices – available at www.greatgrubclub.com/toolkits – to learn about some commonly used spices.
Healthy cooking methods

How you cook food is almost as important as what you cook. Rather than frying foods or cooking with lots of oil, butter or margarine, try these healthier cooking methods.

Stir-frying
Stir-frying is a healthy cooking method as the food is only cooked for a short time, so it retains its colour, flavour and nutrients. Plus, you only need a tiny amount of oil.

Steaming
Steaming is perfect for retaining vitamins as well as colour and texture when cooking fresh vegetables. Stove top steamers and steamer inserts are inexpensive to buy or you can easily turn any saucepan into a steamer by using a metal colander and a saucepan lid.

Baking and roasting
Baking and roasting also require little or no oil. These are ideal ways to cook tender cuts of meat, poultry, fish, tomatoes and some vegetables. Chicken, fish and vegetables can also be baked in greaseproof paper or foil parcels with a little reduced-salt stock.

Dry frying
Dry frying is cooking in a heavy-based non-stick pan without adding any oil at all. The food cooks in its own liquid or fat, so this is an ideal way to cook oily fish such as salmon, sardines, herrings and trout. This method can also be used to brown meat and mince before using in other dishes, so that you can drain off the fat before adding other ingredients.

Microwaving
Microwaving is a good way of cooking vegetables. Always use microwave-safe cookware rather than plastic wrap or styrofoam.

Grilling
When grilling, only the smallest amount of oil is needed to prevent food from drying out. Chicken, chops, some vegetables, steaks and fish can all be grilled. Grilling also allows fat to run off the food. You can use marinades to help keep grilled food moist.

Poaching
Gently poaching in water, stock or skimmed milk adds little or no fat at all and is a healthy method of cooking chicken, fish and eggs.

Suggested activity: Use the Great Grub Club downloadable displays at www.greatgrubclub.com/toolkits to teach children about cooking equipment, cooking words, safe cooking and much more.

Cooking oils
Olive oil and vegetable oils like sunflower and rapeseed oils are healthy choices for cooking. You should always use an oil that is intended for cooking and avoid reusing oils.

Avoid heating oils to their smoking point as once they reach their smoking point their chemical structure can alter, though it is not clear whether this is linked to any health risks.

If a recipe requires cooking at a high temperature then it might be best to use a vegetable oil, like rapeseed oil, which has a higher smoking point than olive oil.
10 ways to prevent cancer

WCRF UK's Recommendations for Cancer Prevention and how they apply to children

Our 10 Recommendations for Cancer Prevention are based on the findings of our Expert Report – Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective which was published with the goal of reducing cancer risk around the world. These Recommendations have since been strengthened by further evidence from our Continuous Update Project (CUP) which compiles the most up-to-date evidence available on how people can reduce their cancer risk through diet and physical activity. Although these Recommendations are aimed at adults, they include habits that, if adopted in childhood, may result in healthy lifestyle choices that could last a lifetime, and may decrease a child’s risk of a range of cancers in adulthood.

1. Be as lean as possible without becoming underweight

Maintaining a healthy weight is one of the most important things we can do to reduce our risk of cancer. WCRF UK recommends that adults aim to be at the lower end of the healthy Body Mass Index (BMI) range. A healthy BMI for adults is between 18.5 and 24.9 and is calculated by dividing weight in kilograms by height in metres squared (kg/m²).

Children who are overweight are likely to remain overweight as adults or to become obese. Overweight families can also influence children’s diets and health. Body fat changes with age and differs between boys and girls, so the healthy BMI range for adults does not apply to children. However, following this set of Recommendations should help your child maintain a healthy weight. If you are concerned about your child’s weight, your GP (or other healthcare provider) can advise you on a healthy BMI for your child.

2. Be physically active for at least 30 minutes every day

As well as helping us to avoid weight gain, research shows that physical activity itself, in any form, can help to prevent cancer. Being moderately active for at least 30 minutes a day is a great starting point for adults and can be achieved by building more activity, like brisk walking, into our everyday lives. However, for maximum health benefits, scientists recommend that adults aim for 60 minutes or more of moderate activity every day, or 30 minutes or more of vigorous activity.

It is important that children are encouraged to lead active lifestyles at a young age. Inactive children are likely to become inactive adults. The Government recommendation for children of pre-school age who are capable of walking unaided is that they achieve a total of at least 180 minutes of physical activity each day, and for children aged 5-18 a total of at least 60 minutes of moderate to vigorous intensity physical activity each day. This can be done in short bursts and spread over the day.

3. Avoid sugary drinks.

Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fibre, or high in fat)

Choosing healthy foods and drinks instead of those that are high in fat, sugar and calories (energy-dense) can help us avoid becoming overweight or obese, and reduce our risk of cancer. It’s worth noting that some energy-dense foods such as nuts, seeds and some vegetable oils are important sources of nutrients, and have not been linked with weight gain when eaten as part of a typical diet.

It can be difficult to control how much energy your child is consuming, especially if they eat a lot of energy-dense foods; just a small amount of these can contain a lot of calories. It’s OK for children to eat energy-dense foods sometimes, or in small quantities, especially if they are very active and burn a lot of energy throughout the day, but try not to make these the basis of their diet. Sugary drinks are best avoided altogether as they are easy to drink in large quantities but don’t make us feel full, even though they are high in calories.
4. Eat more of a variety of vegetables, fruits, wholegrains, and pulses such as beans
For good health, WCRF UK recommends that we base all of our meals on plant foods, which contain fibre and other nutrients that can help reduce our risk of cancer. When preparing a meal, aim to fill at least two-thirds of your plate with a mix of plant foods like vegetables, rice, pasta and lentils, and opt for wholegrain options whenever possible. Fill the remaining third with lean meat, reduced-fat dairy, fish or poultry.

If a child develops an enjoyment of these foods at a young age, not only will they benefit nutritionally, they will also find it easier to include these foods in their diet later on in life.

5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats
To reduce your cancer risk, eat no more than 500g of cooked red meat (700-750g of raw meat) per week. This quantity is for adults.

Young children have smaller stomachs and lower calorie requirements than adults so red meat consumption should be even lower than the amount recommended for adults. The term ‘processed meat’ refers to meats preserved by smoking, curing or salting, or by the addition of preservatives, and includes ham, bacon, salami, hot dogs and some sausages. Although these might be easy packed lunch options, WCRF UK recommends avoiding processed meats almost always. It’s better to choose alternatives such as lean meat, chicken, tuna, egg, low-fat cheese or houmous.

6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day
For cancer prevention, we recommend not drinking alcohol at all. However, our Expert Report recognised that modest amounts of alcohol may have a protective effect against heart disease.

Obviously, children should not consume alcohol.

7. Limit consumption of salty foods and foods processed with salt (sodium)
Consuming too much salt can be harmful to our health, increasing our risk of stomach cancer as well as high blood pressure. Our daily intake of salt should be less than 6g (2.4g sodium), which is a level teaspoon of salt – we actually need much less than this.
The Food Standards Agency recommends that for children, the daily intake of salt should be no more than 2g a day for ages 1 to 3 years, no more than 3g a day for 4 to 6 years and no more than 5g a day for 7 to 10 years of age. Some food labels list the sodium content (instead of salt), so to find out the salt content, just multiply sodium by 2.5.

8. Don’t use supplements to protect against cancer
The benefits of eating a balanced diet cannot be replaced by taking supplements like multivitamins. There are some situations when you or your child can benefit from taking supplements – your GP (or other healthcare provider) can advise you on this.

By eating a balanced diet, you and your child will benefit from a range of nutrients that may help to reduce your risk of cancer.

Special population recommendations
9. It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods
Your midwife (or other healthcare provider) will be able to offer advice and support on this. Evidence shows that breastfeeding can help protect mothers from breast cancer and babies from excess weight gain.

Research shows that babies who are breastfed are less likely to consume too many calories than babies who are fed infant formula, so they are less likely to become overweight or obese as they grow up.

10. After treatment, cancer survivors should follow the Recommendations for Cancer Prevention
Cancer survivors are people who are living with a diagnosis of cancer, including those who have recovered from the disease. WCRF UK recommends that after treatment, cancer survivors should follow the WCRF UK Recommendations for diet, healthy weight and physical activity, unless unable to do so or advised differently by their GP (or other healthcare provider).

People who are currently undergoing treatment for cancer are likely to have special nutritional requirements. It’s best to ask an appropriately trained health professional for advice.

WCRF UK also advises against smoking or chewing tobacco in any form.
Try to make use of vegetables and fruits when they are in season – they'll have the best flavours and are usually cheaper.

### What to look for in Winter (December to February):
- apple
- brussels sprouts
- cabbage (savoy and white)
- carrot
- cauliflower
- leek
- onion
- parsnip
- potato
- pumpkin
- purple sprouting broccoli
- rhubarb (forced)
- swede
- turnip

### What to look for in Spring (March to May):
- apple
- asparagus
- brussels sprouts
- cabbage (savoy)
- carrot
- cauliflower
- cucumber
- lettuce
- onion
- parsley (flat-leaf)
- potato
- purple sprouting broccoli
- radish
- red onion
- rhubarb

### What to look for in Summer (June to August):
- apple
- basil
- beans (runner and French)
- beetroot
- broccoli
- carrot
- cauliflower
- celery
- courgette
- cucumber
- fennel
- lettuce
- onion
- potato
- radish
- raspberry
- red onion
- rocket
- rhubarb
- strawberry

### What to look for in Autumn (September to November):
- apple
- blackberry
- butternut squash
- brussels sprouts
- cabbage (savoy and spring green)
- carrot
- cauliflower
- celery
- kale
- leek
- onion
- parsnip
- potato
- pumpkin
- purple sprouting broccoli
- radish
- spinach
- turnip
There is an almost endless range of vegetables and fruits available in supermarkets and local grocery stores. The list below covers some of those used most commonly in cooking.

**Vegetables**

**Aubergine** Most aubergines are teardrop-shaped and have a glossy purple skin. Choose aubergines that are firm and have a shiny skin. Wash the aubergine, remove its stalk and slice or chop into chunks. It can be baked with a dash of olive oil, lightly stir-fried or microwaved.

**Broccoli** The part of a broccoli plant we normally eat is the lovely flowerhead – the flowers are usually green but sometimes purple. Broccoli can be eaten raw in a salad or with dips, or lightly cooked in a stir-fry. It can also be boiled in water, but is best steamed (in a steamer, on the hob or in the microwave) to preserve its water-soluble vitamins.

**Carrot** It contains lots of beta-carotene – this helps to keep your eyes and skin healthy. Carrots can be chopped or sliced into sticks and eaten raw as crudités or grated into salads. To cook, chop carrots into small or large pieces and steam or lightly boil for 5-8 minutes or until just tender. Cooked carrots can also be used in soups or made into mash.

**Garlic** You only need to use one or two of these to add loads of extra flavour to a food. It can be roasted whole, or chopped and cooked in many dishes.

**Green beans** French beans, runner beans, common beans, bobby beans, string beans, Thai beans, wax beans and haricots verts are all names for different types of green bean. Green beans are picked when they are very young – they should be bright in colour and firm. To eat the beans, the ends should be chopped off – this is called ‘topping and tailing’. They only need to be cooked in boiling water or steamed in the microwave for a few minutes.

**Leeks** These are in the same family as onion and garlic – they are allium vegetables. Choose leeks that are firm with leaves that snap. Wash well and slice. Leeks can be lightly steamed for up to 6 minutes, used in soups and casseroles or lightly stir-fried.

**Mushrooms** Although mushrooms are not fruits or vegetables (they are actually a type of fungus), they still count as one of your 5 A DAY. You can enjoy mushrooms raw in salads, cooked in sauces such as bolognese, in stir-fries, soups and risottos or grilled as part of a healthy cooked breakfast! Rather than washing mushrooms before use, just wipe off any dirt using a piece of damp kitchen roll or a mushroom brush if you have one. Varieties include: button, portobello, chestnut, porcini, shitake and oyster.

**Onion** As well as the common white onion, the onion family also includes red onions and shallots. To prepare, chop off the top and bottom and peel off the papery skin. Onions can be sliced into rings or finely chopped for use in salads or as a base for a wide range of sauces, soups and more.

**Peppers** Red, yellow, green and orange peppers are all widely available and each has a slightly different taste – green peppers are the least sweet. To prepare, carefully cut all the way round the stalk at the top of the pepper, then twist the stalk and pull out (this should remove most of the seeds). Then wash and shake out any remaining seeds. Peppers can be oven-roasted, added to pasta sauces and stir-fries or chopped into slices for salads or crudités.

**Potatoes** These tubers can be cooked in many different ways. Scrub them well and bake or boil in their skins. They can also be peeled and boiled or mashed, roasted or sautéed. There are lots of different varieties available, and it usually says on the label what they are suitable for.
Spinach  Spinach leaves should be thoroughly washed under a tap to remove any dirt. They can be eaten raw in a salad, or lightly boiled or stir-fried.

Squashes  These vegetables come in many shapes and sizes. They include courgettes, butternut, pumpkins, acorns and marrows. Apart from courgettes, all need peeling and their seeds removing before you cook. They can be baked, boiled, roasted, stuffed or puréed, and used to make soups or pies.

Fruit

Apple  Granny Smith, Royal Gala, Golden Delicious, Cox and Pink Lady are just a few of the thousands of different kinds of apple that are grown around the world. A great convenience food, simply wash and eat raw. Large apples are delicious puréed, stewed or baked on a low heat.

Bananas  Bananas make a nutritious snack. They are a great source of energy and contain lots of vitamins and minerals, especially potassium, which is important to help cells, nerves and muscles in your body to work properly and it helps to lower blood pressure. You can eat them raw, baked, dried or in a smoothie.

Berries  Strawberries, blueberries, blackberries, raspberries and gooseberries all taste delicious eaten raw in fruit salads or yoghurt or lightly cooked to make fruit compote or added to crumbles or muffins. Most berries are also available dried or frozen.

Citrus fruit  Lemons, limes, tangerines, clementines, grapefruits and oranges are all citrus fruits. They are a good source of vitamin C which helps your body to heal cuts and bruises and to fight colds. Use the zest or juice of lemon, limes and oranges to flavour sweet or savoury dishes.

Grapes  Simply wash and enjoy as the perfect healthy snack. Also available as dried varieties. Green grapes are also called white grapes and are dried to make sultanas. Purple ones can be called black grapes and are dried to make raisins.

Kiwi fruit  It is one of the few fruits to be green when it is ripe. Peel the skin off and chop up the kiwi flesh to have in a fruit salad. Alternatively, simply cut in half and scoop out the flesh. One kiwi fruit contains all the vitamin C you need for a whole day.

Mango  Mangoes come in different shapes and sizes. Cut in half, avoiding the large stone in the middle. Then gently peel away the thick, leathery skin. Delicious on its own or in a fruit salad. It can also go well with some savoury dishes like a mixed vegetable salad or in a stir-fry.

Pineapple  It can take two years to grow a pineapple. This rough, spiky fruit is actually made up of lots of smaller fruits that have stuck together. Use a sharp knife to cut off the stalk. Then slice the pineapple into rings and cut the skin off. Fresh and canned pineapple can be used in fruit salads, on pizzas and in puddings.

Pear  They can be yellow, green, reddish or brown on the outside but they all have white, juicy flesh inside. Fresh pears are great just washed and enjoyed raw. They can also be baked, poached or puréed. Use canned pears in the same way as fresh ones.

Stone fruits  Apricots, nectarines, peaches and plums are delicious just washed and enjoyed raw or chopped into a fruit salad, or baked on their own or in pies and tarts. Most fruits are also available dried.

Tomatoes  They are actually a fruit rather than a vegetable, but they are one of the most versatile ingredients around. Small cherry tomatoes or sliced tomatoes can be enjoyed raw and are delicious added to a salad. Grilled tomatoes make a great addition to a healthy cooked breakfast. Canned tomatoes are an essential store cupboard ingredient for sauces and soups and many other dishes.

Suggested activity: Children can find out more about different fruits and vegetables using the Great Grub Club A-Z fruit and vegetables at www.greatgrubclub.com/a-z-fruit-veg.
**Banana-tastic Flower**

**Ingredients (serves 1):**
- banana
- 1 slice wholegrain bread
- low-fat natural yoghurt

**Equipment:**
- toaster
- spoon
- butter
- knife
- plate

**What to do:**
cut a banana into slices and toast a slice of bread. Then, use a spoon to put a dollop of yoghurt in the middle of the slice of bread. Make a circle around the yoghurt with the sliced banana to look like petals. To finish, put a slice of banana in the middle. Enjoy your Banana-tastic Flower with a glass of pure orange juice.

**Peter Porridge**

**Ingredients (serves 2):**
- 100ml apple juice
- pinch grated nutmeg
- 1/4 teaspoon cinnamon
- 2 cloves
- 75g dried fruits, for example prunes, apricots and raisins
- the peel of 1/4 lemon, finely grated
- to make the porridge: 75g rolled oats, 225ml semi-skimmed milk and 225ml water
- to decorate: 2 slices of apple and two dried apricots

**Equipment:**
- knife
- chopping board
- 2 saucepans
- spoon
- plate

**What to do:**
ask an adult to help you warm up the apple juice with the nutmeg, cinnamon and cloves in a saucepan. Then add the dried fruits and lemon peel and cook over a low heat for 20 minutes, or until the fruit is soft. In a separate saucepan cook the porridge following the instructions on the packet. Put the porridge on a plate and add the fruit compote in the middle to make the rabbit’s nose. Add the apple to make the ears and the dried apricots to make the eyes. Enjoy your Peter Porridge with a glass of pure apple juice. No time to make the compote? Serve with dried fruit or a chopped banana.
Rainbow salad

Ingredients (serves 4):
• 2 carrots • 1/2 yellow pepper
• 12 cherry tomatoes • 5 baby corns
• handful of French beans
• 250g frozen or fresh peas
• mixed salad leaves • 1 tablespoon
• olive oil • 2 slices wholemeal bread
• 2 tablespoons sesame seeds

Equipment: • knife • chopping board
• large serving bowl • tablespoon
• large non-stick frying pan • wooden
• spoon • cookie cutters • bowls for serving

1. First, ask an adult to help you cut the carrots and pepper into strips. Then halve the cherry tomatoes, cut the baby corns in half lengthways and cut the tops and tails off the French beans.

2. If you are using frozen peas, cook them in hot water for 2-3 minutes and leave them to cool. Fresh peas can be added without cooking. Put the salad leaves in a large serving bowl. Scatter the pepper, peas and cherry tomatoes on top.

3. Next, ask an adult to heat the oil in the frying pan and cook the French beans, carrots and baby corn. Cook them until they are just tender then put them into the serving bowl.

4. Then, toast the bread and leave it to cool. Use the cookie cutter to cut the bread into different shapes. Put them in the serving bowl. Finally, sprinkle the sesame seeds on top. Enjoy it!

Nice and challenging recipe
MIGHT NEED ADULT HELP: Chopping and stir-frying
Easy-peasy pasta salad

Ingredients (serves 4):
• 400g wholemeal pasta
• 150g sugar snap peas
• 213g canned salmon, canned in water
• 100g rocket leaves
• zest and juice of 1/2 lemon
• 4 tablespoons reduced-fat crème fraîche

Equipment:
• saucepan
• colander
• bowls
• forks
• whisk

Preheat the oven to 180°C/350°F/Gas mark 4

What to do: Ask an adult to help you cook the pasta by following the instructions on the packet. Add the sugar snap peas to the water 2 minutes before the pasta is cooked. When the pasta is ready, drain it using a colander, place it under cold running water to cool it down, then drain it again. Put the pasta, sugar snap peas, salmon and rocket leaves in a large mixing bowl and mix together with two forks. In a separate bowl make the dressing by mixing the zest and juice of a lemon with the crème fraîche. Tip the dressing onto the pasta salad and gently mix the ingredients with the forks. Enjoy your easy-peasy pasta salad.

Summer cous cous salad

Ingredients (serves 4):
• 100g cous cous
• 1 reduced-salt vegetable stock cube
• 150g canned broad beans, canned in water, rinsed and drained
• 100g rocket leaves
• 4 black olives, sliced
• 20g feta cheese, cubed
• a small bunch of coriander, chopped

For the dressing:
• a few sprigs of fresh mint
• juice of a lemon
• 2 teaspoons of balsamic vinegar

Equipment:
• saucepan
• bowls
• whisk
• a fork and spoon or salad servers

What to do: Ask an adult to help you prepare the cous cous using the vegetable stock by following the instructions on the packet. In a large bowl gently mix together the cous cous, broad beans, rocket leaves, olives, feta cheese and coriander using a fork and a spoon. In a separate bowl make the dressing by whisking together the mint, lemon juice and vinegar. Add the dressing to the salad and mix again. Enjoy your summer cous cous salad.
Brilliant bean burgers

Ingredients (serves 3):
• 1 can (400g) mixed beans in water
• 100g sweetcorn frozen or canned
• 1 tablespoon fresh coriander, chopped
• 1 medium egg yolk (ask an adult to separate the egg for you)
• 30g wholemeal breadcrumbs
• drop of sunflower oil
• 3 wholemeal rolls
• lettuce leaves
• 1 tomato, sliced

Equipment:
• mixing bowl
• large fork
• tablespoon
• non-stick frying pan
• fish slice
• knife
• chopping board
• plate

1. Drain the beans and put them into a mixing bowl. Using a large fork mash them until they make a rough paste. Mix in the sweetcorn and coriander.

2. Add the egg yolk and breadcrumbs, then use your hands to mix the ingredients together. Divide into three parts and shape them into burgers.

3. Ask an adult to heat a drop of oil in the frying pan and cook the burgers until they are hot all the way through. Using a fish slice remove the burgers from the pan and keep to one side.

4. Open one roll and add some lettuce leaves, two slices of tomato and one of the burgers. Enjoy your burger while it’s warm!
**Little Miss Sunshine**

To make these yummy pizzas, spread a tablespoon of tomato purée on a round wholemeal pitta bread. If you are using any cheese, grate a little bit of low-fat cheddar or mozzarella on top. Make a funny face using lots of tasty vegetables. Place the pizza on a baking tray. Then, ask an adult to preheat the oven to 200°C/400°F/Gas Mark 6 and put the pizza in the oven for 6-8 minutes. Enjoy your funny face pizza!

**Hungry Tuna**

- **Face:** round wholemeal pitta bread with tomato purée
- **Hair:** spinach leaves and tuna chunks (use tinned tuna in water, drained)
- **Eyes:** sliced boiled egg and black olives
- **Nose:** mushroom
- **Ears:** broccoli florets
- **Mouth:** black and green olives

**Captain Carrot**

- **Face:** round wholemeal pitta bread with tomato purée and mozzarella cheese
- **Hair:** carrot
- **Eyes:** basil leaves and green olives
- **Nose:** mushroom
- **Mouth:** pepper and sweetcorn
- **Beard:** broccoli florets
### Leek and potato soup

#### Ingredients (serves 4):
- 1 onion
- 1 potato
- 2 medium leeks
- 1 tablespoon vegetable oil
- pinch black pepper
- 400ml water
- 1 reduced-salt vegetable stock cube
- 125ml semi-skimmed milk
- pinch dried chives
- 1 tablespoon low-fat natural yoghurt
- 2 slices bread

**Equipment:**
- tablespoon
- large and small pans
- wooden spoon
- hand blender
- soup bowl

1. Ask an adult to help you chop all the vegetables then heat the oil in a large pan. Cook the onion for a minute. Then add the potato and leeks and stir over a gentle heat for 5 minutes. Add the pepper.

2. In the small saucepan make the vegetable stock by boiling the water and adding the vegetable stock cube.

3. Add the stock and milk to the large pan and stir. Cover and leave to simmer for about 30 minutes, or until the vegetables are soft. Add the chives.

4. Leave it to cool down a little. Ask an adult to help you blend the soup with the hand blender and put it in soup bowls.

Finally turn your soup into a smiley rabbit by drawing eyes, a nose and mouth with yoghurt and adding two slices of bread to make the ears. Enjoy!
**Have a go recipe**

**MIGHT NEED ADULT HELP:**

**Cooking**

**Make your own soda bread**

**Ingredients (serves 4):**
- 170g self-raising wholemeal flour
- 170g plain flour
- ½ teaspoon salt
- ½ teaspoon bicarbonate of soda
- 280ml buttermilk
- 1 tablespoon semi-skimmed milk (optional)

**Equipment:**
- large mixing bowl
- fork
- teaspoon
- chopping board
- butter knife
- baking tray
- oven gloves

**Preheat the oven to 200°C/400°F/Gas mark 6**

1. Put the two types of flour in a large mixing bowl and stir together with a fork. Add the salt and bicarbonate of soda and stir again.

2. Make a hole in the centre and add in the buttermilk, mixing quickly with a fork to make a soft dough. If the dough is too hard, add the milk.

3. Dust some flour on to the table or chopping board. Take the dough out of the mixing bowl. Knead the dough for a few minutes. To knead, press your fist into the dough, then turn it around and do it again. Make the dough into a ball.

4. Line a baking tray with baking paper. Put the dough on the baking tray and flatten it slightly with your hand. Mark an X on the top using a bread knife.

Ask an adult to put it in the oven for about 30 minutes until it’s golden on the top. Enjoy your soda bread!
Scrummy stir-fry noodles

Ingredients (serves 2):
- 8 small broccoli florets
- ½ yellow pepper, chopped
- ½ red pepper, chopped
- 8 mangetouts, cut in half
- 4 baby sweetcorn, sliced lengthways
- 3 spring onions, cut into short pieces
- 2 teaspoons olive oil
- 1 chicken breast, chopped
- 100g rice noodles
- 1 garlic clove, finely chopped
- 3 tablespoons water
- 2 tablespoons reduced-salt soy sauce
- 1 teaspoon clear honey

Equipment:
- chopping knife
- wooden spoon
- teaspoon
- tablespoon
- chopping board
- 1 large and 1 small non-stick frying pan
- saucepan
- bowl
- chopsticks

1. First, ask an adult to help you chop all of the vegetables, and heat 1 teaspoon of the oil in the small frying pan. Cook the chopped chicken breast for about 5 minutes and leave to one side in a bowl.

2. Cook the noodles by following the instructions on the packet. Then drain them and leave them to one side.

3. Now ask an adult to heat the remaining oil in the large frying pan. Stir-fry the garlic for 1 minute. Add the broccoli, peppers, mangetout, baby sweetcorn, half of the water and stir-fry for 2 more minutes. Add the spring onions and cook for another minute.

4. Add the cooked chicken breast, noodles, reduced-salt soy sauce, honey and the rest of the water to the pan. Cook for about 3 minutes until the noodles and chicken are heated through.

Serve in a clean bowl. Enjoy your chicken and vegetable noodle stir-fry!
**Pirate ship**

**Ingredients (serves 2):**
- banana
- strawberries and raspberries
- low-fat crème fraîche
- an orange and an apple
- cocktail sticks
- rice paper

**What to do:** Try this healthy banana split pirate ship! Peel a banana and cut it in half lengthways. Spoon some low-fat crème fraîche inside the banana. Sit some strawberries and raspberries on top of the crème fraîche – these are the pirates! Finish it off by adding some apple and orange slices for oars and rice paper on cocktail sticks for the sails.

**Berry mess**

**Ingredients (serves 2):**
- 200g low-fat fromage frais
- 40g crushed low-fat ginger biscuits
- 250g mixed strawberries and raspberries
- 2 teaspoons honey
- a few mint leaves (optional)

**Equipment:**
- teaspoon
- sharp knife
- mixing spoon
- weighing scales
- mixing bowl
- glass
- cocktail umbrella

**What to do:** With an adult, chop the strawberries into small chunks. Then put all the ingredients into a large bowl. Mix them together. Next, spoon some of the mixture into a glass. Add some mint and decorations if you have them, and serve!

*Take care – only use the ginger biscuits in this recipe if you know you are not allergic to nuts.*
The Great Grub Club is World Cancer Research Fund UK’s children’s education programme. We produce a children’s website aimed at 4 to 11 year olds and a quarterly magazine aimed at 4 to 7 year olds. We strive to encourage healthy eating and an active lifestyle in a fun and informative way.

The website also offers information for parents and free resources for KS1 and KS2 teachers which support the National Curriculum.

We hope that by visiting our website and using our resources children will become familiar with healthy living messages and develop positive habits that they will follow through to adulthood.

Scientific research shows that about a third of the most common cancers could be prevented if we ate healthily, maintained a healthy weight and led an active lifestyle. Our long-term goal is to encourage children to lead a healthy lifestyle that could help reduce their risk of cancer in the future.

Due to the age of the target audience, the Great Grub Club’s children’s materials do not refer to the link between healthy living and cancer prevention.

Take a look at www.greatgrubclub.com for more healthy recipes, games, make-and-do activities and much more!

Great Grub Club magazine club

We are currently developing our outreach education work by offering parents in Tower Hamlets and Hackney, London the opportunity to sign up children aged 4-7 to the Great Grub Club (GGC) free magazine club. We have chosen to target these areas due to their high levels of obesity and low levels of physical activity amongst children.

Visit www.greatgrubclub.com/magazine-club for more information.

World Cancer Research Fund (WCRF UK)

WCRF UK is the principal UK charity dedicated to the prevention of cancer through the promotion of healthy diet and nutrition, physical activity and weight management. WCRF UK is committed to providing cancer research and education programmes which expand our understanding of the importance of our food and lifestyle choices in the cancer process.

By spreading the good news that cancer can be prevented, WCRF UK hopes that many thousands of lives will be saved. The education and research programmes of WCRF UK are funded almost entirely by donations from the public.

Take a look at www.wcrf-uk.org for more information.

The Information Standard

World Cancer Research Fund (WCRF UK) is a certified member of the Department of Health’s Information Standard.

The Standard recognises that WCRF UK and the Great Grub Club provide reliable, accurate, impartial, balanced, evidence-based, accessible and well-written health information.

It also means scientific experts and members of the public have reviewed our information to make sure it is of the highest possible quality.

Change4Life

WCRF UK, including the Great Grub Club, is supporting Change4Life. Change4Life is an initiative launched by the government in January 2009 which encourages children to eat well and move more for better health.

Disclaimer – every effort was made to ensure that the information provided in this booklet is accurate and up-to-date, but no legal responsibility can be accepted for any errors or omissions in relation to running a cookery club. For more information please visit the Health and Safety Executive and the Environmental Health Department websites.
The choices you make about food, physical activity and weight management can reduce your chances of developing cancer:

- choose mostly plant foods, limit red meat and avoid processed meat
- be physically active every day in any way for 30 minutes or more
- aim to be a healthy weight throughout life

And, always remember – do not smoke or chew tobacco