

Table Treats

MAKING MEAL
TIMES FUN

FUN ICE CUBES

Water is the best drinking option for meal times. Drinking plenty of water helps children concentrate and helps prevent constipation.

It is the best drink for healthy teeth and is good for keeping bodies healthy.

Most children enjoy water if they get into the habit of drinking it at an early age. Have a jug of water readily available on the table for each meal.

Use fun shaped ice cube trays and let your children pop their favourite shapes into their own glasses.



- Family mealtimes are more likely to happen if you can plan ahead a bit. For example:
 - o make sure that everyone knows when the meal will be
 - o plan your shopping so that you have all the foods you need to make the meal
 - o get your children involved in deciding what meals to make or new foods to try
- Make mealtimes special. Try to clear clutter from your eating space to help everyone relax. Your children might like to have a pretend 'restaurant night' and set out napkins, place mates and table decorations.





FAMILY DINNERS

MINTED PEA PESTO

What you will need:

- 2 cups of fresh or frozen peas
- 1 garlic clove – peeled and crushed
- ½ cup fresh basil leaves
- ½ cup fresh mint leaves
- ½ cup parmesan cheese – finely grated
- 1/3 cup olive oil

This super quick and simple pesto sauce is a great, nut-free option to stir through your favourite pasta or use as a dip.

Delicious hot or cold - spread on warm toast, mix through savoury muffins or use on a pizza base!

How to make it:

1. Bring a saucepan of water to the boil and add the peas for 1 minute to blanch them until bright green. Refresh them under cold water and drain well.
2. Add the peas, garlic, herbs and parmesan to a food processor or bowl for a stick mixer and whizz until finely chopped.
3. Add the oil and whizz again until smooth.