

Table Treats

MAKING MEAL
TIMES FUN

TABLE DECORATIONS

Table decorations are a great way to get children involved in setting up a positive meal time experience. It can create a conversation starter or give them a pre-dinner activity.

Nature play in the garden or local bush-land are good opportunities to pick a posy of flowers, scented herbs or some interesting natives.

Use fun craft textures and colours to create your own leaves and flowers. Hang from twigs using twine, wool or sticky tape. An old glass jar makes a great vase. You can decorate it with blackboard stickers and write on the 'menu' for the evening meal.



- Children who eat meals with their family tend to do better at school. Just make sure the TV, tablets and phones are switched off or put away.
- Children may try new foods more readily if they see other family members eating and enjoying them.
- Regular family mealtimes can build family bonds and increase children's wellbeing.
- You could try having a pizza picnic in a local park or your backyard to make family mealtime special.





FAMILY DINNERS

WHOLEMEAL PIZZA

What you will need:

- 300g plain wholemeal flour (plus extra for kneading and rolling out on)
- 1 tsp sugar
- ½ tsp salt
- 2 tsp dried yeast
- 1 tbsp. olive oil
- 180ml water

Plus: toppings of your choice!

A firm family favourite, this pizza recipe is great for pizzas of any shape and size you can think of. Use a colourful variety of toppings to make funky patterns or funny faces!

How to make it:

1. In a large bowl combine the flour, yeast, salt, sugar and oil. Slowly add the water whilst mixing through with your hands or a wooden spoon. Knead with your hands for 8-10 minutes or until a soft, stretchy dough is formed.
2. Place the dough in a large clean bowl and cover with plastic wrap, a lid or a damp tea-towel and stand in a warm place for about 1hr, or until dough has roughly doubled in size.
3. Place dough on floured surface and knead again for a couple of minutes and then roll out into the size/shape you want. This makes enough dough for 2 x regular pizza trays (dough can be frozen).
4. Top with tomato paste and add any other veggies you like - strips of zucchini, chopped mushrooms, capsicum...then sprinkle with grated cheese and bake in a pre-heated oven at 180 degrees for 15 minutes or until the cheese is melted and golden.