

LEAPS

learning eating active play sleep

Morning Tea Ideas for Playgroup

LEAPS

eating

Morning tea is a good opportunity to provide your child with nutritious foods that will help with their growth and development. Try to include a few of the five groups – grain (cereal) foods, vegetables/legumes, lean meats, milk/yoghurt/cheese and fruit.

Quick and easy morning tea ideas:

- Celery/carrot/cucumber sticks* with reduced fat cheese spread, hummus or salsa
- Corn on the cob*
- Cherry tomatoes*
- Cheese cubes
- Fresh fruit - apple, apricot, kiwi fruit, nectarine, orange, pear
- Tinned fruit in natural juice
- Dried fruit* - sultanas, dried apple, dried apricot, dried banana chips, prunes, dates
- Milk, yoghurt or custard (reduced fat varieties are recommended for children over the age of 2)
- Raisin toast
- Rice cakes or wholemeal crackers with cream cheese, avocado or hummus
- Boiled egg
- Small tin of baked beans
- Tinned tuna or salmon served with wholegrain crackers or rice/corn cakes
- Scones – plain, fruit or savoury
- Pikelets - plain, fruit or vegetable
- Fruit and coconut e.g. pineapple pieces mixed with desiccated coconut

*Beware of choking risk in children 3 years and under

For further recipes and ideas:

NAQ Nutrition

- www.naql.org

Food Foundations

- <http://www.naql.org/category/food-foundations>

Raising Children

- www.raisingchildren.net.au

Healthy Food Healthy Planet

- www.healthyfoodhealthyplanet.org