

Term 3 Cooking Recipes

Week 3/ Friday/ Bruschetta with tomatoes and Basil

Week 6/Thursday/ Carrot cookie bites

Week 8/Monday/ Vegemite & cheese puff pastry scrolls

Week 10/ Friday/ Party food (chips, biscuits, wafers after fruits & veggies serve)



Our educators at Magill OSHC encourage children to learn about healthy eating in line with our Food, Nutrition & Beverage Policy.

The language the educators will be using this term and ask families to assist us with is:

Green Category – Eat Away! (Good source of nutrients, fibre and lower in fat and sugar)

Amber Category – Choose carefully! (Moderate amount of fat, sugar, salt and excess energy)

Red Category – Limit! (High in energy, sugar, salt and lacking important nutrients such as fibre)

All the food in this cooking activities fits under the **Green** group, except for tortilla chips, which fits under the **Amber** category.