

NOURISHMENT NEEDS FOR CHILDREN

Children between 4 to 12 years old are at an active stage of life. By providing them with balanced nutrition, children can bravely go on adventures with strength. Different types of nutrients should be introduced in adequate amounts to ensure their intellectual and physical development.



GRAINS AND CEREALS

What?

Rice, noodles, bread, barley, cereal, biscuits

Why?

Provides main source of energy, dietary fibre, vitamins and minerals

PROTEIN

What?

Fish, chicken, beef, egg, tofu, dhal, green peas

Why?

Provides protein, iron and zinc, which are vital for building and repairing muscle and tissue



MILK AND DAIRY PRODUCTS

What?

Yoghurt, cheese, milk

Why?

Provides protein and calcium for strong and healthy bones/teeth



VEGETABLES AND FRUITS

What?

Vegetables: Spinach, French beans, carrot, cabbage, broccoli
Fruits: Papaya, banana, apple, orange, grape, watermelon, tomatoes

Why?

Provides vitamins, antioxidants, phytochemicals, minerals, and fibre for overall health and immunity



COOKING WITH CHILDREN

Involving children with meal preparation can also be a strategy to get them interested in trying new foods. The cooking process can nurture healthy eating habits from a young age as well as boost their self-confidence and allow families to bond.

HOW TO START?

- Plan the recipes ahead then divide preparation/cooking tasks according to their age and ability
- Get them ready with appropriate attire
- Brief them about the use of kitchen equipment and food safety
- Encourage them to touch and taste the food
- Introduce new food and explain their health benefits
- Try to make the session fun e.g. ask their help for plating and allow them to be creative
- Encourage them to clean up after cooking



WHAT ELSE CAN YOU DO?

- Reduce salt intake (less than 2500 mg daily)
- Eat whole-grains; brown rice, whole-grain pasta, breads, and cereals instead of refined-grains
- Reduce intake of sugar-sweetened beverages and foods (less than 25 g of added sugar per day and none for children under 2 years old)
- Replace butter or animal fats with vegetable oils and soft margarines that are low in saturated fat and trans fatty acid

RECIPES TO TRY

SEAFOOD & VEGETABLES MACARONI

Prep Time: 15 min
Cooking Time: 20 min
Serves: 5 kids



Nutrition Content Per Serving	
Calories (kcal)	220
Carbohydrate (g)	26
Protein (g)	12
Fat (g)	7
Cholesterol (mg)	40
Fibre (g)	1
Sodium (mg)	400

INGREDIENTS

1. Water (1 litre)
2. Dry macaroni (150g)
3. Olive oil (3 tablespoons)
4. Garlic (3 cloves; minced)
5. Big onion (½ nos; sliced thinly)
6. Carrot (30g or ¼ small; sliced thinly)
7. Green capsicum (30g or ½ small; sliced thinly)
8. Button mushroom (30g or 5 pieces; sliced thinly)
9. Medium prawns (100g; head, skin & veins removed)
10. Salmon fish fillet (100g; cut in cubes)
11. Salt (½ teaspoon)
12. Black pepper powder (½ teaspoon)
13. Coriander leaves (2 sprigs)

METHOD

1. Boil the water in a pot and cook the macaroni until soft. Drain water and leave aside.
2. Heat the olive oil in a pan. Stir fry the prawns and salmon fish fillet until both turn white in colour. Leave aside.
3. Stir fry the garlic and big onion until slightly brownish.
4. Stir fry the carrot, green capsicum and button mushroom together until soft.
5. Add the cooked macaroni, prawns and salmon fish fillet. Add salt and black pepper powder. Mix well.
6. Turn off heat and serve hot. Garnish with coriander leaves.

CHICKEN TERIYAKI BOWL

Prep Time: 20 min
Cooking Time: 30 min
Serves: 5 kids



Nutrition Content Per Serving	
Calories (kcal)	330
Carbohydrate (g)	49
Protein (g)	18
Fat (g)	6
Cholesterol (mg)	45
Fibre (g)	2
Sodium (mg)	260

INGREDIENTS

1. Chicken (300g; breast/thigh cut in slices/cubes)
 2. Soy sauce (2 tablespoons)
- Marinade:
3. Honey (3 tablespoons)
 4. Fresh orange juice (2 tablespoons)
 5. Sesame oil (2 teaspoons)
 6. Ginger (1 teaspoon; finely grated/chopped)
 7. Butter (1 tablespoon)
 8. Corn starch (½ teaspoon; dilute in 1-2 tablespoons of water)
 9. Sesame seeds (1 teaspoon)
 10. Broccoli (2 cups; cut into florets and blanched)
 11. Rice, cooked (5 cups)

METHOD

1. Mix soy sauce, honey, fresh orange juice, sesame oil and finely grated ginger.
2. Marinate the chicken cubes with the sauce for 30 minutes.
3. In a large non-stick pan, heat butter. Then, add the marinated chicken cubes in the heated pan. Keep the sauce aside.
4. Stir the chicken well until thoroughly cooked.
5. Add the sauce in the pan. Then add the corn starch which was diluted in the water.
6. After the sauce thickens, off the heat. Sprinkle sesame seeds as garnishing.
7. Serve it with cooked rice and blanched broccoli in a bowl.