School Food Matters

After school clubs guide



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Introduction

What is this guide?

This guide provides example menus featuring simple cook and no-cook, tasty and nutritious recipes to use in your after school club. We know clubs can have:

- from 10-100 children or young people (CYP) on roll, or even more
- limited access to kitchen equipment
- little time for staff to prepare nutritious snacks
- tight food budgets.

The aim of this booklet is to help you overcome these challenges in the best way for your club. It will take you through some simple steps to consider and is designed to support your club to serve balanced and nutritious snacks, making the nutritious choice the easy choice for children.

Why is it important to provide a nutritious after school club snack?

Your after school club will be catering for a diverse range of children who will eat varying amounts and types of food throughout the day. This means that providing a nutritious snack that children will eat can make a real difference to their diets and wellbeing. A balanced snack not only satisfies hunger but it also encourages healthy eating habits at school and beyond.

What are the school food standards?

The school food standards apply throughout the whole school day, including clubs. They exist to ensure that food provided to children in school is nutritious and of high quality, to promote good nutritional health in all pupils, to protect those who are nutritionally vulnerable and to promote good eating behaviour. The menus and portions in this guide comply with the school food standards so if you are guided by these, your club will stay on track.

So, what does a nutritious snack and drink look like?

Our nutritious snacks are full of flavour and colour, from immunity-strengthening soups to creamy pasta sauces. Each recipe will excite taste buds and share a fun nutritional fact. Fruit and vegetables should play a star role in your snack menu, always supported by wholemeal carbohydrates and protein. The only drink we promote is water - it helps children to understand if they are actually hungry or just thirsty, whilst keeping their teeth healthy.

Before you start

Getting everyone on the same page

Before you start work on making your after school club food more nutritious, it is important to get everyone involved to ensure consistency and positivity. This will be a group effort.

- Ask children for their input (use questionnaires, sticky notes or stickers to ask their opinions on fruits, vegetables and recipe ideas).
- Get parent opinions on what should feature on the menu by sending out a questionnaire.
- Set up a team meeting with all club staff to get them on board and excited.
- Speak with the school's senior leaders and check if they have a school food policy that you need to consider.

What are the benefits of planning your menu for staff

- Food ordering becomes more efficient and waste is reduced
- Staff gain confidence that nutritious options are possible in the club
- For staff cover or new staff, the menu is in place and is easy to pick up
- It becomes easier to manage budgets
- The structure encourages a varied diet and you can motivate children to try something new

What about for parents and carers?

Parents will gain increased confidence that their children are eating a balanced and nourishing snack at after school club.

Some key considerations when planning an after school club menu:

- number of children and staff
- equipment and workspace available
- how much time you have to prepare and cook
- whether you want children involved in preparing the food
- what your budget is
- whether you are offering a snack or a meal
- how you can offer foods that reflect the cultural diversity within your club
- whether you have any children with allergies

By bearing these things in mind when planning your menu, your club will be a hit with everyone!

Let your whole school community know about your menu - shout about it!

- Display a large version of your menu in your club
- Share your menus in parent newsletters or communications
- Share your menu with the school kitchen and breakfast club to ensure menus are not doubled up and the school food standards are met
- Invite staff to drop into your after school club and eat with the children
- Send a recipe home with children for parents to try out

Nutrition tips

We encourage choosing foods that are high in fibre and low in sugar, fat and salt. Stick to these and you will have balanced snacks which comply with the school food standards.

Energy

Wholemeal carbs are not only more nutritious than white varieties but they are similar in price. Children are generally lacking fibre in their diets and wholemeal releases the energy slower and keeps us full for longer. ALWAYS go for wholemeal!

- wholemeal bread
- wholemeal pitta or wraps
- wholemeal chappati or naans
- wholemeal pasta
- wholemeal couscous/rice
- wholemeal noodles
- oats
- bulgur wheat
- potatoes (keep the skin on for fibre!)

Growth and repair

Protein is needed for growth and repair of body tissues and is important for healthy muscles and bones, particularly for children. Don't assume that you need animal produce to get optimal protein as there is plenty in plants!

- tinned kidney beans
- tinned lentils
- grated cheese
- feta cheese
- low-sugar and salt baked beans
- tinned chickpeas
- free-range eggs
- mackerel
- tinned tuna
- chicken
- natural yoghurt or Skyr
- Greek yoghurt
- Alpro Plain No Sugar

Storecupboard champions

Simple storecupboard ingredients can help to add extra flavour to your snacks. As they tend to have long shelf lives, they will last for ages, and usually you only need a little for a big impact!

- spices: paprika, chilli flakes or powder, cinnamon, cumin, coriander
- herbs: oregano, basil, thyme, rosemary, parsley
- tinned goods (chickpeas, tomatoes, beans, fish, coconut milk, sweetcorn)
- low-salt stock cubes
- low-salt soy sauce
- tomato passata or purée

Immunity idols

Fruits and vegetables should be the star of your menu! By encouraging children to eat a RAINBOW of foods, they will get a wide variety of vitamins and minerals supporting their health and boosting immunity. These foods also increase fibre intake, which is often low in children. Choose frozen and tinned options to get large amounts of “immunity idols” without the high cost!

- broccoli
- peas
- peppers
- sweetcorn
- mushrooms
- cucumber
- tomatoes
- courgette
- bananas
- melon
- apples
- clementines
- strawberries
- pineapple
- peaches
- grapes
- spinach
- plums
- nectarines
- mango
- carrots
- avocado

Stress busters

Here are some handy tricks to help deal with challenging situations.

Short on prep time?

- Pre-chopped veg: using pre-prepared vegetables e.g. frozen, chopped onions saves time
- Switch from fresh to pastes e.g. garlic cloves to garlic paste
- Club monitors: select children and young people to do helpful jobs e.g. pour water (often thirst is mistaken for hunger)

The food order is late

Don’t panic! If you have a freezer, store some emergency wholemeal bread and if cupboard space allows, have some tinned pulses on hand so you can prepare a quick snack. Make sure you have a few essential spices and herbs too - they add flavour to a speedy soup!
Need some inspiration? Check out our recipe section on page 12.

“Children just won't eat it!”

- The power is in presentation: think about how you can make food look more appealing to children. Instead of cutting carrots into sticks, try grating them
- Involve children in food prep or try out an activity or competition e.g. peeling a satsuma in one go
- Encourage mindfulness: get children to think about their snack e.g. a banana through the five senses. What does it smell, taste, look, feel and sound like?
- Reward children for trying new foods with stickers or certificates
- Get creative! Ask the children to name the days on the menu or even name their club
- Spice it up: have a bowl of chilli flakes for children to add to their snack
- No pressure: don't force children to eat the snack but express it's the only option. If they refuse to try it, offer fruit or veg
- Limit peer influence: if someone doesn't like something, encourage them to say “it's not my favourite,” not “eww,” to limit the impact on others

My budget is tight

- Have a freezer? Frozen fruits and vegetables are cheaper and still packed with vitamins
- No freezer? Tinned fruits in water are also great low-sugar alternatives
- Trusty tins! You can get tins of almost everything; lots of our recipes use tinned ingredients
- Buy own-brand products to keep costs down

Reading food labels

- Key allergenic ingredients will be highlighted in some way within the ingredients list (bold, italic or coloured)
- Traffic light labels are a good way to work out if a product is high in fat, sugar and salt (red: high, amber: medium, green: low)
- The ingredients are listed by weight; the ingredient that has the highest weight is listed first, and the ingredient with the lowest weight is listed last. This can help with determining sugar content of foods to make an informed decision

The school food standards: how they apply to your club

The school food standards were designed by government to help children and young people develop healthy eating habits, and ensure that they have the energy and nutrition they need throughout the entire school day. The standards specify which types of food should be served and how often.

- The school food standards apply to after school clubs. Based on the standards and the fact that club staff are usually unaware of what is on the lunch menu each day, food that has been deep fried, batter coated or breadcrumb coated should not be served at the club.

- No cakes, biscuits, pastries, or desserts are to be served (except plain yoghurt or fruit-based desserts containing at least 50% fruit).

- Fruit and/or vegetables must be available in all food outlets. Fruit should be offered to every child and young person every day in the club and salad or vegetables included within the main snack or meal.

Example menus

	MON	TUE	WED	THU	FRI
MIXED	Cheese and tomato pasta (page 13)	Smashing peas (page 30)	Pea and coconut soup (page 19)	Cheesy dip and dippers (page 27)	Mini pizzas (page 16)
NON COOK	Fruity yoghurt cups (page 28)	Smoked mackerel pate	Rainbow couscous (page 32)	Tzatziki dip (page 20)	Potato salad (page 29)
COOK	Bariis iskukaris (page 18)	Jollof-style rice (page 15)	Carrot and coriander soup (page 11)	Vegetable chow mein (page 14)	Delicious dahl (page 17)
SIMPLE	Sweet potato wedges	Egg on bagels	Fruit and veggie kebabs	Cream cheese crumpets	Beans on toast

Drinks at after school club

- During the school day and in line with the school food standards, fresh drinking water should be available in all school food environments, including at after school clubs.

- It is important to encourage children and young people to drink regularly throughout the school day, including at after school clubs, to ensure that they are well hydrated.

- Sugary beverages are a major source of free sugar added to student diets. Studies show that children and young people who drink more water are happier at school, can concentrate better and have better visual attention.

Recipe list

Cook recipes

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Carrot and coriander soup

Carrots are an excellent source of vitamin A, providing up to 50% of our daily requirement in just one carrot. Vitamin A is essential for helping our bodies fight illness and infection.

Makes: 6 portions • Preparation time: 40 minutes

Ingredients

- 1 tbsp oil
- 1 onion, peeled and sliced
- 3 tins carrots
- 2 tins peeled potatoes
- 1 vegetable stock cube
- 500ml water
- Bunch of fresh coriander
- Black pepper
- Bread (optional)

Equipment

- Sharp knife
- Chopping boards
- Large saucepan with lid
- Measuring jug
- Blender or hand blender
- Serving spoon or ladle

Top tips

- Serve with some bread or toasted croutons.
- Carrots or coriander can be grown easily, so this is a good recipe to illustrate 'grow to cook'.
- Try using fresh carrots and potatoes. These need peeling and take a bit longer to cook.

Method

1. Heat the oil in the pan and add the onion.
2. Cook on a low heat for 5 minutes stirring occasionally to prevent sticking.
3. Drain the tinned carrots and potatoes, then chop and add to the pan with the onion.
4. Add the water and stock cube, and bring to the boil.
5. Cover the pan and simmer on a low heat for 10 minutes until the vegetables are softened.
6. Allow to cool for 5 minutes.
7. Ladle the soup into the blender and whizz until the mixture becomes smooth (or use the hand blender and blend in the pan).
8. Return the blended soup to the pan and re-heat. Chop the coriander, add to the soup and season with the ground black pepper.

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Tuna-melt baguette

Tuna and cheese are the protein stars of this snack and will keep children and young people fuller for longer. Melting the cheese adds a different texture to the dish, however it's not essential if you're short on time.

Makes: 1 wrap • Preparation time: 15 minutes

Ingredients

- 1 half of a small baguette or 1 wholemeal pitta or 1 bagel
- 1 tbsp tomato purée or passata
- 1 tbsp sweetcorn
- ¼ bell pepper
- 1 tbsp tuna
- 1 tbsp grated cheese (mozzarella or Cheddar)

Method

1. Mix the sweetcorn, pepper, tuna and grated cheese together in a bowl.
2. Spread the tomato purée or passata on the base of the baguette, pitta or bagel, like butter.
3. Add the tuna mix to the baguette and sprinkle over any remaining cheese.
4. If you have a microwave, you can choose to heat the snack up for 10 seconds or until the cheese has melted.

Equipment

- Sharp knife
- Chopping board
- Grater
- Tablespoon
- Mixing bowl

Top tips

- Encourage children and young people to make faces with the ingredients and they may surprise you by being adventurous and trying a new food.
- Use mainly familiar foods and flavours you know are favourites and introduce new foods slowly.

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Cheese and tomato pasta

Tomatoes are a great source of vitamin C and by choosing wholemeal pasta, children and young people will feel fuller for much longer, thanks to its fibre content.

Makes: 10 • Preparation time: 25 minutes

Ingredients

- 1 tbsp oil
- 1 tbsp garlic paste (or 3 cloves)
- 1 onion, chopped
- 1 small tin sweetcorn
- 1 tin chopped tomatoes or passata
- 1 tbsp dried mixed herbs
- 300g wholemeal pasta
- 100g Cheddar cheese (grated or a block)

Method

1. Boil the pasta until soft (follow instructions on the packet, usually around 15-20 minutes).
2. In the meantime, heat the oil in a pan and fry the garlic and chopped onion for 5 minutes.
3. Tip in the sweetcorn with the chopped tomatoes and mixed herbs. Mix well.
4. Simmer for 15 minutes to thicken the sauce.
5. Drain the pasta and add it to the sauce. Mix well.
6. Grate some cheese on top (optional).

Equipment

- Sharp knife
- Chopping board
- Tin opener
- 2 saucepans
- Hob
- Tablespoon
- Kettle

Top tips

- You could use fresh pasta, it will be more expensive but will save you lots of time.
- Experiment with adding different vegetables, like mushrooms or broccoli.
- Try fresh herbs instead, like basil or parsley.

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Vegetable chow mein

A speedy take on a Chinese classic, full of rainbow vegetables and bursting with flavour!

Makes: 10 snack-sized portions • Preparation time: 20 minutes

Ingredients

For the sauce:

- 2 tsp ginger paste
- 2 tsp garlic paste
- 6 tbsp tomato paste
- 5 tbsp reduced-salt soy sauce
- 5 tbsp vegetable stock (to replace salt)

For the noodles:

- 2 tbsp oil
- 2 onions
- 2 red peppers
- 3 carrots
- ½ stalk broccoli
- 6 nests medium egg noodles or rice noodles

Equipment

- Small bowl
- Teaspoon
- Tablespoon
- Sharp knife
- Chopping board
- Peeler
- Large pan
- Wok
- Colander
- Serving spoon

Top tips

Experiment with different veg like peas, babycorn or mushrooms!

Method

1. Mix the sauce ingredients in a small bowl, stir well.
2. Slice the onions and red peppers so they are in thin strips. Use a peeler to make carrot ribbons (just keep peeling it until it all disappears). Chop the broccoli into small florets.
3. Boil a large pan of water on the hob and cook the noodles by following the instructions on the packet (noodles usually take about 5 minutes to cook). When they are soft, drain in a colander or a large sieve in the sink.
4. With everything prepared, you can now start cooking. Heat the wok – it's hot enough when it starts to smoke. Add the oil and onions to sauté for 5 minutes.
5. Add the peppers, broccoli and carrots, stir-fry for a further 1 minute.
6. Pour the sauce into the wok and stir until bubbling.
7. Add the cooked noodles, give everything a good stir to ensure the noodles are well

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Jollof-style rice

Ginger and garlic boost our immune systems and can help to alleviate colds. Red pepper is also full of vitamins A and C!

Makes: 10 snack-sized portions • Preparation time: 15 minutes

Ingredients

- 1 red pepper, chopped
- 1 onion, grated
- 1 tbsp oil
- 1 tbsp garlic paste (or 3 cloves)
- 1 tbsp ginger
- 2 tbsp tomato purée
- 150ml chicken or veg stock
- ½ tsp chilli paste (optional)
- 1 tbsp Caribbean-style curry powder
- 1 tsp dried mixed herbs or thyme
- 2 bags microwaveable long-grain rice
- Chilli flakes to serve (optional)

Equipment

- Tablespoon
- Teaspoon
- Large pan
- Serving or mixing spoon
- Measuring jub
- Chopping board
- Sharp knife
- Grater

Top tips

- Try out different coloured peppers or maybe include some frozen peas to add colour.
- Experiment with different herbs such as bay leaves, for extra flavour.

Method

1. Fry the grated onion and chopped pepper in the oil.
2. Mix the garlic, ginger, chilli (if using) and tomato purée with 2 tbsp water.
3. Once the pepper and onion are soft, add the paste to the pan with the curry powder and dried herbs. Fry for a few minutes and keep stirring.
4. Squidge the rice bags up so the rice is broken up inside and not in blocks. Add the microwave rice to the pan with the stock. Mix well to ensure all rice is coated.
5. Cover with a lid and heat on high for few minutes. You want to let the rice start to stick to the bottom of the pan (without burning too much!). This will give the rice the smoky Jollof flavour.
6. For extra spice, sprinkle some chilli flakes on top.

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Mini pizzas

Sweetcorn is incredibly rich in fibre, and fibre consumption is strongly linked to a healthy digestive system.

Makes: 2 small pizzas • Preparation time: 15 minutes

Ingredients

- 1 wholemeal English muffin or 1 wholemeal pitta
- 2 tbsp passata
- 2 tbsp grated cheese
- 1 tbsp sweetcorn
- ½ pepper, finely chopped
- ¼ tsp dried herbs

Equipment

- Sharp knife
- Chopping board
- Grater (if using a block of cheese)
- Tablespoon
- Teaspoon
- Oven trays
- Oven or grill

Method

1. Turn on the oven or grill.
2. If using a muffin, slice it in half.
3. Spread 1 tablespoon of the passata on each half of the muffin or pitta, use the back of the spoon to make sure it's well covered.
4. Sprinkle the vegetables on top of the passata-covered muffin or pitta halves.
5. Top with the grated cheese and grill for a few minutes until the cheese starts to bubble and turn golden.

Note: If you let children or young people choose their own toppings, write names under the pizzas on greaseproof paper to help you work out whose is whose.

Top tips

- For cheaper alternatives, try using part-baked baguettes or crumpets.
- For extra gooiness, try mozzarella instead of Cheddar.
- Try out some different toppings or sprinkling with fresh herbs, such as basil.

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Delicious dahl

This recipe uses tinned lentils and transforms them into an exciting dish. Lentils are good for the digestive system - and are super tasty too!

Makes: 6 snack-sized or 2 meal-sized portions • Preparation time: 25 minutes

Ingredients

- 2 onions, sliced
- 4 tbsp sunflower oil
- 4 tsp garlic paste
- 2 tbsp cumin seeds
- 2 tsp ground cumin
- ¼ tsp chilli flakes
- 1 tsp turmeric
- 1 tsp ground coriander
- 1 tin green lentils in water
- 400ml tin coconut milk
- 1 tbsp ginger paste
- 3 carrots
- 1 tbsp lemon juice or vinegar
- Small bunch of coriander
- Dill or mint, chopped (optional)

Method

1. Fry the onions in the oil along with the garlic paste. With the heat on low, fry for 10 minutes until soft. Add the cumin seeds, ground cumin, chilli flakes, turmeric and coriander, then stir for 2–3 minutes until fragrant.
2. Pour in the lentils (including the water in the tin), and coconut milk.
3. Add in the ginger paste. Coarsely grate the carrots, then add to the pan.
4. Simmer for 10 minutes, stirring regularly. You may need to reduce the heat.
5. Taste the lentils and add extra spices if needed, then add the lemon juice or vinegar.
6. To assemble, spoon the lentils onto plates. Sprinkle over the dill or mint, if liked.

Equipment

- Tablespoon
- Teaspoon
- Grater
- Wooden or plastic cooking spoon
- Large pan
- Chopping board
- Sharp knife
- Mixing bowl

Top tips

- Using frozen, chopped onions will save time (but may be more expensive).
- You could swap out fresh herbs for dried herbs, if you like.
- Serve with some wholemeal chapatti or rotis for scooping up the dahl.

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Bariis iskukaris

A flavoursome, traditional one-pot dish from Somalia. This healthy meal is packed with flavours and bursting with nutrients.

Makes: 4 • Preparation time: 55 minutes

Ingredients

- 2 tsp vegetable oil
- 1 onion, chopped
- 4 tsp garlic paste (or 3 garlic cloves)
- 1 tsp cinnamon
- 1 tsp cumin seeds
- 120g fresh tomatoes, chopped
- 600g skinless chicken thighs
- 1 tsp ground turmeric
- 1 tsp cumin
- 2 tsp ground coriander
- 1 reduced-salt stock cube
- 100g carrots, grated
- 200g basmati rice
- 600ml water
- Coriander, chopped (to serve)

Equipment

- Large saucepan
- Grater
- Serving or mixing spoon
- Measuring bowl
- Teaspoon
- Chopping board
- Sharp knife

Top tips

- You can use other cuts of meat, like breasts or legs.
- To save time, you could use frozen, chopped onion.
- If you're batch cooking, this meal freezes brilliantly.

Method

1. Heat the oil in a large saucepan, and gently fry the onions and garlic on a medium heat for 2 minutes. Add the cinnamon, cumin seeds and chopped tomatoes, and cook for 3 minutes on a medium heat, stirring frequently.
2. Add the chicken, ground turmeric, cumin, ground coriander, crumbled stock cube and grated carrot. Mix well and cook on a medium-high heat for about 5 minutes, stirring regularly.
3. Add 400ml water, cover the pan and leave to cook on a medium heat for 15 minutes, until the chicken is nearly done.
4. Add the rice and stir until it's well coated by the mixture. Add the remaining 200ml of cold water, stir, then cover the pan and cook on a medium-high heat until it starts bubbling (about 5 minutes or so).
5. Once it's bubbling, reduce the heat to low and leave to steam until the rice grains are tender and fluffy – around 10 to 15 minutes.
6. Serve topped with fresh coriander (if you like) and accompanied by a fresh green salad.

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Pea and coconut soup

Peas are a good source of vitamins C and E, zinc, and other antioxidants that strengthen our immune system.

Makes: 10 snack-sized portions • Preparation time: 10 minutes

Ingredients

- 1 bunch spring onions
- 1 tsp olive oil
- 1kg frozen peas
- 400ml tin coconut milk
- 1 vegetable stock cube
- 750ml boiled water
- 1 lemon
- Fresh herbs: basil, coriander or mint (optional)
- Wholemeal bread (optional)

Method

1. Fill and boil a kettle. Whilst boiling the water, heat the oil in a large pan.
2. Chop the spring onions finely and put into the warmed pan, cook until softened.
3. Add the peas to the pan with the coconut milk, stock cube and boiled water.
4. Put a lid on the pan and bring to the boil. Once boiling, simmer on a high heat, for 3-5 minutes until the peas are cooked through.
5. Turn off the heat and squeeze in the lemon juice.
6. Blend the soup using a hand blender or blender until smooth.
7. Serve in bowls with fresh herbs.

Equipment

- Measuring jug
- Deep pan with lid
- Hand blender or blender
- Ladle or measuring cup
- Teaspoon
- Tablespoon
- Knife
- Kettle

Top tips

- Used tinned peas if you don't have a freezer.
- Leave out the herbs if you're worried this will be off-putting.
- Simply add onion granules if spring onions are not liked by the children or young people.

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Tzatziki dip

Greek yogurt has less sugar and more protein than natural yogurt, which makes it more filling. It also has a much thicker consistency.

Makes: 8 • Preparation time: 15 minutes

Ingredients

- ½ cucumber
- 200g Greek yoghurt
- 1 tsp garlic paste (or 1 garlic clove)
- ½ lemon (or 1 tbsp white-wine vinegar)
- 1 tbsp olive oil
- Pinch of pepper
- Bunch of fresh dill or mint, chopped (optional)

Equipment

- Sharp knife
- Chopping boards
- Grater
- Serving or mixing bowl
- Serving or mixing spoon

Method

1. Grate the cucumber into a bowl.
2. Tip the grated cucumber onto a clean tea-towel, pull the corners up and squeeze until you can't squeeze out any more liquid. Discard the juice.
3. In a bowl, combine the yoghurt, garlic, a squeeze of lemon or the vinegar, and oil. Stir in the cucumber.
4. Add a pinch of pepper, and chopped fresh herbs if using and give it a mix.
5. Serve with carrot sticks, peppers, cucumber, or toasted pitta bread.

Top tips

- Try adding fresh dill and mint to separate portions to see which is preferred.
- Use bottled lemon juice instead of fresh - it will keep for longer in the cupboard.

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Panzanella salad

This recipe is a great way to use up day-old bread, avoiding food waste. The base of this salad is bread and tomatoes, providing a rich combination of flavours and textures.

Makes: 5 snack-sized portions • Preparation time: 15 minutes

Ingredients

- Ripe mixed tomatoes
- 100g black olives, pitted
- 1 small shallot
- 300g day-old sourdough or ciabatta roll
- 3 tablespoons of extra-virgin olive oil
- 50ml red-wine vinegar
- Large handful of torn basil leaves

Equipment

- Sharp knife
- Chopping board
- Grater
- Tablespoon

Method

1. Cut tomatoes, black olives and shallot into small chunks and add to a bowl.
2. Tear the bread into large pieces and add to the same bowl. Mix well.
3. Pour the extra-virgin olive oil and red-wine vinegar into the bowl and mix again.
4. Add the torn basil leaves and serve.

Top tips

- If you do not have ciabatta or sourdough rolls and only have a regular loaf, you can tear this into chunks and toast for 10 minutes to make mini croutons to add to the salad.

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Crunchy wraps

Wholemeal wraps are incredibly rich in fibre which is strongly linked to a healthy digestive system and gut health. Allowing children and young people to build their own wraps will encourage them to give the wraps a try. Including cream cheese or hummus as the base is a great way to add protein.

Makes: 1 wrap • Preparation time: 15 minutes

Ingredients

- 1 wholemeal tortilla wrap, bagel, pitta or sandwich thin
- 2 tbsp cream cheese or hummus
- 2 tbsp grated carrots
- 1 tbsp sweetcorn
- 6 cucumber slices
- 1 tbsp tuna (optional)

Equipment

- Sharp knife
- Chopping board
- Grater
- Tablespoon

Method

1. Spread the hummus or cream cheese on the base of the wrap as you would butter.
2. Place your chosen wrap ingredients onto the middle of the tortilla - this will make it easier to wrap.
3. Fold in the left and right sides to hold in the filling as you now roll your wrap. The wrap can also be cut into little sushi bites for sharing in class.

Top tips

- Encourage primary school children to make faces with the ingredients and they may surprise you by being adventurous and trying a new combination of flavours.
- Use familiar foods and flavours you know your students love and introduce new foods slowly.

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Jerk smashed chickpeas

Jerk is a popular style of cooking in Jamaica. The texture of this recipe is similar to a chicken salad and it is great served in a wrap with favourite salad toppings. Chickpeas are a source of fibre and protein and are incredibly versatile.

Makes: 3 wraps • Preparation time: 15 minutes

Ingredients

- 1 tin of canned chickpeas in water (not salted water)
- 1 cucumber
- 1 bell pepper
- Black pepper
- 1 tin of sweetcorn, drained
- Wet jerk seasoning
- 1 tbsp mayonnaise
- 1 lime
- Wholemeal wraps
- Iceberg lettuce
- Grated cheese (optional)
- Fresh coriander

Method

1. Drain and rinse the chickpeas in a bowl. Use a fork to roughly mash the chickpeas until you get a chunky texture and the chickpeas are split.
2. Chop the cucumber and bell pepper into small chunks.
3. Add the black pepper and the chopped cucumber, bell pepper and tinned sweetcorn to the chickpeas and mix well.
4. Now add the jerk seasoning, mayonnaise and lime juice and continue to mix.
5. Serve mixture in a wrap with lettuce, cheese and a few leaves of coriander.

Equipment

- Sharp knife
- Chopping board
- Can opener
- Tablespoon

Top tips

- Leave some chickpeas whole for added texture in the wrap.
- You could experiment with other legumes, such as black beans or kidney beans, for a different twist.

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Creamy guacamole & black-bean wrap

This wrap includes protein, fibre and healthy fats which all will keep children and young people fuller for longer. Black beans are very popular across Latin America - so much so that they are as popular as pizza is in the United States!

Makes: 5 wrap • Preparation time: 15 minutes

Ingredients

- 1 large avocado
- 1 red onion
- 1 tomato (half for guacamole and half to be included in wrap)
- 1 lime
- Black pepper, garlic powder, cumin and paprika
- 1 tin of black beans
- 1 pack of wholemeal wraps

Equipment

- Sharp knife
- Chopping board
- Grater
- Tablespoon

Method

1. Split the avocado in half, remove the seed and scoop the avocado into a bowl.
2. Mash the avocado with a fork or potato masher until it is mushy and has a creamy consistency.
3. Chop up ¼ of both the red onion and the tomato and add to the avocado mixture.
4. Season to taste with black pepper and a squeeze of lime.
5. Drain and rinse the black beans and place in a bowl.
6. Add a squeeze of lime to the black beans and mix in the garlic powder.
7. Assemble your wrap with the guacamole on the base and the black beans on top.

Top tips

- Get the children and young people involved with as much preparation of the guacamole as possible.
- You can switch the black beans to chickpeas, cannellini or butter beans.

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Cheesy dip and dippers

Carrots make a crunchy and healthy snack. A little dip makes them even better. Yoghurt is a great source of calcium and magnesium which are important for bone strength.

Makes: 10 snack-sized portions • Preparation time: 25 minutes

Ingredients

- 5 carrots, washed
- 500g pot low-fat yoghurt
- 100g cheese
- Handful of chives or basil (dried or fresh)

Equipment

- Chopping board
- Vegetable peeler
- Sharp knife
- Bowl
- Weighing scales
- Grater
- Spoon
- Scissors (if using fresh herbs)

Top tips

- Use cucumber, peas in a pod or baby corn as alternatives to carrots.
- If you have an oven, you could cut a sweet potato into wedges and bake in the oven for 15 minutes at 180°C. Serve warm, with the dip.

Method

1. Peel the washed carrots, if necessary, then cut the tops and bottoms off.
2. Carefully slice the carrots lengthways into halves and then quarters. Cut into long strips.
3. To make the dip, first scoop the yoghurt into a bowl.
4. Grate the cheese and add to the yoghurt.
5. Chop the chives or basil finely with the scissors (or use 1 tsp of dried herbs) and add to the yoghurt and cheese. Stir well.

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Fruity yoghurt cups

Yoghurt is great source of calcium for healthy bones and teeth. The low-sugar granola adds just the right amount of sweetness. Frozen fruit is just as nutritious as fresh fruit!

Makes: 1 portion • Preparation time: 20 minutes

Ingredients

- 2 tbsp frozen fruit (30g)
- 4 tbsp plain yoghurt (60g)
- 1 tbsp low-sugar granola (15g)

Equipment

- 1 cup or cereal bowl
- Fork
- Tablespoon

Method

1. Allow the frozen fruit to defrost for 15-20 minutes and then mash into a rough pure with the back of a fork.
2. In each cup or bowl, add one heaped tablespoonful of the fruity mixture. Now, add two tablespoons of yoghurt on top.
3. Repeat the layering once more - one more tablespoon of fruit and two more tablespoons of yoghurt.
4. Finally, top off with the granola.

Top tips

- To save time, instead of layering the yoghurt and fruit, spoon all the fruit into the cup or bowl and simply top with all the yoghurt.
- Substitute tinned fruit in natural juices if preferred by your group.
- Experiment with different fruits such as banana, mango, berries etc.

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Potato salad

Skin-on cooked potatoes are full of many vitamins and minerals, such as potassium and vitamin C.

Makes: 8 snack-sized portions • Preparation time: 10 minutes

Ingredients

- 600g tinned new potatoes (approx. 2 cans)
- 3 spring onions
- 1 small tin sweetcorn
- 3 tbsp low-fat mayonnaise
- Handful fresh dill, parsley, chives or mint (optional)
- Pinch of pepper

Equipment

- Sharp knife
- Mixing bowl
- Chopping board
- Tin opener
- Scissors
- Tablespoon

Method

1. Open the tins of potatoes and cut the potatoes in half. You can mash them a little bit with a fork if you like, making a bit of a 'lazy mash' style dish.
2. Put them in the mixing bowl.
3. Drain the sweetcorn, add to the bowl.
4. Wash and snip the spring onions and herbs, then add these to the bowl.
5. Add the mayonnaise and stir all the ingredients together.
6. Finish off with a pinch of pepper to taste.

Top tips

- Add some extra colour with chopped pepper or some peas.
- Don't be scared of tinned potatoes, they are very nutritious and super quick to use as they are already soft!
- You could swap the mayonnaise for salad cream.

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Smashing peas

Peas are an excellent source of zinc which keeps your bones and skin healthy!

Makes: 8 snack-sized portions • Preparation time: 10 minutes

Ingredients

- 450g frozen peas
- 1 small onion, chopped
- 150g reduced-fat Greek yoghurt
- 10 fresh mint leaves, chopped
- 1 tsp garlic paste
- ¼ tsp chilli paste
- 1 tbsp olive oil
- 1 tsp cumin
- 1 tsp black pepper

Equipment

- Hand blender (or potato masher to crush the peas)
- Deep pan (if using frozen peas)
- Sharp knife
- Teaspoon

Method

1. Boil the peas until cooked and blend them along with the chopped onion until smooth. You could also use a potato masher, but they won't be as smooth.
2. Transfer the peas and onion to a mixing bowl and combine with the yoghurt, chopped mint leaves, garlic paste, chilli paste, olive oil, cumin and black pepper.
3. Transfer to a serving dish and chill for 5 minutes before serving. Serve with veg sticks or wholemeal pitta bread slices.

Top tips

- To save some time, use dried mint instead of fresh.
- Add a dash of lemon for a zesty kick.
- For extra spice, finish with some chilli flakes.

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Super-power pot noodle

This noodle recipe can be adapted to be completely gluten free. It is a fun way to include different types of vegetables such as peas and carrots and ingredients that are beneficial for your immune system, such as ginger.

Makes: 2 • Preparation time: 10 minutes

Ingredients

- 40g-nest instant dried vermicelli or rice noodles
- ¼ small courgette or cucumber, grated
- 1 small carrot, grated
- 1 spring onion, finely chopped
- 25g frozen petit pois or shelled edamame beans, defrosted
- 1 tbsp fresh coriander, finely chopped

For the dressing:

- ½ tsp yeast extract (Marmite), optional
- 1-2 tsp soy sauce (there are gluten-free options)
- 1 red chilli (depending on how hot you like it), finely chopped or ¼ tsp chilli flakes
- 1 tsp ginger, peeled and finely chopped (fresh or dried)
- ½ lime, zested and juiced
- ½ garlic clove, finely chopped

Method

1. Whisk together the dressing ingredients in a small cup or bowl and put to one side.
2. Soften the instant rice noodles in a bowl by covering with boiling water and soak for 3-4 minutes or until tender. Rinse under cold water and drain.
3. Add the carrot and cucumber to the noodles with the spring onion and coriander and the peas or beans.
4. Pour the dressing over the noodles and mix well. Now you're ready to serve!

Equipment

- Sharp knife
- Chopping board
- Kettle
- Tablespoon
- Grater

Top tips

- Swap the veg for others you have left in the fridge.
- Add some tofu or chicken for protein.
- Swap the soaking water for chicken broth for added flavour.
- Experiment with adding different spices.

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Rainbow couscous

Couscous is the most popular dish in North Africa and is full of fibre. Cucumber contains plenty of Vitamin K, which we need for strong bones, and citrus fruits, like lemon, are full of Vitamin C, which is essential for growth and repair.

Makes: 10 snack-sized portions • Preparation time: 15 minutes

Ingredients

- 500ml boiling water
- 1 stock cube
- 500g bag wholemeal couscous
- 2 tsp cumin
- 2 red peppers
- 1 cucumber
- 1 lemon
- 1 tbsp dried or fresh mixed herbs (basil, parsley, mint)
- 1 can sweetcorn, drained

Equipment

- Sharp knife
- Chopping board
- Scissors
- Mixing bowl
- Kettle
- Fork

Method

1. Make up the stock. Add the couscous to the bowl and carefully pour over the stock. You need to cover the couscous completely so boil more water if necessary.
2. Add the cumin and, using the fork, stir the couscous and leave to stand for 5 minutes with a plate on top to keep the steam in.
3. Chop each of the peppers in half and remove the seeds with your hands. Cut the flesh into small pieces with knife or scissors.
4. Chop the cucumber into small pieces.
5. Once the couscous has absorbed all of the water, fluff up with a fork.
6. Add the lemon juice, dried herbs, sweetcorn and chopped veg to the couscous.
7. Give everything a really good stir and serve.

Top tips

- Make it Moroccan by adding roasted vegetables (like pepper, courgette, red onion) and spices.
- Adding 1 tsp ras el hanout to the roasted vegetables is a simple way to spice up the couscous.

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