

Red Riding Hood and the Wolf...

Who Liked Healthy Food.



Story and concept by: Swati Popat Vats

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Dr. Swati Popat Vats

The Ministry of Health and Family Welfare recently released a circular directing schools and colleges to promote healthy eating by banning junk food and aerated drinks in their canteens. The move is to be applauded as food and diet are the foundation for brain and body health. Dr. Vats compiled this story-cum-recipe book to help parents teach kids about healthy eating in a fun and interactive manner. The recipes in the book are an attempt to help parents meet the food choices that kids prefer by adding a health twist to them. So biscuits, bread are all turned into a healthy treat, so *'Mummy bhi khush aur bacchhe bhi!* (Mummy and kids will be happy). So enjoy the new age story of **Red Riding Hood And The Wolf... Who Liked Healthy Food!** And then after the story spend some time with your kids and make some yummy treats together, after all a family that cooks and eats together, stays healthy together!



Dr. Subhadra Mandalika

Assistant professor of Dept. Of Foods,
Nutrition & dietetics,
College of Home Science - Nirmala Niketan.

Great responsibility lies with parents and teachers to educate the young minds regarding diet and health. Dr. Pavan Podar and Ms. Swati Popat Vats have made a highly commendable effort towards this direction through the book on 'Red Riding Hood and the Wolf'. The book has highlighted the nutritional issues in a subtle way and also provided practical solutions for the same. Information on nutritious recipes along with the nutritional importance of various foods, valuable tips to make foods look appealing to the kids enable the parents prepare healthy food for their children and gift them with the most valuable healthy future.



Dr. Swaroop Sampat Rawal

Facilitating on-going teacher-training sessions with GCERT
Treasurer - Early Childhood Association

Teaching nutrition to children early is the key to developing healthy eating habits. Fun, integrated and behavior-focused, Red Riding Hood and the Wolf...who liked healthy food weaves nutrition education with one of the most loved fairytale 'Red Riding Hood'. Jam-packed with ideas that empower children to assess nutrition information, make smart food choices and this book should be used at home and in school.

Different dishes and foods are represented featuring topics like 'The snack box'-which is referred to as the lifeline of the school going child, The New Food Pyramid and Food facts for parents.

Well here it is.... finally a book to help you with what you are looking for. Real Food & Nutrition book FOR KIDS.

Just as saplings need ample care, enough sunlight, water and good soil to grow into beautiful plants, children need a nurturing environment and good nutrition to grow into healthy adults.

We all are very loving parents, but what about nutrition? Are we giving our children FRESH and NUTRITIOUS FOOD?

Like we do not compromise on the child's education or his manners, there should be no compromise on his nutrition too.

In a recent study, a burger made by a well known fast food chain was kept in the open for 4 days. It was found that there was no spoilage apart from the shrinking of the burger due to loss of moisture. The shocking part was that flies and mosquitoes did not attack the burger. It was not considered EDIBLE by them. And we very happily treat our kids to this preservative rich they call food.

Our Indian thali is a perfect combination of nutrients and tastes. All the food is made fresh ensuring ample nutrients. The chapatis provide carbohydrates, dal and curds / kadhi proteins, vegetables with fiber and micro nutrients, the ghee and minimal oil in essential fats and the chutneys help aid digestion. The khichadi with curds and vegetables is also a Power food. It is high in proteins, carbohydrates and fat. It is easy to digest and hence is an ideal dinner for the kids. Milk, fruits and nuts in between meals boost the nutrient content in the day's requirement.

If our children eat meals based on this pattern, there would be no need for any supplementation. So if we make sure our kids are following the right Indian meal pattern, occasional treats to their favourite food joints would only give you another reason to enjoy and have fun with your kid.

Khyati Rupani

Consultant Nutritionist and Dietitian

Red Riding Hood skipped through the forest with a basket full of goodies. She was on her way to visit her grandma.

Her grandma's house was just a few trees away and Red Riding Hood would go and spend every evening with her grandma.



Her grandma would tell her interesting stories and then Red Riding Hood would help grandma dust her house and fold the laundry and any other tasks that grandma needed help with.



Grandma would make homemade snacks for Red Riding Hood but every time grandma served the snacks Red Riding Hood would turn up her nose and say 'YUCK'. She would carry her own snacks in the basket. Her basket was always filled with crisps, pizza and soft drinks.



YUCK

One day as she was skipping merrily on the way to her grandma's house a big wolf jumped out from behind a tree and stood angrily in front of her.

Red Riding Hood was very frightened, 'Please take my basket, it has lots of food for you', said Red Riding Hood, holding the basket in front of her. The wolf snatched the basket and ran off.



Red Riding Hood sighed with relief and started walking again, when suddenly the wolf reappeared, this time even angrier. 'Is this what you call food?', asked the wolf angrily. 'Crisps, pizza and chocolates and soft drinks, you call this food?' shouted the wolf, as he threw each item away. 'I need real food, so you better get me some', said the wolf menacingly. Red Riding Hood fearfully replied to the wolf, 'But this is what I eat every day, is this not real food?' 'No, this is junk food', said the wolf, 'I need food, healthy food, so you better get me some food or else.'

'No, no, I will get you some food, please tell me what you want and I will ask my grandma to make it for you', Red Riding Hood said hurriedly. 'HmMMM...!' said the wolf, 'well get me some delicious snacks, but remember the snack should be healthy, and come back fast, I am very hungry'. Red Riding Hood promised the wolf that she would bring what he wanted and quickly ran to her grandma's house.



She was huffing and puffing when she reached her Grandma's house. Grandma had made her some lovely snacks. There were apples, cucumbers, carrots, grapes and crackers.

She quickly packed them while grandma wasn't looking and ran back to the wolf. She was huffing and puffing and completely out of breath. She handed the snacks to the wolf, who tasted each snack and said, 'Hmmm, these snacks are delicious. If you ate snacks like these then you would not be tired and huffing and puffing when you run. So come on, eat them with me.'

Red Riding Hood took a small bite and was ready to turn up her nose and say yuck, but as she took a bite she found them to be very tasty. She never thought vegetables and fruit could taste so delicious when mixed with her favourite crackers. 'Now promise me', said the wolf, 'that tomorrow you will get me some healthy food too'. Red Riding Hood promised and quickly ran home, all the while wondering what snack to take for the wolf the next day.



The next morning she sat at the dining table thinking about what to take for the wolf. Her mother brought her favourite breakfast, frosted cereal. Pushing the bowl away, Red Riding Hood said, 'I don't want this, I want something different, something healthy'. Her mother was extremely surprised and happy that Red Riding Hood was willing to try something different.

'Here you go sweetheart', said her mother, 'we are all having eggs with toast and butter this morning.' 'Yes, that sounds good, I'll have all of it', said Red Riding Hood surprising her mum and her dad. Red Riding Hood slyly packed some for the wolf in her basket.



Red Riding Hood went to meet the wolf. She grudgingly shared the breakfast with him. To her surprise the food tasted delicious and soon she had gobbled it all up! The wolf seemed happy to see her eat. 'You must always eat a good breakfast', said the wolf, 'it will keep you happy and strong when you go to school. Now I am thirsty. Do you have something to drink?'

'Yes, here is a cola', said Red Riding Hood. 'Oh, no!', said the wolf angrily, 'I don't drink that junk, it will ruin my teeth. I want some water. Next time, carry some water or fresh juice with you', instructed the wolf. And with a swish of his tail the wolf disappeared behind the trees.



Next morning, Red Riding Hood was ready for school; she had eaten a healthy breakfast and had a full glass of milk. 'Mummy, can I have some healthy snacks in my snack box?' she asked. 'Of course', said her mother, secretly delighted that Red Riding Hood was now eating healthy food. 'What would you like to eat?'

'I want some healthy sandwiches and some fruit and I don't want to fill my bottle with that orange drink, I want fresh water'. And while her mother was busy Red Riding Hood also packed the same for the wolf.

The wolf was surprised to see Red Riding Hood so early. 'What have you brought for me? I hope it is healthy. He asked. 'Yes, yes' said Red Riding Hood, 'I have brought some lovely healthy snacks made with bread and here is some water; fresh water for you. And look, she said, showing him her snack box and bottle, 'I am taking the same with me to school'. The wolf was happy. He grinned and disappeared behind the trees.



The next day as she was packing some more healthy food for the wolf, her mother asked her, 'My dear who are you taking that for?' Red Riding Hood looked guiltily at the box in her hand and said, 'For my friend in the forest, he is always hungry'. 'Is he the same friend that has taught you to eat healthy food?', asked her mother.

'Yes, mummy, he said that I should drink lots of water for my brain and that good food has proteins to make me strong and healthy and I am feeling so good that I don't huff and puff when I run. My teacher also says that I am paying attention in class, isn't that great? I am always going to eat healthy food', replied Red Riding Hood. Mother was very happy that at last Red Riding Hood was eating the food that will help her become strong, happy and healthy.



Red Riding Hood skipped to the trees and waited for the wolf. When she saw him, she excitedly opened the snack box and showed him the healthy fruits, vegetables and sandwiches. 'So what should I bring for you tomorrow?' asked Red Riding Hood. 'Well', said the wolf, 'I have to take care of my babies, so now you will not see me anymore'. Red Riding Hood asked sadly, 'I will never see you again?' 'Well,' the wolf said, 'you are a good girl and you have started eating healthy food, so if you want to make me happy then I want you to teach your friends about healthy food and change their eating habits too'. 'Yes, yes, I will Mr Wolf', promised Red Riding Hood. The wolf just grinned and with a swish of his tail disappeared behind

the trees.

Red Riding Hood skipped away happily, proud of herself; but she also wondered why were people so scared of the wolf? He is so nice and friendly, she thought. As Red Riding Hood skipped home, she did not notice that behind the trees the wolf stopped to look at her and slowly the wolf removed the mask..... the wolf was none other than Red Riding Hood's father, who had worn the wolf costume to teach Red Riding Hood about good habits.



Dad smiled and waved to Red Riding Hood's mother who was standing at the window waiting for Red Riding Hood to come home.



The healthy food tale:

Little Red Riding Hood loves to eat
Cakes, candies and everything sweet.
The wolf says, "Fruits and salads will keep you healthy."
"Oh no," says Red Riding Hood, "I do not find them tasty.
I will eat what my tongue likes to taste.
Eating anything else is such a waste."

The wolf chases Red Riding Hoodand what do we see?
Red Riding Hood cannot run, she has no energy.
She needs more strength to be up to the task.
"How can I do that?" a curious Red Riding Hood asks.

"Oh, eat healthy food," says the wolf, "each and every day.
Fruits, vegetables, pulses and grains bring good health your way.
When the food you eat is right,
you can run and play with all your might.
It is easy to play and to learn,
And study becomes a lot of fun."

"Oh really," says Red Riding Hood, "Do tell me,
What kind of food is healthy?"
The wolf says, "A healthy diet is what you should eat;
And then every task you will be able to complete."
Red Riding Hood enquires, "A healthy diet? What does that include?"
The wolf replies, "A healthy diet must have all that your body needs and
should get from your food."

"It must have proteins that make you strong and help you to grow.
You get them from milk, eggs, sprouts, pulses and legumes, you know.

It must have carbohydrates that give energy and keep you fit.
Food grains like rice, wheat and jowar have plenty of it.

A healthy diet must have vitamins and minerals,
Which you get from fruits and vegetables.
They help keep illness and disease away,
And keep you healthy in every way.

Spinach has the mineral iron – for sure,
It makes you strong by making your blood more pure.
Carrots, oranges, bananas, figs, broccoli,
Contain many vitamins like A, B, C, D, E.
Eating veggies and fruits gives good health,
And good health is your biggest wealth.

A healthy diet must have good fats like ghee that helps the body to feel good.
Bad fats harm the body; so make sure no junk food.
Colas, chips, sweets and cakes make you unfit and fat;
So please do stay away from all that.
A little bit of oil to cook the food in,
Along with nuts like almonds, walnut and cashew will
bring good fat in.

What you should eat, now you know.
Eating a healthy diet is the way to go.
Drink a lot of water and you cannot go wrong.
You need a lot of water to stay healthy and strong.”

“Thank you, thank you, wolf,” says Red Riding Hood happily.
“Now, I will eat good food and stay healthy.
Then I will have the energy too,
To play, study and have fun all day through.”



The Ministry of Health and Family Welfare recently released a circular directing schools and colleges to promote healthy eating by banning junk food and aerated drinks in their canteens. The move is to be applauded as food and diet are the foundation for brain and body health. Podar Publishing compiled this story-cum-recipe book to help parents teach kids about healthy eating in a fun and interactive manner. The recipes in the book are an attempt to help parents meet the food choices that kids prefer by adding a health twist to them. So biscuits, bread are all turned into a healthy treat, so *'Mummy bhi khush aur bacchhe bhi!* (Mummy and kids will be happy). We want kids to enjoy the new age story of **Red Riding Hood And The Wolf... Who Liked Healthy Food!** And then after the story kids can spend time with parents and make some yummy treats together, after all a family that cooks and eats together, stays healthy together!

Says Dr Pavan Podar, trustee of the 87 year young educational group, 'At Podar Preschools, right from its inception we have banned wafers, soft drinks and all kinds of junk food like Maggie, pizza etc. It has been a tough battle convincing the parents but we have relentlessly worked on educating them about the ill effects of incorrect diet in children and insisted that they adhere to a set daily menu. Most people limit their argument to obesity but there are many more dangerous consequences of exposing children to a junk food diet. Read this lovely story-cum-recipe book to find out new ideas to make kids eat healthy and live wisely.

Recently PODAR initiated a survey with parents about food habits of their kids. The survey was conducted with 2000 mothers. Spread over a 3 month period the survey covered the following-

- 1 Do you think that children today eat unhealthy food?- 72% said yes.
- 2 Why do they have such unhealthy food habits- 80% said exposure to ads, 12% said incorrect habits at home.
- 3 How many of you feed the child while watching tv- 80%.
- 4 Why?- child eats faster 65%, child does not realize what we are feeding 12%, because less tantrums- 13%.
- 5 If given a choice what kind of food would you send in your child's snack box- 25% packaged food (kurkure, biscuits etc), 20% fruit and health food, 15% cooked Indian snacks, 35% Maggie, popcorn, pasta.
- 6 Do you know the recommended food groups and their servings to be given at each age to your child?- 60% don't know, 20% yes, rest unsure.

- 7 Does your child have fruits daily- 45%-no 25%yes, others sometimes and also feel that tetrapack fruit juice are a substitute to fruits.
- 8 Do you know the benefit of the fruit that you serve your child or do you give the fruit because child likes it- 12%- know benefit, rest give as per child's choice.
- 9 How many portions of vegetables does your child eat every day- 40%-eat potatoes and bhindi, 23% eat all vegetables, rest feel that serving vegetables is difficult.
- 10 How many glasses of water does your child drink in a day- 18% don't know, 25%- 4 glasses, 45%- very little.
- 11 What junk food does your child eat in a week- 55%pizza,kurkure, Maggie, packaged pasta 25% popcorn (not homemade) samosas, icecream.

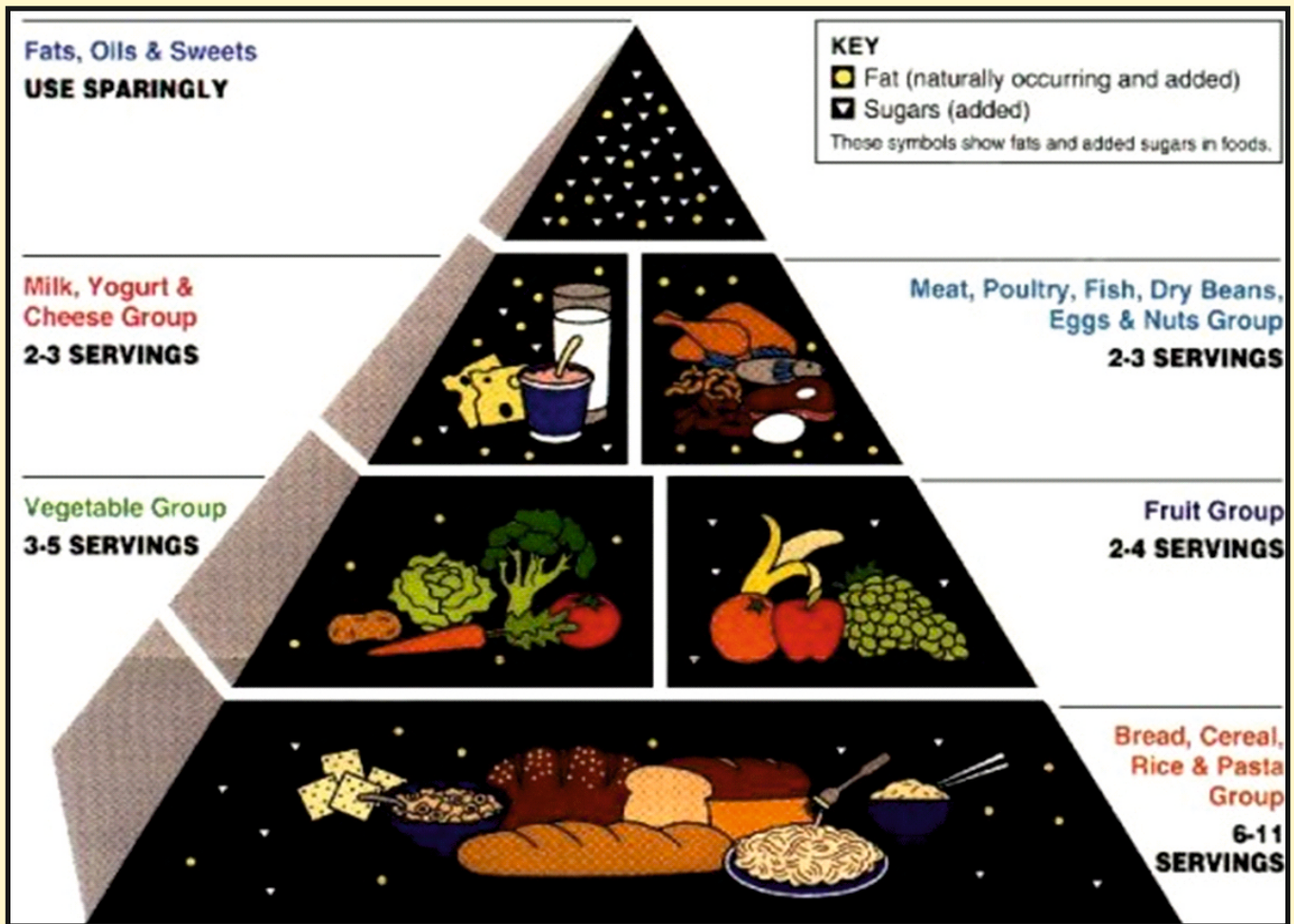
'The results', says Swati Popat Vats, the author of the book and the President of Podar group of schools, 'made us realize that we need to educate parents about healthy diet choices for kids and the Ministry's new rule only spurred our vision to come up with this book. Most people limit their arguments about healthy diet to obesity, but there are many other important reasons why kids should have a healthy diet, here are five of them-

- 1 Maslow's hierarchy of needs identifies food and water as the first need, it is only when this need of the body is met that we can focus, pay attention and learn.
- 2 Food impacts our blood sugar levels and in turn our blood pressure. Incorrect fads like too much salt and sugar (one packet of movie salted popcorn has one weeks requirement of salt!) can impact the ability to pay attention and can lead to increase in hyperactivity.
- 3 Brain requires oxygen for its functioning and additives, beverages like too much coffee etc can dehydrate the brain and leave it unable to cope with every day functions.
- 4 The liver can store glucose for 4 hours only, and so the body requires food that can be converted into glucose. Junk foods sadly are just junk and do not fulfill this important need.
- 5 The brain requires important chemicals for its functioning. Chemicals like- **Acetylcholine**: Helps with frontal lobe functions and in formation of long-term memories. **Dopamine**: Assists in focus, attention, and goal setting. **Norepinephrine**: Responds to novelty and aids in memory formation. **Serotonin**: Helps control impulsivity, calms the brain, aids in reflective behaviors. And how does the brain process these chemicals? From healthy diet and sleep (very soon the Health Ministry will also have to make it mandatory that kids sleep for 8 hours at night!)

If you notice all the functions that these chemicals govern are required by a school going child and it is incorrect diet that reduces a child's performance and also results in negative behavior issues. I can go on.... But any self respecting parent or teacher who understands the above will not need the Ministry to regulate the food habits of children. As they say better late than never. Come join us in making India healthy, pick up a copy of this book today'.

-Dr. Swati Popat Vats

Old Pyramid



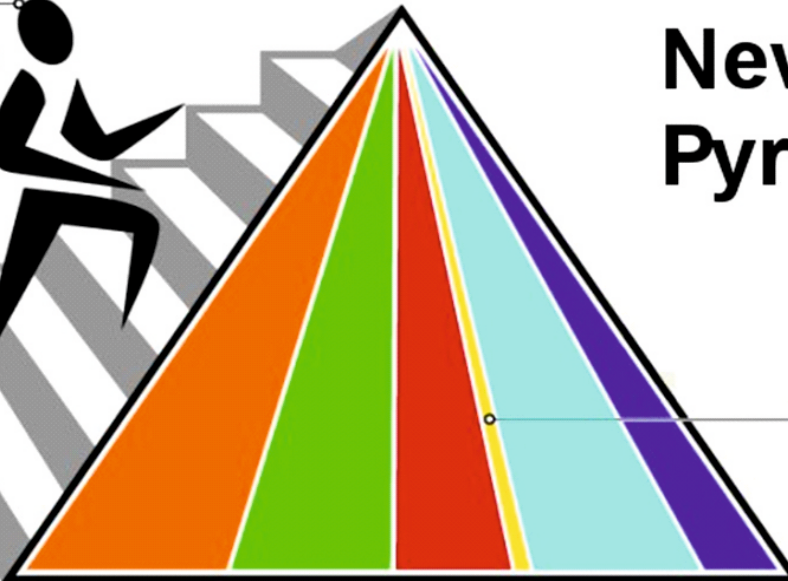
The pictures used above are taken from http://www.disabled-world.com/artman/publish/food_pyramid.shtml. To know more about the Food Guide Pyramid, Fitness and nutrition log on to the website <http://www.disabled-world.com/>.

New Pyramid

New Food Pyramid

Exercise

- Adults should be physically active for at least 30 minutes most days of the week, children for 60 minutes.
- Sixty to 90 minutes of daily physical activity may be needed to prevent weight gain or sustain weight loss.



Oils

- Most fat should be from fish, nuts and vegetable oils.
- Limit solid fats, such as butter, margarine or lard.
- Keep consumption of saturated fats, trans fats and sodium low.
- Choose foods low in added sugar.

CATEGORY

Grains

Vegetables

Fruits

Milk

Meat and beans

RECOMMENDATION

Half of all grains consumed should be whole grains.

Vary the types of vegetables you eat.

Eat a variety of fruits. Go easy on juices.

Eat low-fat or fat-free dairy products.

Eat lean cuts, seafood and beans. Avoid frying.

DAILY AMOUNT

Based on a 2,000 calorie diet.

6 oz.

2.5 cups

2 cups






3 cups

5.5 oz.






Recommended nutrient intakes at 12-calorie levels can be found on mypyramid.gov.

The pictures used above are taken from http://www.disabled-world.com/artman/publish/food_pyramid.shtml. To know more about the Food Guide Pyramid, Fitness and nutrition log on to the website <http://www.disabled-world.com/>.

Fruits






| Fruits | Amount | Minerals Contained | Vitamins Contained |
|--|---|--|---|
| <p>Apple</p>  | <p>One medium apple with skin contains 0.47 grams of protein, 95 calories, and 4.4 grams of dietary fiber.</p> | <p>Potassium - 195 mg Calcium - 11 mg Phosphorus - 20 mg Magnesium - 9 mg Manganese - 0.064 mg Iron - 0.22 mg Sodium - 2 mg Copper - 0.049 mg Zinc - 0.07 mg Also contains a trace amount of other minerals.</p> | <p>Vitamin A - 98 IU Vitamin B1 (thiamine) - 0.031 mg Vitamin B2 (riboflavin) - 0.047 mg Niacin - 0.166 mg Folate - 5 mcg Pantothenic Acid - 0.111 mg Vitamin B6 - 0.075 mg Vitamin C - 8.4 mg Vitamin E - 0.33 mg Vitamin K - 4 mcg Contains some other vitamins in small amounts.</p> |
| <p>Cantaloupe</p>  | <p>One medium wedge (slice) of cantaloupe contains 0.58 grams of protein, 23 calories and 0.6 grams of dietary fiber.</p> | <p>Potassium - 184 mg Phosphorus - 10 mg Magnesium - 8 mg Calcium - 6 mg Sodium - 11 mg Iron - 0.14 mg Selenium 0.3 mcg Manganese - 0.028 mg Copper - 0.028 mg Zinc - 0.12 mg Also contains small amounts of other minerals.</p> | <p>Vitamin A - 2334 IU Vitamin B1 (thiamine) - 0.028 mg Vitamin B2 (riboflavin) - 0.013 mg Niacin - 0.506 mg Folate - 14 mcg Pantothenic Acid - 0.072 mg Vitamin B6 - 0.05 mg Vitamin C - 25.3 mg Vitamin E - 0.03 mg Vitamin K - 1.7 mcg Contains some other vitamins in small amounts.</p> |
| <p>Cherries</p>  | <p>One medium wedge (slice) of cantaloupe contains 0.58 grams of protein, 23 calories and 0.6 grams of dietary fiber.</p> | <p>Potassium - 306 mg Phosphorus - 29 mg Magnesium - 15 mg Calcium - 18 mg Iron - 0.5 mg Zinc - 0.1 mg Manganese - 0.097 mg Copper - 0.083 mg Also contains small amounts of other minerals.</p> | <p>Vitamin A - 88 IU Vitamin B1 (thiamine) - 0.037 mg Vitamin B2 (riboflavin) - 0.046 mg Niacin - 0.213 mg Folate - 6 mcg Pantothenic Acid - 0.275 mg Vitamin B6 - 0.068 mg Vitamin C - 9.7 mg Vitamin E - 0.1 mg Vitamin K - 2.9 mcg Contains some other vitamins in small amounts.</p> |
| <p>Dates</p>  | <p>One cup of pitted, chopped dates contains 3.6 grams of protein, 415 calories and 11.8 grams of dietary fiber.</p> | <p>Potassium - 964 mg Phosphorus - 91 mg Magnesium - 63 mg Calcium - 57 mg Sodium - 3 mg Iron - 1.5 mg Selenium 4.4 mcg Manganese - 0.385 mg Copper - 0.303 mg Zinc - 0.43 mg Also contains small amounts of other minerals.</p> | <p>Vitamin A - 15 IU Vitamin B1 (thiamine) - 0.076 mg Vitamin B2 (riboflavin) - 0.097 mg Niacin - 1.873 mg Folate - 28 mcg Pantothenic Acid - 0.866 mg Vitamin B6 - 0.243 mg Vitamin C - 0.6 mg Vitamin E - 0.07 mg Vitamin K - 4 mcg Contains some other vitamins in small amounts.</p> |
| <p>Guava</p>  | <p>One cup of fresh guava contains 4.21 grams of protein, 112 calories and 8.9 grams of dietary fiber.</p> | <p>Potassium - 688 mg Phosphorus - 66 mg Magnesium - 36 mg Calcium - 30 mg Sodium - 3 mg Iron - 0.43 mg Selenium 1 mcg Manganese - 0.247 mg Copper - 0.38 mg Zinc - 0.38 mg Also contains small amounts of other minerals.</p> | <p>Vitamin A - 1030 IU Vitamin B1 (thiamine) - 0.111 mg Vitamin B2 (riboflavin) - 0.066 mg Niacin - 1.789 mg Folate - 81 mcg Pantothenic Acid - 0.744 mg Vitamin B6 - 0.181 mg Vitamin C - 376.7 mg Vitamin E - 1.2 mg Vitamin K - 4.3 mcg Contains some other vitamins in small amounts.</p> |

Fruits






| Fruits | Amount | Minerals Contained | Vitamins Contained |
|--|---|---|---|
| <p>Grapes</p>  | <p>One cup of grapes contains 1.09 gram of protein, 104 calories and 1.4 grams of dietary fiber.</p> | <p>Potassium - 288 mg Phosphorus - 30 mg Magnesium - 11 mg Calcium - 15 mg Sodium - 3 mg Iron - 0.54 mg Selenium 0.2 mcg Manganese - 0.107 mg Copper - 0.192 mg Zinc - 0.11 mg Also contains small amounts of other minerals.</p> | <p>Vitamin A - 100 IU Vitamin B1 (thiamine) - 0.104 mg Vitamin B2 (riboflavin) - 0.106 mg Niacin - 0.284 mg Folate - 3 mcg Pantothenic Acid - 0.076 mg Vitamin B6 - 0.13 mg Vitamin C - 16.3 mg Vitamin E - 0.29 mg Vitamin K - 22 mcg Contains some other vitamins in small amounts.</p> |
| <p>Orange</p>  | <p>One medium orange contains 1.23 grams of protein, 62 calories and 3.1 grams of dietary fiber.</p> | <p>Potassium - 237 mg Phosphorus - 18 mg Magnesium - 13 mg Calcium - 52 mg Iron - 0.13 mg Selenium 0.7 mcg Manganese - 0.033 mg Copper - 0.059 mg Zinc - 0.09 mg Also contains small amounts of other minerals.</p> | <p>Vitamin A - 295 IU Vitamin B1 (thiamine) - 0.114 mg Vitamin B2 (riboflavin) - 0.052 mg Niacin - 0.369 mg Folate - 39 mcg Pantothenic Acid - 0.328 mg Vitamin B6 - 0.079 mg Vitamin C - 69.7 mg Vitamin E - 0.24 mg Contains some other vitamins in small amounts.</p> |
| <p>Papaya</p>  | <p>One cup of cubed fresh papaya contains 0.85 grams of protein, 55 calories and 2.5 grams of dietary fiber.</p> | <p>Potassium - 360 mg Phosphorus - 7 mg Magnesium - 14 mg Calcium - 34 mg Sodium - 4 mg Iron - 0.14 mg Selenium 0.8 mcg Zinc - 0.1 mg Manganese - 0.015 mg Copper - 0.022 mg Also contains small amounts of other minerals.</p> | <p>Vitamin A - 1532 IU Vitamin B1 (thiamine) - 0.038 mg Vitamin B2 (riboflavin) - 0.045 mg Niacin - 0.473 mg Folate - 53 mcg Pantothenic Acid - 0.305 mg Vitamin B6 - 0.027 mg Vitamin C - 86.5 mg Vitamin E - 1.02 mg Vitamin K - 3.6 mcg Contains some other vitamins in small amounts.</p> |
| <p>Strawberry</p>  | <p>One cup of whole strawberries contains 0.96 grams of protein, 46 calories and 2.9 grams of dietary fiber.</p> | <p>Potassium - 220 mg Phosphorus - 35 mg Magnesium - 19 mg Calcium - 23 mg Sodium - 1 mg Iron - 0.59 mg Selenium 0.6 mcg Manganese - 0.556 mg Copper - 0.069 mg Zinc - 0.2 mg Also contains small amounts of other minerals.</p> | <p>Vitamin A - 17 IU Vitamin B1 (thiamine) - 0.035 mg Vitamin B2 (riboflavin) - 0.032 mg Niacin - 0.556 mg Folate - 35 mcg Pantothenic Acid - 0.18 mg Vitamin B6 - 0.068 mg Vitamin C - 84.7 mg Vitamin E - 0.42 mg Vitamin K - 3.2 mcg Contains some other vitamins in small amounts.</p> |
| <p>Watermelon</p>  | <p>1 medium wedge (slice) of watermelon (about 2 cups edible portion) contains 1.74 grams of protein, 86 calories and 1.1 grams of dietary fiber.</p> | <p>Potassium - 320 mg Phosphorus - 31 mg Magnesium - 29 mg Calcium - 20 mg Sodium - 3 mg Iron - 0.69 mg Selenium 1.1 mcg Manganese - 0.109 mg Copper - 0.12 mg Zinc - 0.29 mg Also contains small amounts of other minerals.</p> | <p>Vitamin A - 1627 IU Vitamin B1 (thiamine) - 0.094 mg Vitamin B2 (riboflavin) - 0.06 mg Niacin - 0.509 mg Folate - 9 mcg Pantothenic Acid - 0.632 mg Vitamin B6 - 0.129 mg Vitamin C - 23.2 mg Vitamin E - 0.14 mg Vitamin K - 0.3 mcg Contains some other vitamins in small amounts.</p> |

The above is taken from <http://fnic.nal.usda.gov/>. To know more about fruits and vegetables and food nutrition, log on to the website.

Vegetables

| Vegetables | Amount | Minerals Contained | Vitamins Contained |
|---|--|---|---|
| <p>Beetroot</p>  | <p>One half cup of beets, cooked, boiled, drained, without salt contains 1.43 grams protein, 37 calories and 1.7 grams dietary fiber.</p> | <p>Potassium - 259 mg Phosphorus - 32 mg Magnesium - 20 mg Calcium - 14 mg Iron - 0.67 mg Sodium - 65 mg Zinc - 0.3 mg Copper - 0.063 mg Manganese - 0.277 mg Selenium - 0.6 mcg Also contains small amounts of other minerals.</p> | <p>Vitamin A - 30 iu Vitamin C - 3.1 mg Niacin - 0.281 mg Folate - 68 mcg Vitamin B1 (thiamine) - 0.023 mg Vitamin B2 (riboflavin) - 0.034 mg Pantothenic Acid - 0.123 mg Vitamin B6 - 0.057 mg Vitamin K - 0.2 mcg Vitamin E - 0.03 mg Contains some other vitamins in small amounts.</p> |
| <p>Cabbage</p>  | <p>One half cup of cabbage, cooked, boiled, drained with no added salt has 0.95 grams protein, 17 calories and 1.4 grams of dietary fiber.</p> | <p>Potassium - 147 mg Phosphorus - 25 mg Magnesium - 11 mg Calcium - 36 mg Iron - 0.13 mg Sodium - 6 mg Zinc - 0.15 mg Copper - 0.013 mg Manganese - 0.154 mg Selenium - 0.5 mcg Also contains small amounts of other minerals.</p> | <p>Vitamin C - 28.1 mg Niacin - 0.186 mg Vitamin B1 (thiamine) - 0.046 mg Vitamin B2 (riboflavin) - 0.029 mg Vitamin B6 - 0.084 mg Folate - 22 mcg Pantothenic Acid - 0.13 mg Vitamin A - 60 IU Vitamin K - 81.5 mcg Vitamin E - 0.11 mg Contains some other vitamins in small amounts.</p> |
| <p>Carrots</p>  | <p>Half cup cooked with no added salt contains 0.59 grams protein, 27 calories and 2.3 grams fiber.</p> | <p>Potassium - 183 mg Calcium - 23 mg Phosphorus - 23 mg Magnesium - 8 mg Iron - 0.27 mg Sodium - 5 mg Zinc - 0.3 mg Copper - 0.052 mg Manganese - 0.062 mg Selenium - 0.2 mcg Also contains small amounts of other minerals.</p> | <p>Vitamin A - 13286 IU Vitamin C - 2.8 mg Vitamin B1 (thiamine) - 0.051 mg Vitamin B2 (riboflavin) - 0.034 mg Niacin - 0.503 mg Folate - 11 mcg Pantothenic Acid - 0.181 mg Vitamin B6 - 0.119 mg Vitamin K - 10.7 mcg Vitamin E - 0.8 mg Contains some other vitamins in small amounts.</p> |
| <p>Cauliflower</p>  | <p>Half cup cooked with no added salt contains 1.14 grams protein, 14 calories and 1.4 grams fiber.</p> | <p>Potassium - 88 mg Phosphorus - 20 mg Calcium - 10 mg Iron - 0.2 mg Magnesium - 6 mg Sodium - 9 mg Zinc - 0.11 mg Copper - 0.011 mg Manganese - 0.082 mg Selenium - 0.4 mcg Also contains small amounts of other minerals.</p> | <p>Vitamin C - 27.5 mg Niacin - 0.254 mg Vitamin B1 (thiamine) - 0.026 mg Vitamin B2 (riboflavin) - 0.032 mg Folate - 27 mcg Vitamin B6 - 0.107 mg Pantothenic Acid - 0.315 mg Vitamin A - 7 IU Vitamin K - 8.6 mcg Vitamin E - 0.04 mg Contains some other vitamins in small amounts.</p> |
| <p>Corn</p>  | <p>One large ear of yellow corn, cooked with no salt contains 4.02 grams protein, 113 calories and 2.8 grams fiber.</p> | <p>Potassium - 257 mg Phosphorus - 91 mg Magnesium - 31 mg Calcium - 4 mg Selenium - 0.2 mg Iron - 0.53 mg Zinc - 0.73 mg Copper - 0.058 mg Manganese - 0.197 mg Also contains small amounts of other minerals.</p> | <p>Vitamin C - 6.5 mg Niacin - 1.986 mg Vitamin B1 (thiamine) - 0.11 mg Vitamin B2 (riboflavin) - 0.067 mg Vitamin B6 - 0.164 mg Folate - 27 mcg Pantothenic Acid - 0.935 mg Vitamin A - 310 IU Vitamin K - 0.5 mcg Vitamin E - 0.11 mg Contains some other vitamins in small amounts.</p> |

Vegetables

| Vegetables | Amount | Minerals Contained | Vitamins Contained |
|---|---|---|--|
|  | Half a cup of sliced cucumber with skins contains .34 grams protein, 8 calories and .3 grams fiber. | Potassium - 76 mg Phosphorus - 12 mg Magnesium - 7 mg Sodium - 1 mg Calcium - 8 mg Iron - 0.15 mg Zinc - 0.1 mg Copper - 0.021 mg Manganese - 0.041 mg Selenium - 0.2 mcg Also contains small amounts of other minerals. | Vitamin C - 1.5 mg Niacin - 0.051 mg Vitamin B1 (thiamine) - 0.014 mg Vitamin B2 (riboflavin) - 0.017 mg Vitamin B6 - 0.021 mg Folate - 4 mcg Pantothenic Acid - 0.135 mg Vitamin A - 55 IU Vitamin K - 8.5 mcg Vitamin E - 0.02 mg Contains some other vitamins in small amounts. |
|  | One cup of eggplant, cooked, boiled, drained with no added salt has 0.82 grams protein, 35 calories and 2.5 grams of dietary fiber. | Potassium - 122 mg Phosphorus - 15 mg Magnesium - 11 mg Calcium - 6 mg Iron - 0.25 mg Sodium - 1 mg Zinc - 0.12 mg Copper - 0.058 mg Manganese - 0.112 mg Selenium - 0.1 mcg Also contains small amounts of other minerals. | Vitamin C - 1.3 mg Niacin - 0.594 mg Vitamin B1 (thiamine) - 0.075 mg Vitamin B2 (riboflavin) - 0.02 mg Vitamin B6 - 0.085 mg Folate - 14 mcg Pantothenic Acid - 0.074 mg Vitamin A - 37 IU Vitamin K - 2.9 mcg Vitamin E - 0.41 mg Contains some other vitamins in small amounts. |
|  | One cup of French beans, mature seeds, cooked, boiled with no added salt has 12.48 grams protein, 228 calories and 16.6 grams of dietary fiber. | Potassium - 655 mg Phosphorus - 181 mg Magnesium - 99 mg Calcium - 112 mg Iron - 1.91 mg Sodium - 11 mg Zinc - 1.13 mg Copper - 0.204 mg Manganese - 0.676 mg Selenium - 2.1 mcg Also contains small amounts of other minerals. | Vitamin C - 2.1 mg Niacin - 0.966 mg Vitamin B1 (thiamine) - 0.23 mg Vitamin B2 (riboflavin) - 0.11 mg Vitamin B6 - 0.186 mg Folate - 133 mcg Pantothenic Acid - 0.393 mg Vitamin A - 5 IU Contains some other vitamins in small amounts. |
|  | One cup of okra, cooked, boiled, drained, with no added salt has 3 grams protein, 35 calories and 4 grams of dietary fiber. | Potassium - 216 mg Phosphorus - 51 mg Magnesium - 58 mg Calcium - 123 mg Iron - 0.45 mg Sodium - 10 mg Zinc - 0.69 mg Copper - 0.136 mg Manganese - 0.47 mg Selenium - 0.6 mcg Also contains small amounts of other minerals. | Vitamin C - 26.1 mg Niacin - 1.394 mg Vitamin B1 (thiamine) - 0.211 mg Vitamin B2 (riboflavin) - 0.088 mg Vitamin B6 - 0.299 mg Folate - 74 mcg Pantothenic Acid - 0.341 mg Vitamin A - 453 IU Vitamin K - 64 mcg Vitamin E - 0.43 mg Contains some other vitamins in small amounts. |
|  | One cup of raw spinach contains 0.86 grams of protein, 7 calories and 0.7 grams of fiber. | Potassium - 167 mg Phosphorus - 15 mg Magnesium - 24 mg Calcium - 30 mg Iron - 0.81 mg Sodium - 24 mg Zinc - 0.16 mg Copper - 0.039 mg Manganese - 0.269 mg Selenium - 0.3 mcg Also contains small amounts of other minerals | Vitamin C - 8.4 mg Niacin - 0.217 mg Vitamin B1 (thiamine) - 0.023 mg Vitamin B2 (riboflavin) - 0.057 mg Vitamin B6 - 0.059 mg Pantothenic Acid - 0.02 mg Folate - 58 mcg Vitamin A - 2813 mg Vitamin K - 144.9 mcg Vitamin E - 0.61 mg Contains some other vitamins in small amounts. |

The above is taken from <http://fnic.nal.usda.gov/>. To know more about fruits and vegetables and food nutrition, log on to the website.

SOME HEALTHY FOOD FACTS FOR PARENTS

1. Ensure your child drinks water, because water.....

- ...helps dissolve vitamins
- ...makes digestion easy
- ...maintains body temperature
- ...has oxygen content. Water has oxygen. Oxygen is required for proper blood circulation. Proper blood circulation keeps the blood healthy and moving. Which in turn leads to an active and attentive brain. Need I say more?

Use proper food combinations- we all know that the body needs energy. Well, the body will convert the food into energy only when the fats, carbohydrates and proteins are present in the right combination. So we need to understand why fats, carbohydrates and proteins are required-

2. Carbohydrates-

- Provide energy
- Spare proteins from being used up as energy
- Are present in sugars, starch and fibre

Why does the body require carbohydrates?

- Main source of energy –get converted into glucose
- Brain depends on glucose for energy
- Skipping breakfast –causes blood sugar deficiency-results in impaired cognitive ability, reduces attention span
- Only 4 hours of glucose stored in the liver- hence food required every 4 hours
- Fibre- important for digestive system, maintains sugar levels

So check out your child's diet, if it is low on carbohydrates then he will suffer from low attention span, lack of cognitive ability, hyperactivity because of high sugar level etc. Both a teacher and a parent can benefit from this kind of information.

What are proteins?

- Complete and incomplete proteins
- Complete-milk, cheese, eggs
- Incomplete-grains, pulse, dals nuts

Why does the body require proteins?

- Helps growth, repair and maintenance
- Helps make hemoglobin, which helps carry oxygen
- Helps in making disease fighting antibodies
- Provide energy if carbohydrates are less

What are fats?

- Visible fats-oil, butter, ghee
- Invisible fats- cereals, nuts, meat, milk etc

Why does the body require fats?

- Source of energy
- Helps fat soluble Vitamins like A,D,E and K to get transported through the blood

3. Give a good vitamin supplement

- Required in small amounts,
- Helps body use carbohydrates, fats and proteins to release energy



YUMMY BISCUIT RECIPES



Appy Biscuit Pie

Ingredients:

- ▶ 4 apples
- ▶ 1 packet marie biscuits
- ▶ Fresh cream

Method:

- Grate the apples, put them in the kadai & stir for 2 minutes on slow flame till they soften.
- After cooling, place the thick layer of grated apples in the bowl.
- On the top spread the layer of crushed Marie biscuits.
- Spread the layer of fresh cream on the biscuits layer.
- Repeat the same layers again.
- Decorate the top with cherries, apples & cream.
- Keep it in the refrigerator for 1 hour & serve.



Veggie Biscuits

Ingredients:

- ▶ 200 gms cabbage
- ▶ 150 gms carrots
- ▶ 150 gms capsicum
- ▶ 3-4 table spoons butter
- ▶ Fresh cream
- ▶ 1 packet Britannia nutrichochoice cracker biscuits
- ▶ 1 packet slice cheese.
- ▶ Salt & chaat masala.



Method:

- Cut all the vegetables in to long thin pieces.
- Keep the frying pan on slow flame & add butter in it.
- Mix all the vegetables with the butter & cook for 2 minutes.
- Add salt & chaat masala according to taste.
- Turn off the gas & cool it for 2 minutes. Mix the vegetables with some fresh cream
- Cut the slice cheese in to square according to the size of the biscuits.
- Place the cut cheese on the biscuits.
- Put some vegetable mix on the cheese.
- Decorate with carrot piece & fresh cream.

Sprouty Biscuits

Ingredients:

- ▶ 250 gms all mix sprouts
- ▶ 2 onions, 2 tomatoes
- ▶ Curd
- ▶ Coriander chatni
- ▶ Tamarind chatni
- ▶ Butter
- ▶ 1 packet Britannia nutrigo cracker biscuits

Method:

- Boil the sprouts.
- Take the sprouts in a bowl & mix thin curd, tamarind chatni & coriander chatni.
- Add finely chopped onions & tomatoes in the sprouts mixture.
- Spread butter on the biscuits & put some sprouts mixture on it.
- Decorate with tomato pieces.



Yummy Biscuit Bhel

Ingredients:

- ▶ 1 packet Britannia nutrigo cracker biscuits
- ▶ 1 onion & 1 tomato
- ▶ Salt & chaat powder
- ▶ Sev
- ▶ Curd
- ▶ Coriander chatni
- ▶ Tamarind chatni
- ▶ 1 bowl of boiled sprouts
- ▶ ½ bowl of pomegranate



Method:

- Break the biscuits into pieces.
- Take the bowl of boiled sprouts & add finely chopped onions & tomatoes.
- Mix with thin curd, tamarind chatni, coriander chatni.
- Add pomegranates & then pieces of biscuits, mix everything properly.
- Decorate with sev & serve immediately.

Healthy Rounds

Ingredients:

- ▶ 1 ½ cups seedless dates
- ▶ ½ cup mixed dry fruits (cashewnuts, pista, almonds)
- ▶ 1 table spoon butter
- ▶ 2 table spoons coconut powder or cashew nut powder

Method:

- In a kadai melt butter, add chopped dates & mash them on slow flame for 2 minutes till it becomes a soft pulp.
- Add chopped nuts & further stir for a minute.
- Put off the gas & cool for 2 minutes.
- Shape them in to a cylindrical roll.
- Sprinkle coconut powder or cashew nut powder all over.
- Cover with aluminum foil & keep it in the freezer for 2 hrs till hard to touch.
- Now uncover the roll & cut it into small round pieces.
- Decorate on top with almonds.



Cool Ladoos

Ingredients:

- ▶ 250 gms dinkache (goond)
- ▶ 1 kg wheat flour
- ▶ 20 gms poppy seeds
- ▶ 100 gms grated dry coconut
- ▶ 200 gms almonds
- ▶ 100 gms pistachios
- ▶ 100 gms cashew nuts
- ▶ 150 gms dry dates.
- ▶ 1 kg fine sugar
- ▶ 10 gm cardamom
- ▶ 700 gms ghee



Method:

- Fry dinkache (goond) in ghee.
- Keep kadai on the gas, add wheat flour & stir continuously till it is brown in colour.
- Add ghee & stir it for 5 minutes.
- Now let it cool for 2 minutes & then add all the chopped dry fruits and grated coconut.
- Mix everything properly & then add sugar & cardamom powder.
- Prepare ladoos of the mixture & decorate with almonds & cashew nuts.

The snack box- lifeline of your child in school.

A snack box is not a very exciting thing to look forward to! Don't believe me? Then try packing a hot snack in a snack box, put it in a bag full of books and then three hours later, open the box to eat it..... ugh! First the smell will assail you and then your eyes will open wide with disgust at the soggy contents, all mixed up and mashed up and then as the clock ticks to the end of recess time, you have to eat it all to quieten the growls in your stomach. Not a very pretty picture, right?

Well, it need not be so bad, if you plan it well. Yes, one of the most important things that all mothers need to focus on to prepare the child for this school season is the snack time in school.

First focus on your selection of a snack box-

1. It should not be too heavy, don't add more weight to what your child is already carrying to school.
2. It should be able to keep food intact and compact
3. It should be easy for your child to open and close.
4. Look for boxes that have an inbuilt spoon etc, so that even if you forget to give that spoon, no problem.

The second step is to see that your child practises at home with the snack box! No, I am not joking. It is important that your child is able to use the snack box and if you do not help him use it, both of you will not understand what works and what does not. So mummies can start in the last week of the holidays by packing a snack in the school snack box in the afternoon and then give it to your child to eat at evening snack time. Keep in mind to pack the same snacks that you would give your child in school. This will give you an idea of what stays good and what gets soggy, what smells etc.

Most mummies have a complaint, 'My child does not finish his snack box'. Well, it is important to remember that food is the first need of every child. It's a basic need and if that is not met then the child will have concentration and attention problems. But what makes children not want to complete their snacks? It can be a variety of reasons like soggy food, broken food, leaking snack box, smelly snack box, etc.

Remember diet activates memory, so to remember what is taught in school your child needs his snack and another important fact about brain development, the brain needs oxygen, glucose and chemicals. Well, if your child is in a stuffy classroom, then oxygen is already less and if he does not get glucose (from food and not glucose water, please!) then naturally he is going to be cranky and irritable, which are negative emotions and will release negative chemicals to the brain. So all three important things required for the brain will be unavailable for your child.

If your question is that, 'I feed my child breakfast, then why should I send a snack box with my child?' Well, your child's liver can only store glucose for 4 hours, so calculate from breakfast to his snack time is almost four hours and think of all the activity that the body has done in between. Of course he needs a snack!

Some things to avoid in the snack box-

1. Avoid oily food, no fried food too, or only once a week.
2. No Maida please and no snacks with Maida. Substitute that white bread with a healthier option.
3. No food items that will drip, stain and dribble.
4. Cheese to be in limited quantities; don't be cheesy in your snack solutions!
5. Potato wafers, and other packaged foods, a complete no-no.
6. Find out three things that your child likes and alternate them; don't aim to have 30 days of different snacks, remember it's about your child and his snack and not about you winning some cookery contest.
7. Avoid fancy recipes that look nice on the dining table, they may not stay nice in a snack box that gets rattled in a school bag!
8. Please tell your child what is in the snack box, don't play guessing games or surprise games with your child as many children are then unable to concentrate in the class and are constantly trying to open the snack box to try and take a peek.
9. And yes, just because you send a snack box with your child, does not mean that you can skip that breakfast. Your child needs his early morning meal, and yes, don't stuff the snack box with breakfast left overs, else they will remain just that - left overs!
10. Please send a napkin, and yes, save the world, so avoid tissue paper!
11. And don't forget to send a small note, (can be taped on the box) with some cute messages. Your child may just need that little pep dose after all that school work.



CHATPATTI

CHAPPA TI

RECIPES



Rainbow Chappati

Ingredients:

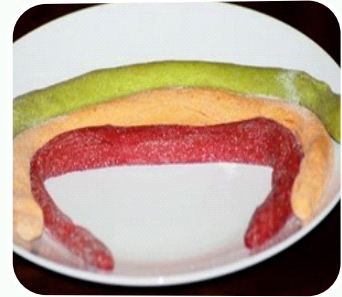
- ▶ Spinach - 1/2 cup (tightly packed)
- ▶ Beetroot - 1/2
- ▶ Carrot - 1/2
- ▶ Chappati flour - 3 cups
- ▶ Olive oil



Method:

- Peel and finely chop the beets and carrots.
- Cook the spinach, beets and carrots separately with a pinch of salt and little water.
- When they are completely cooked, blend each of them separately to a paste.
- To one cup of chappati flour, add the spinach paste and knead to soft dough. Add little water if required. Repeat this step with beets and carrots too. You will now have 3 different dough slots, as shown in the picture.

- Roll each of them in to a long string dusting them with flour as shown here:



- Cut them in equal sizes (approximately to 3 pieces) and roll them into a flat ball as shown here:



- Now make chappatis out of them by frequently dusting them with flour. You will get a coloured pattern like this:



- Heat a pan and cook the chappatis well by applying little olive oil on each side. Serve with honey or enjoy with a vegetable bhaji.

Chappati Noodle Cutlets

Ingredients:

- ▶ Wheat flour (for about 10-12 chappatis)
- ▶ Olive oil
- ▶ Pinch of salt
- ▶ Vegetables-1 cup sliced carrot, 1 cup sliced capsicum, 1 cup sliced cabbage
- ▶ 1 cup tomato puree
- ▶ Noodles
- ▶ Tomato ketchup



Method:

- Prepare a soft dough for chappatis and keep ready.
- Make about 10-12 chappatis.
- Take a pan and add olive oil and heat it.
- When the olive oil becomes hot, add all the vegetables and cook on low flame (as far as possible without water).
- After the vegetables are cooked add the tomato puree and salt to taste. (Care should be taken while adding salt as some noodles have salt and some do not).

- Once the tomato puree mixes well with the vegetables, then gradually and gently add the boiled noodles to this mixture.
- Mix it gently taking care to ensure that noodles do not get smashed and become pulp.
- After the noodles are also evenly coated with the vegetables, remove from fire and let it cool down.
- Meanwhile take the wheat dough and start rolling out chappatis.
- After you roll out the chappati, place 1-2 tbsp. of the noodle filling in the centre of the chapati and then cover it by bringing all its edges to the centre.
- Now it will resemble a rectangle shape. Slightly pat it with the spatula.
- Place this rectangle chappati on the hot tawa and roast it.
- Drizzle a little ghee over it and then turn it on to the other side and again drizzle a little ghee. (In other words follow the same procedure as that of a chappati). Remove from tawa.

Your Chappati noodle cutlets are ready to be served. Follow the same procedure with the rest of the chappatis and noodle mixture. Serve it hot or atleast warm (for best taste) with cold tomato ketchup.

Crispy Chappatis

Ingredients:

- ▶ 2 cups wheat flour
- ▶ 1/2 cup barley flour
- ▶ 1/2 cup besan
- ▶ 1/2 cup rava
- ▶ 4 tbsp ghee
- ▶ 1/2 tsp cumin seeds
- ▶ Salt to taste



Method:

- To prepare a batter for making chappatis, take the flours, besan, rava, ghee, cumin seeds and salt in a tray and mix it all with the help of water.
- When the batter is ready make chappatis in the tandoor.
- Before serving rub ghee on the chappatis.

Mix Paratha

Ingredients:

- ▶ One cup grated cabbage, cucumber and carrot
- ▶ 2 cups of wheat flour
- ▶ Chopped fresh coriander
- ▶ Salt according to taste
- ▶ 1 tsp turmeric powder
- ▶ Olive oil & powder of cumin seeds and ajwain



Method:

- Take the flour in a bowl and add 4-5table spoons warm olive oil, mix the cumin and ajwain and mix the vegetable and some water to it.
- Knead it properly to make a soft dough. Make sure that it does not stick to your hand.
- Now take the dough and roll out small balls out of it.
- Press the resulting dough balls gently and dust it with wheat flour. We can give different shapes to it - triangle, oval, square or round to make attractive for the children.
- After this is done, place it over a preheated pan. Continue till golden brown patches appear on it.
- Sprinkle a little bit of olive oil and then flip over again. Make sure that you sprinkle olive oil on either sides of it. Cook till it is properly done.

YUMMY MIX PARATHA IS READY!

Red Paratha

Ingredients:

- ▶ One cup chopped beet root and tomato
- ▶ 2 cups of wheat flour
- ▶ Chopped fresh coriander
- ▶ Salt and honey according to taste
- ▶ 1 tsp. turmeric powder
- ▶ Butter or ghee & powder of cumin seeds and ajwain



Method:

- Steam beet root and tomato for 4-5 minutes and make paste of it. Take the flour in a bowl and add 4-5 table spoon warm olive oil, mix the cumin and ajwain and add the beet root and tomato paste in it and some water with salt and honey. Knead it properly to make soft dough.
- Make sure that it does not stick to your hand. Now take the dough and roll out small balls out of it.
- Press the resulting dough balls gently and dust it with wheat flour. We can give different shapes to it - triangle, oval, square or round to make attractive for the children.
- After this is done, place it over a preheated pan. Continue till golden brown patches appear on it.
- Sprinkle a little bit of ghee and then flip over again. Make sure that you sprinkle ghee on either sides of it. Cook till it is properly done.

OUR RED PARATHA IS READY!

Spinach Paratha

Ingredients:

- ▶ Spinach leaves-1 bunch
- ▶ Wheat flour-2 cups
- ▶ Salt-a pinch
- ▶ Cumin powder-1 tsp
- ▶ Turmeric powder-2 pinches
- ▶ Olive oil-2 tbsp
- ▶ Ghee-4 tsp



Method:

- Fry spinach leaves in a little olive oil and when cool, grind it to a smooth paste.
- Now take a bowl and add wheat flour, salt, spinach paste, turmeric powder, olive oil and little water to form a dough.
- Keep this dough undisturbed for 1 hour.
- Now knead the dough with hands and take a small portion of it and make like a ball.
With the help of a rolling pin, roll it like a flat chapatti.
- Now take a non stick flat pan to heat paratha.
- Add 1 tsp ghee at the edges of paratha and turn to other side.
- Keep turning both sides until colour of paratha changes.
- Serve hot with fresh vegetables salad.

HOW FRUITY IS YOUR CHILD?

What do fruits give us? Most mothers are not able to answer this basic question in their minds and so either don't eat fruits themselves or don't insist that their kids do so too.

Fruits are extremely essential in our diet and each fruit has something to contribute to our health. And there is a reason why some fruits only come in a particular season. So don't go for marketing gimmicks and end up eating mangoes in December etc as definitely some chemicals must have been involved to give you mangoes off season!

For those mothers whose kids say yuck, the minute you mention the name of a fruit, I would suggest give funky names to the fruit before serving it to the child and always cut the fruit differently, and then see your child eat the same fruit for 5 days but with a different shape and name!

Children love songs and when a puppet sings them, it's all the more fun, so make your fruit a puppet by making him sing and dance and then see your kids want to reach out and munch the fruit!

Some Do's to make fruits fun for kids-

1. Give the fruit a funky name- so instead of apple say 'abby dabby doo doo'.
2. Give it a funky look- cut with a jagged edge knife or cut slices instead of dicing etc
3. Mix two fruits together for colour effect.
4. Don't give fruits after a meal as kids would be too full. Nutritive value of fruits is best absorbed by the body when eaten atleast an hour before a meal.
5. Eat the fruit with your kids. Kids learn by imitation; so the more they see you enjoy, the more they will enjoy and want it too.

Some Don'ts to make fruits fun for kids-

1. Don't make fruits a forced feeding for kids- 'Have your fruits or I will not give you your toy' – avoid doing this.
2. Never add salt, or sugar or any salty or sweet additives to make fruits more acceptable for kids. This will only add more salt and sugar content in their diet and will take away the nutritive value of fruits, not to mention the deadly effect on their teeth!
3. Fruit juice and cut fruits are different, see that your child gets both.
4. Packaged fruit or fruit juice is not nutritive at all, don't go for any tall claims made by the company selling them.
5. Never give your child cold fruits to eat, let the fruit be room temperature.

Know more about your common fruits-

1. Papaya- has papain that helps digest proteins.
2. Banana has calcium, good for the bones.
3. Apple- latest research shows that apple is good for the brain! Regularly munching on apples can boost our brainpower and even fight off age related brain damage. It is thought that the antioxidants in the fruit help to keep key neurons alive and the juice seems to prevent a decline in brain functioning by maintaining acetylcholine, a vital neurochemical.
4. Orange- has vitamin c keeps you away from colds.
5. Pear- it is an antioxidant and prevents constipation.
6. Grapes- help good blood flow and keep blood vessels relaxed.
7. Mango- excellent for toning up heart muscles and improves skin texture.
8. Strawberry- it is good for the immune system.
9. Guava- it prevents cancer and heart diseases.
10. Watermelon- it helps control blood pressure.

-Dr. Swati Popat Vats



BREAD RECIPES

(TRY TO USE MULTIGRAIN OR HONEY AND
OATS OR BROWN BREAD)



Carrot And Beetroot Magic

Ingredients:

- ▶ 8 whole wheat bread slices
- ▶ 1 cup carrot - peeled and grated
- ▶ 1 cup beetroot - peeled and grated
- ▶ 1/2 cup boiled pea
- ▶ Chopped coriander leaves
- ▶ 1/2 cup low fat yogurt
- ▶ 2 to 3 tbsp grated cheese
- ▶ Pepper to taste
- ▶ Salt to taste

Method:

- Mash the peas and mix with the grated carrot and beetroot.
- Add coriander leaves and salt and pepper to taste.
- Apply yogurt on the bread slices.
- Fill the slices with the vegetable mix.
- Make four sandwiches and cut each into two parts.
- Garnish with grated cheese.



Nutri Triangles

Ingredients:

- ▶ 1 cup paneer (cottage cheese), crumbled
- ▶ 1/2 cup onions, chopped
- ▶ 1/2 cup tomatoes, chopped
- ▶ A pinch turmeric powder
- ▶ 1/4 cup capsicum, chopped
- ▶ 2 tablespoons olive oil
- ▶ Salt to taste

For the Toast:

4 bread slices

For the Garnish:

2 tablespoons chopped coriander

Method:

- Take olive oil in a pan.
- Put onions and sauté for 2 minutes.
- Add tomatoes, turmeric powder and cook for 1 minute.
- Add the capsicum and salt and cook for 2 minutes
- Add the paneer and mix well.
- Divide the mixture into 4 equal parts.
- Toast the bread pieces on the tawa or bread toaster.
- Top the paneer bhurji on the toast.



Cheese & Potato Delight

Ingredients:

- ▶ 2 boiled potatoes
- ▶ 3 tbsp finely chopped coriander
- ▶ ¼ tsp cumin seeds
- ▶ Salt to taste
- ▶ Bread crumbs
- ▶ 3 slices brown bread
- ▶ Sliced cheese
- ▶ Cucumber slices
- ▶ Grated cabbage
- ▶ Tomato slices
- ▶ Tomato ketchup
- ▶ Coriander chutney (optional)

Method:

- Take a bowl; put the mashed potatoes in it.
- Add the chopped coriander, cumin seeds and salt to taste. Put bread crumbs and make a round shaped cutlet and deep fry (if you want you can shallow fry).
- Then take 3 slices of brown bread and cut them in round shape.
- Apply tomato ketchup/ coriander chutney on the first slice of brown bread.
- Then place the potato cutlet.
- Place the second slice of bread. Place a slice of cheese which is cut into round shape.
- Place 2 pieces of cucumber and place the 3rd slice of bread on it and cut it into half.
- Garnish the plate with grated cabbage and tomato slices.



Yummiee Rolls

Ingredients:

- ▶ Boiled Potatoes - 2
- ▶ Brown Bread Slices - 5
- ▶ Cumin seeds - 1/4 tsp
- ▶ Corriander leaves finely chopped
- ▶ Salt to taste



Method:

- Boil the potatoes, peel them and mash them in a bowl.
- Put cumin seeds, chopped corriander, salt to taste and mix it well.
- You can make 5 portions of this mixture.
- Take a slice of brown bread, slightly dip in water and remove immediately.
- Press the bread slice slightly in between both your palms and remove the water.
- Then place 1 portion of potato mixture on the centre of the slice and close from both the sides to make a roll
- Now deep fry the roll till it turns light brown.
- Cut and serve with tomato ketchup.

Honey Bears Sandwich

Ingredients:

- ▶ Brown bread
- ▶ Honey
- ▶ Shredded beetroot and carrots
- ▶ Butter
- ▶ Roasted crushed peanuts

Method:

- Apply butter on bread slices
- Grate carrot and beet-root
- Mix carrot, beetroot and peanuts and honey
- Put mixture on bread



Preschoolers can eat what the rest of the family eats," says Melinda Johnson, MS, RD, a pediatric nutrition expert and spokesperson for the American Dietetic Association.

So where children's food and thirst needs are concerned, let's knowingly do these-

1. Keep a check on the sugar and salt content in your child's daily diet.
2. See that your child gets a balanced meal everyday, which should have carbohydrates, fats and proteins
3. See that your child drinks water, at regular intervals
4. Do not give coffee and colas to your kids
5. Start his day with a good breakfast
6. Do not add sugar in his milk at night (if your child drinks milk at night) for the simple reason, sugar is energy and so your child is going to be very active at bedtime!!!!
7. Fix meal time and stick to it, no in between snacks
8. Packaged food should be packed out of the house!!!
9. Make food look and taste good and you will never have a table tantrum
10. Do not believe media perpetuated myths about food like noodles having wheat, or a bar of chocolate is equal to a glass of milk etc
11. And yes, feeding time should not be television time; feeding and eating time should always be family time.

Magic Slices-Some Wafer Delights

Potato chip and French fries - all the time is not good for health.

So try some magic slices made from tapioca

(an underground vegetable, the richest source of calcium) and 'Kand' (also called purple yam) and instead of frying, bake them.

Some Sandwich Fun

For all your usual sandwiches, buy some big cookie cutters which come in different shapes, and cut the sandwiches with them, what a delight for your child when he opens his snack box and finds a cute star sandwich with a smile on it.

Other options to add on sandwiches and parathas are palak chutney and mint chutney: Spread thin on the chappati and paratha, crumble some paneer on it, cut with cookie cutter and tell your child to expect a small 'green forest' in his snack box.

(Put the smile with ketchup)

Tired of chappati?
Kids not eating the boring
chappatis? Try Jumbo's pizza~

Make any sabzi, mash it and spread it on a chappatis and make it look like a pizza. Here again use the cookie cutters and you have nice little bites that the child would love to eat. For very fussy children add a thin layer of ketchup before spreading the sabzi and add some grated cheese. But avoid too much of ketchup and cheese on everything.



DIET FADS AND TEENAGERS

More and more women these days are having problems during pregnancy and are having health issues related to the uterus and ovaries. Can incorrect diet or too much of dieting be a related cause? Yes, it indeed is. Incorrect lifestyle habits, prominent among them dieting, are having long term effects on the health of women.

To check this diet fad one has to trace steps right up to the childhood years because the foundation for 'wanting to diet', 'wanting to look thin' starts from here. When little girls are exposed to Barbie dolls, when the clothes selected for them are figure hugging and when adults around them talk about slim is beautiful and slim is healthy, unconsciously adults have laid a foundation in the child's mind about 'slimness'. Nothing wrong with being slim, but health wise the focus should be on being fit and healthy and not only on losing a certain amount of weight or being 'size zero'.

Teenage girls today are skipping a meal, going on strict diet regimes that are unhealthy and lead to dizziness, lack of correct nutrients and low immunity to diseases. When the body does not get its correct nourishment it is naturally going to have low immunity. Another important negative impact of these diets is low hemoglobin levels in girls which lead to many health and other complications in later life.

Dieting and incorrect diets also take toll on the skin and hair and many girls have dry, flaky skin, and wrinkle more early. Somewhere school and college learning should also focus albeit interestingly on food facts, what is good for the body and what isn't. More often than not, curriculum teaches about food groups but it is so boring that children don't pay attention to important facts. High school and junior college should have sessions on 'food for thought', in which nutritionists and dietitians should be called in to explain that skipping all calories is unhealthy as the body as a daily requirement of calories and instead should be taught to count calories, so know what food has how many calories.

Somewhere early eating habits unknowingly inculcated by parents before puberty are also responsible for excess weight in children, which at that stage is found to be 'cute' but then later becomes a bane for the growing adolescent forcing him/her to go on a unhealthy diet to 'fit in' both in his/her fashionable clothes and friend circle. Mothers especially need to be careful about the fast food or junk food habits that are being cultivated in their children. Fries, fried food, soft drinks, pizzas, ice creams are slowly but surely creating a future need to reduce weight at all costs.

German educationist Rudolf Steiner divided human learning into three stages, he said that from age 1 to 7 children learn by imitation, so then at this stage children should see their parents and important adults eat well, have good diet habits, because at this age if they see important adults in their life dieting or giving importance to 'thin' then they will also learn to do that.

From age 7 to 14 children learn by authority so it is at this time that parents must be extremely strict with children about their food habits. Eating at home, eating together, no junk food (or maybe only once a month) are all habits that should be strictly enforced at this age because the next phase is from 14 years onwards where human beings learn by independence, so at this stage it would be very difficult to teach them new habits or to change habits, as it would lead to rebellion.

Keeping this simple philosophy in mind parents can guide children in their food habits and ensure that kids do not go on unhealthy diets that can cause lasting damage.

What are the common tips for food habits in teenagers-

1. Anything that is canned, in tetra packs or packaged food cannot be good, have fresh food. Avoid processed foods- as they have certain chemicals that cause irritability, hyperactivity, depression and lack of attention.
2. Adopt a 'less sugar' diet. Natural sugars, which means the sugar already present in the food is good and healthy it is the added sugar to all foods which is dangerous. Don't use artificial sweeteners as many of them have a chemical that leads to kidney stones.
3. Eat foods raw - every meal must have raw fruits or vegetables- salads and fruit salads are good but not the packaged kind as they are unhealthy and may have already lost their nutrients
4. Reduce 'caffeine' consumption; too much of coffee dehydrates the brain. The recommended amount of caffeine per day is 200 mg, which is about one cup of brewed coffee.
5. Drink water. We need atleast one litre water every day; if we eat junk food then we need more water!
6. Use food combinations.
7. Starch is important in our diet, starch releases a necessary brain chemical –serotonin. In her book *Stress in young people*, Sarah McNamara states, *“Young people are often worried that these foods are fattening. However you can reassure them by informing them that contrary to this belief they can actually keep weight down by controlling the appetite and preventing the sudden drops in blood glucose levels which cause snacking. It is best to eat wholegrain varieties - whole meal bread or pasta, brown rice - because they contain more fibre, vitamins and minerals and are also more filling.”*

Unhealthy teenagers will lead to unhealthy adults and the cycle will continue so it is important that teenagers today understand what is good for their body and are educated about it to empower them to take correct decisions about their diet, fads and fashion and do not get carried away by commercials, media drives and friend circle.

**Red Riding Hood
and the Wolf....**
Who Liked Healthy Food.



Dr. Swati Popat Vats

The Ministry of Health and Family Welfare recently released a circular directing schools and colleges to promote healthy eating by banning junk food and aerated drinks in their canteens. Most people only have the obesity argument for staying away from junk food, but here are 5 reasons why diet plays an important role in the 'performance' and growth of children of all ages. The story has a twist at the end when the secret of the wolf is revealed.

