

Additional information
on
nutrition,
list of recipes
and
home remedies



A. Information about Nutrition

Hello children,

Do you know why you have to eat?

Do you know what you eat?

What you eat plays an important role for your health!

Eating a variety of healthy foods promotes good physical health and provides energy for growth and activity.

Many diseases and their symptoms can be prevented with healthy food.

Knowing what your body needs is very helpful.

On many food and drink packages is a list of contents, which tells you what is in it.

It is important to know what the food consists of

How many carbohydrates are in the food and especially sugar!

How much protein?

How much fat and what kind?

Your body needs calories, like a car needs fuel. Without fuel the car cannot drive and without calories you cannot grow or have enough energy to play or to learn.

It is very important to know how many calories the food contains otherwise you risk becoming overweight.

Water has no calories; it is natural and is in many different types of foods.

In a 100g of milk you find 3,4 g building materials (protein), 4,6 g energy (sugar and fat) and 0,7 g protective and regulate materials (vitamins and minerals).

In soft drinks you'll find not only water but also sugar, which makes you thirstier.

Building materials are necessary to grow.

Protein is essential for building muscle mass. Protein does most of the work in cells, which is needed for the structure, function, and regulation of the body's tissues and organs. You'll find them in animal products, nuts and legumes.

Energy materials you need to play, participate in sports and learn.

Carbohydrates are sugars such as fructose, glucose, lactose, starches such as starchy vegetables, grains, rice, breads and cereals. They provide your body with energy and store energy by turning it into fat.

Fat is known as triglycerides, cholesterol and essential fatty acids, which, the body can't make on its own. It stores energy, insulates us, and protects our vital organs. They act as messengers, helping proteins to do their job.

Protective and regular materials perform hundreds of roles in the body. They help strengthen bones, heal wounds, and bolster your immune system. They also convert food into energy and repair cellular damage.



The 12 essential vitamins your body needs are vitamins A, C, D, E, K and the B Vitamins.

The four fat-soluble vitamins A, D, E and K are stored in the body's fatty tissues. The other nine vitamins are water-soluble and therefore must be replenished regularly because they are removed from the body in your urine.

Minerals help your body grow, develop and stay healthy, building strong bones, transmitting nerve impulses, making hormones and maintain a normal heartbeat.

Vitamin A

Is necessary for a healthy skin and your eyes and immune system; you find in milk, cheese, eggs and carrots

Vitamin B1

Is essential for nerves, muscles, your heart function and your concentration; you find it in germ of cereals, beef, pork, nuts and whole grains

Vitamin C

is good for your health and keeps you fit; you find it in citrus fruits, berries, potatoes and peppers

Vitamin D

Is essential for healthy bones, especially for the growing period; you find it in oily fish and eggs; and you need sunshine; Vitamin D can only be made in our skin by exposure to sunlight

Vitamin E

Plays an important role in your growth and development; for your cells in your body; you find it in seeds and nuts

Calcium and Phosphate

Is a mineral combination important for your bones and teeth; your kidneys control the balance between both in your body; you find it in cheese, yoghurt, nuts, beans, broccoli and spinach

Iron

Is essential for your growth and development, your lungs function and condition and your blood (you have 5-6 liter blood); you find it in spinach, beans, nuts and seeds.

Iodine

Is important for your growth and health; it is important in building thyroid hormones you find it in seafood

Magnesium

Regulate your nerve system, is good for your muscles and a good sleep; you find it in spinach, broccoli, avocado, banana, raspberries, nuts and seeds

Fluoride

Is important for good teeth; in some countries there will be a fluoridation of water, therefore, you find fluoride nearly in every food within that country.

Water

brings the body fluids in balance. Your body is composed for 60% of water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature. Water is essential for the kidneys to function; kidneys clean the blood of waste products.

B. List of recipes

Breakfast or a snack with rolled Oatmeal:

Ingredients:

1 ½ cup fat free milk, ½ cup brown sugar, 1 egg white, 1 tablespoon margarine, ½ teaspoon cinnamon, 2 cups rolled oats, 1 teaspoon baking powder, 1 ½ cups chopped apples

Method:

- Preheat oven 180 °C
- Mix the milk, brown sugar, egg white, margarine and cinnamon in a bowl
- Combine the oats and baking powder in a bowl
- Pour the mixture with the oats and add the apples and mix it together.
- Give a spoon of the mixture into a pan and bake for 30- 40 minutes



Rainbow yoghurt:

Graham Cracker Crust:

9 whole cracker sheets, ¼ teaspoon vanilla extract, 1 tablespoon coconut oil, 1 tablespoon honey

Method:

- Break the graham crackers and place into food processor bowl, pulse crackers until they become a powder.
- Add vanilla extract, coconut oil and honey; pulse all ingredients together, the texture will be slightly moist and stick together.
- Pour the graham cracker crust mixture into a bowl and set it aside

Orange yoghurt:

Ingredients:

¾ cup orange pieces, segmented, ¾ cup plain reduced fat Greek yoghurt

Method:

- Peel the orange
- Cut the segments in thirds and put them in the food processor.
- Pulse until mixture is smooth but no puree
- Add yoghurt and pulse, not too much
- Pour the mixture, put into a bowl and place in the freezer for 25 minutes

Blackberry yoghurt:

$\frac{3}{4}$ cup blackberries, $\frac{3}{4}$ cup plain reduced fat Greek yoghurt, $\frac{1}{2}$ teaspoon lemon juice, $\frac{1}{2}$ teaspoon honey

Method:

- Place blackberries into food processor and pulse until mixture is smooth
- Add lemon juice, honey, yoghurt; pulse the mixture
- Put it into a bowl, cover and refrigerate for 25 minutes

Strawberry yoghurt:

$\frac{1}{2}$ cup strawberries, halved, $\frac{3}{4}$ cup plain reduced fat yoghurt

Method:

- Place the strawberries into the food processor and pulse
- Add yoghurt and pulse until combined. Pour mixture, put into bowl, cover and refrigerate for 25 minutes



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Chopped fruit:

1 whole kiwi, peeled and diced, $\frac{1}{2}$ cup strawberries, diced, 1 cup oranges, peeled and cut into $\frac{1}{4}$ inch pieces, $\frac{3}{4}$ blackberries

Method:

- Wash the fruit
- Peel kiwi and cut off the hard ends; dice and place in a bowl and set aside
- Put all the fruit separate in different bowls and set aside.

Creating the rainbow yoghurt:

- For one big transparent cup (a glass) begins with 2 tablespoons of graham cracker crust
- Spoon less than a $\frac{1}{4}$ cup orange yoghurt over the graham cracker crust
- Place $\frac{1}{4}$ cup diced strawberries over the orange yoghurt
- Add 2 tablespoons of the graham crackers crust and pat down
- Add less than $\frac{1}{4}$ cup of the blackberry yoghurt
- Place 3 tablespoons of orange segments on top of the yoghurt
- Add 2 tablespoons of graham cracker crust and pat down gently
- Sprinkle 1 tablespoon of kiwi and 1 tablespoon blackberries on top

Tuscan bean salad with tomatoes

Ingredients:

14 ounce cans unsalted cannellini beans, 1 large red bell pepper, seeded and diced, 2 ripe medium tomatoes, diced, 1 cup julienned fresh arugula, $\frac{1}{2}$ cup chopped red onion, $\frac{1}{4}$ cup chopped fresh Italian parsley, 2 cloves garlic, chopped, $\frac{1}{4}$ teaspoon lemon pepper, $\frac{1}{3}$ cup extra-virgin olive oil, 2 tablespoons balsamic vinegar, 1 tablespoon red wine vinegar, freshly-ground pepper

Method:

- Combine all ingredients and toss gently in a large bowl



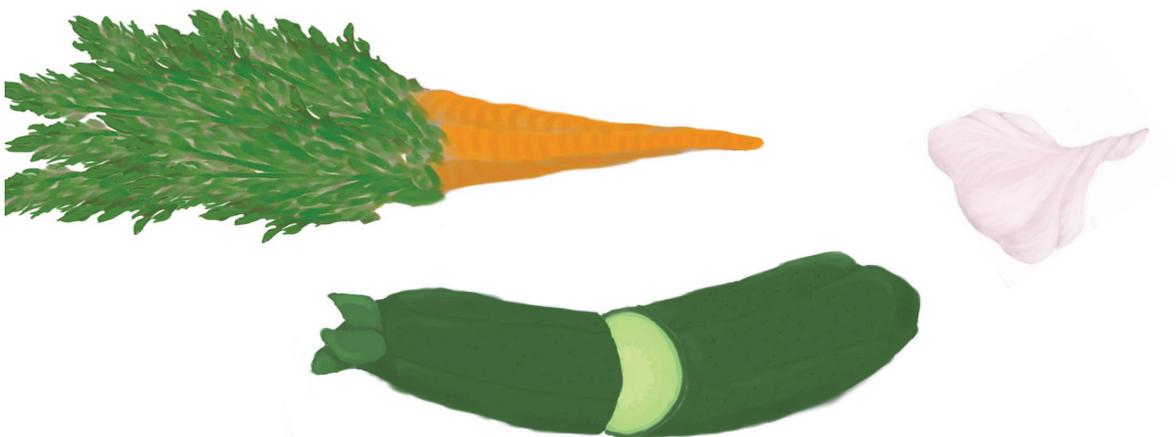
Minestrone:

Ingredients:

1 clove of garlic, 1 red onion, 2 carrots, 2 sticks of celery, 1 zucchini, 1 small leek, 1 large potato, 1 x 400 g tin of cannellini beans, 2 rashers of higher-welfare smoked streaky bacon, olive oil, ½ teaspoon dried oregano, 1 fresh bay leaf, 2 x 400 g tins of plum tomatoes, 1 liter organic vegetable stock, 1 large handful of seasonal greens – as savoy cabbage, curly kale, chard, 100 g whole meal pasta, ½ a bunch of fresh basil, parmesan cheese

Method:

- Peel and chop the garlic and onion; chop the carrots, celery and zucchini, add the vegetables into a large bowl
- Cut the end of the leek, quarter it lengthways, wash it, cut into 1 cm slices; add to the bowl
- Scrub and dice the potato; drain the cannellini beans, set aside
- Slice the bacon
- Heat 2 tablespoons of oil in a large saucepan over a medium heat. Add the bacon and fry gently for 2 minutes, or until golden.
- Add the garlic, onion, carrots, celery, zucchini, leek, oregano and bay leaf.
- Cook slowly for about 15 minutes, or until the vegetables have softened, stirring occasionally.
- Add the potato, cannellini beans and plum tomatoes, then pour in the vegetable stock. Stir well, breaking up the tomatoes with the back of a spoon.
- Cover with a lid and bring everything slowly to the boil, then simmer for about 30 minutes, or until the potato is cooked through.
- Remove and discard any tough stalks bits from the greens, then roughly chop.
- Using a rolling pin, bash the pasta into pieces while it's still in the packet or wrap in a clean tea towel.
- Check if the potato is cooked, pierce a chunk of it with a sharp knife – if it pierces easily, it's done.
- Add the greens and pasta to the pan, and cook for a further 10 minutes or until the pasta is al dente. This translates as 'to the tooth' and means that it should be soft enough to eat, but still have a bit of a bite and firmness to it. Try some just before the time is up to make sure you cook it perfectly.
- Add a splash more stock or water to loosen, if needed.
- Pick over the basil leaves (if using) and stir through. Season to taste with sea salt and black pepper, then serve with a grating of Parmesan and a slice of wholemeal bread, if you like.



Mini Veggie burgers (12 burgers):

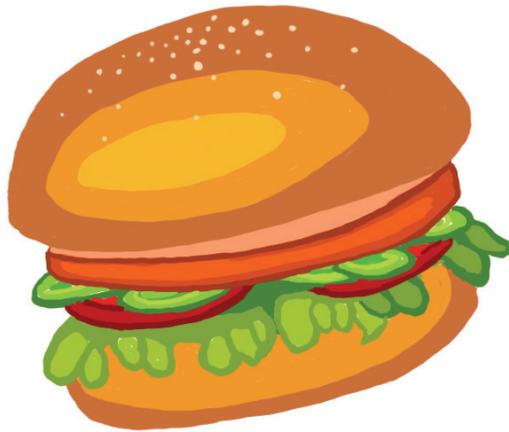
Ingredients:

2 cans (15 1/2 ounces each) garbanzo beans, rinsed and drained, 2 tablespoons olive oil, 3 green onions, chopped (1/2 cup), 1 large carrot, shredded (1 cup), black pepper, 1/3 cup whole wheat flour, Mini whole grain hamburger buns, toasted

Toppings: avocado, tomato sauce

Method:

- Puree beans and oil until smooth
- Stir in onions, carrots, pepper; add flour and mix it together
- Form 12 mini patties; grill until each side is browned, about 4 minutes per side.
- Assemble burger on bun with avocado, tomato and tomato sauce



Tips for slaw inspiration:

Sweet slaws: Flavourful vinegars, sweet fruits such as pineapple, apple or raisins; dried cranberries, toasted almonds or fennel

Creamy slaws: Basic is mayonnaise with mustards and horseradish; substitute plain Greek yoghurt and add broccoli, chilies or red pepper and perhaps flakes

Asian-inspired slaws: Slaw with ginger, peanut butter, lime juice, soy sauce, sesame oil, sesame seeds, green onions, dry noodles and peanuts

Exotic slaws: Vegetables and fruit, sweet peppers, radicchio and squashes

C. Home remedies

In case of earaches:

An Onion swab: the ethereal oils of the onion are antibacterial, metabolically stimulating and mucolytic. If covered, soft heat is generated which alleviates pain. The sachet can also be used cold.
Recipe: 1-2 fresh raw onions, cloth or paper towel or hairband.

Cut the onion into small pieces and heat up to body heat. Rap the cloth (or paper) around it and press a little on the spot which is going to be held against the ear, so the onion juice soaks through. Then hold it against the hurting ear for about 20 minutes. You can do this a few times a day.

In case of fever:

½ teaspoon lemon juice in 3 cups of warm water (not hot) and maybe add a teaspoon of honey.

In case of infection in the respiratory tract:

Inhale saltwater or steam through the nasal pathway:

Cook 1 liters of water and add 1 table spoon of salt. Don't decant but inhale over the pot. Young children don't like to inhale over the pot. If this is the case, an idea could be to place the pot underneath a table covered with big sheets and blankets. The child is then playing 'camping' surrounded by the humid salty air.

In case of headache or blocked nose:

Put 1 cup of hot water and a few drops of eucalyptus oil into a bowl. Inhale the steam with a blanket over the head for about 10 minutes or use the method as described above.

In case of a cough:

Put 6 cut onions with ½ a cup of honey in a pot with 1 liters of water. Lid on and cook for 2 hours on low heat. Pass through a sieve and drink it regularly, best warm.

In case of a cold:

Flax seed tea: 3 cups of boiling water, 30g flax seed, 1 piece of Licorice (20 cm) and a hand full of fresh thyme. Blend everything together and let it rest for 30 minutes. Then filtrate, add the juice of 1 lemon and 1 tea spoon of honey. Drink as needed.

In case of a cough and a sore throat:

Put 1 teaspoon lemon juice, 1 teaspoon honey and 3 cloves in a cup of hot water, stir and drink.

In case of stomach pain, colic and flatulence:

Fennel-tea works well.

