



## Fruit Smoothie Recipes

A simple and fun way to ensure everyone gets their 5 a day!

**Dietitian's Corner**  
5 a day smart eating tips



**Recipes**  
Build your own Tacos



**Free School Meals**  
Find out if your child is eligible



# BALANCED TRAY

More than just lunch

# Dietitian's Corner



## On Your Way to 5 A DAY

We've all heard the phrase "5 a day," but why is it so important to eat five portions of fruits and vegetables each day?

### 1. Packed with Nutrients

Fruits and vegetables are rich in essential vitamins and minerals children need to grow strong and stay healthy. Vitamin C from oranges helps build a robust immune system, while the calcium in leafy greens supports growing bones.

They are also an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent digestion problems.

### 2. Boosts Brainpower

Foods like berries, carrots, and spinach are often called "brain foods" for a reason- they're packed with nutrients that improve memory, focus, and learning. Ensuring your child gets their 5 a day can help them perform better in school

and feel more alert throughout the day.

### 3. Strengthens Immune system

Fruits and vegetables are key to keeping your child healthy and energetic. Their immune-boosting properties help ward off common illnesses like colds and flu, keeping them active and ready to learn and play.

**Building Healthy Habits:** Encouraging your child to eat fruits and vegetables sets them up for a lifetime of good eating habits. Research shows that children who consume a variety of fruits and veggies are more likely to maintain a balanced diet as they grow older.

### Fun and Easy Ways to Include 5 a Day:

Incorporating five portions doesn't have to be hard.

Try:

- Adding banana slices or berries to their breakfast.
- Packing carrot sticks or cucumber slices for snacks.
- Making smoothies with a mix of fruits and leafy greens.
- Including colourful vegetables in pasta sauces or wraps.





## \*1 of your 5 a Day in a Smoothie

### Carrot and Orange Smoothie

#### Ingredients

- 2 Small Carrots
- 2 Small Oranges
- 1cm of Fresh Grated Ginger
- 2 tbsp Oats
- 100g Ice



#### Method

1. Peel the orange and remove any pips
2. Wash the carrots
3. Blend all the ingredients together
4. Serve

\*The amount of food a child needs varies with age, body size and levels of physical activity. As a rough guide, 1 portion is the amount they can fit in the palm of their hand. Source; <https://www.nhs.uk/live-well/eat-well/5-a-day/portion-sizes/>

### Berry and Banana Smoothie

#### Ingredients

- 2 tbsp of frozen berries
- 2 tbsp Greek Yoghurt
- Small Banana
- 100ml Unsweetned Orange Juice



#### Method

1. Peel and slice the banana
2. If possible freeze the banana before use
3. Blend all the ingredients together
4. Serve

### Strawberry and Banana Smoothie

#### Ingredients

- 10 Strawberries
- Small Banana
- 100ml Unsweetned Apple Juice



#### Method

1. Peel and slice the banana
2. Remove the stalk from the strawberries and cut in half
3. If possible freeze the fruit before use
4. Blend all the ingredients together
5. Serve

No blender?! The two banana based smoothies can be made without, simply mash all the fruit together and whisk in the juice, add some ice cubes and serve.

## Free School Meals



Free School Meals and HAF Programme: We want to ensure all our children have access to nutritious meals. Did you know 30% of eligible children miss out on Free School Meals? This equates to roughly £480 per year! Free School Meals also unlock access to the HAF programme, providing free healthy food and activities during some school holidays. Check your eligibility and apply: <https://www.gov.uk/apply-free-school-meals> We happily cater for all dietary needs - please contact the school to discuss your child's requirements.

# Half Term Activities



Following the success of our bird feeder activities, we're excited to announce our next project; building birdhouses! It's a fantastic opportunity to spend some quality time with your little ones, learn about nature, and provide a cozy home for local birds.

Below is a link to some simple instructions for creating a basic birdhouse. It's a great starting point, and you can customise it to your liking. Remember, safety first! Supervise closely, especially when using tools.

<https://www.rspb.org.uk/helping-nature/what-you-can-do/activities/build-a-birdbox>

We hope you have a wonderful time building your birdhouse together! We can't wait to see what you create, please send pictures to [UKmarketing@TaylorShaw.com](mailto:UKmarketing@TaylorShaw.com). Happy building!

Below are the bird feeder instructions, just in case you'd like to make one for your garden at home.

What you need;

Pine or fir cones (dried out so they open!)

Scissors

String

Bird food mix - one medium brown banana, 25g oats and 25g sultanas

Method

1. Mix all the bird food mix ingredients together
2. Cut and tie pieces of string around the pine cones so that they can be hung up on a tree when finished.
3. Use your fingers to push the mix into the open gaps of the pine cone.
4. Hang it on a tree.
5. Then enjoy watching the birds on your feeder.

## Christmas Craft Competition Winner

A huge congratulations to our winner of the Christmas Crafting competition

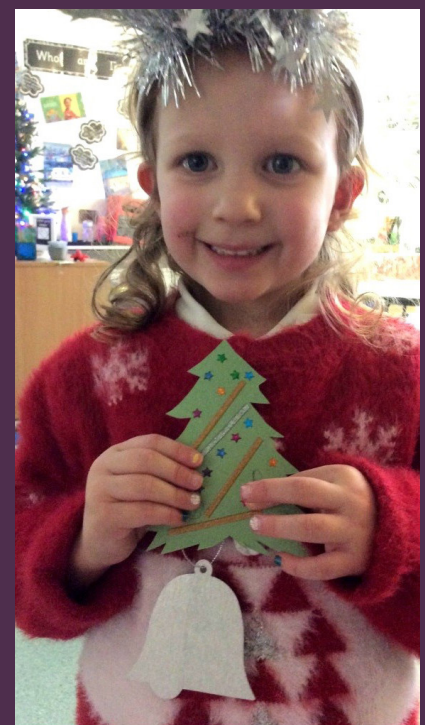
This Christmas, pupils at a school in Norwich were captivated by Julia Donaldson's heartwarming tale, "The Christmas Pine." The story follows the incredible journey of a Norwegian pine, from its humble beginnings to its grand arrival as the Trafalgar Square Christmas tree - a traditional gift from Norway to the UK. As the children explored the book, they discovered the fascinating history behind this annual tradition and learned about the significance of Trafalgar Square itself.

Inspired by the spirit of giving in "The Christmas Pine," one of the pupils created a beautiful handcrafted tree decoration.

She, loves all things crafty, created her own miniature "forest thank you" - a beautifully decorated tree ornament intended as a special gift. Just like the Norwegian pine in the story, her creation represents a journey of its own, carrying with it a message of love and appreciation.

The pupil explained to her teacher, "I'm saying thank you to my Grandma and Grandpa because my Grandma isn't feeling well, and I want to cheer her up!" Her heartfelt motivation, combined with the lovingly crafted decoration, made her entry truly special.

We felt that her gift perfectly captured the essence of the competition. It's not just a beautiful creation; it's a tangible expression of love and kindness, something that will be treasured and brought out every year, a reminder of the joy of giving. Congratulations, on winning our Christmas competition! Your thoughtful gift embodies the true spirit of the season.





## Build Your Own Tacos

Build Your Own Tacos" is a great way to get everyone involved in the cooking and customise their own plates. It's also perfect for accommodating different dietary needs and preferences.

Here are some ideas to make your "Build Your Own Tacos" night a success:

In addition to the two hot dishes here consider offering the following

### **Toppings:**

Shredded Lettuce, Diced Tomatoes  
Grated Cheese, Salsa, Sour Cream  
or Yoghurt, Onion Salad, Lime  
Wedges and Corriander

### **Sides:**

Mexican Rice, Corn on the Cob

### **Tips for Involving Children:**

Involve them in the cooking process:  
Even small tasks like washing  
vegetables or setting the table can  
make them feel involved.  
Remember to have fun and enjoy  
the process of creating your own  
delicious tacos!

The main protein in each recipe can be changed to suit your dietary needs e.g. you can swap the pork mince for plant based mince, minced beef or chicken pieces.

### **Pulled Jackfruit**

#### **Ingredients**

150g Jackfruit  
25ml Soy Sauce (omit if allergic)  
30g Soft Brown Sugar  
4g Ginger Puree  
10g Rice Wine  
10g Gochujang Paste  
4g Garlic Puree  
Pinch Pepper  
5ml Sesame Oil (any oil will work)

#### **Method**

1. Place the soy sauce, gojuchang, brown sugar, rice vinegar, pepper, oil, ginger & garlic puree into a suitable pan and leave to marinade for at least one hour
2. Place the pan on to a high heat and bring the mix to the boil
3. Drain the jackfruit then gently pull the pieces(they will pull into strands including the stalks) then mix the pieces into the sauce
4. Place in a suitable dish and cover
5. Place in the oven until the jackfruit is completely hot

### **Spicy Pork**

#### **Ingredients**

500g Pork mince  
100g Onion  
50g Gochujang Paste  
25ml Soy Sauce (omit if allergic)  
15g Mint  
15g Coriander  
Salt to taste

#### **Method**

1. Wash the coriander & mint
2. Roughly chop the coriander
3. Remove the leaves from the mint and finely shred
4. Peel and finely dice the onion
5. Heat a suitably sized pan on the stove and when hot place the pork mince in and cook until the liquid has evaporated
6. Add the onion and cook until the mince is brown and starting to crisp up
7. Add the soy sauce & gojuchang paste and continue to cook for 2 minutes
8. Add the soy sauce, chopped coriander & mint and season with salt
9. Place the cooked mince into a suitable serving dish