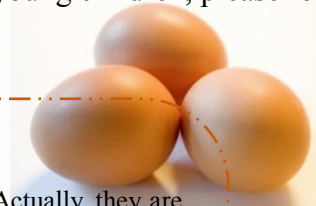


## Festive Menu (Easter)

- ✧ Easter is just around the corner and many festive foods like Easter bunny snacks and Easter eggs are already available on the market. Nevertheless, most of these foods are desserts made of ingredients relatively high in fats and sugars, such as chocolates and sweets. Young children may have excessive intake of energy and get a higher chance of obesity if eating too much of these foods. While enjoying scrumptious food under joyous festive atmosphere, we should keep on maintaining young children's health by sticking to the balanced diet and "3 Low 1 High" (i.e. low salt, low fat, low sugar and high dietary fibre) healthy eating principles.
- ✧ Do you want to spend your Easter merrily and healthily? Let us play games to celebrate Easter this time. We can use "eggs" to unleash the creativity of young children by letting them paint colourful patterns on eggs. Once the painting is completed, we can make use of these colourful eggs to hold a "**Easter Egg Hunt**" activity, whereby the children can experience the festive joy and increase physical activity levels.
- ✧ If you wish to share more nutritional information on "eggs" with young children, please refer to the following tip



### Learning more about eggs

When we talk about eggs, we usually just associate them with cholesterol. Actually, they are very nutritious. How much do you know about their nutritional values?

- **Protein-rich**: Beneficial to growth, cell repair, and satisfying the requirements of metabolism
- Containing **unsaturated fats**: Help lower bad cholesterol level
- Containing **vitamin B complex**: Assist the metabolisms of carbohydrates, protein and fats, thereby facilitating our bodies to absorb energy from food
- Yolk contains **iron**: Help the production of red blood cells, thereby preventing anaemia

### Wanna prepare a healthful dish with "eggs"?

We can make reference to the recipe of "Fish & Egg Rolls" below and transform eggs to egg rolls. After adding with vegetables, this dish becomes not only healthful but also savoury



**Fish & Egg Rolls**

- ✧ Besides common egg dishes like steamed eggs, boiled eggs and fried eggs, we can also stir-fry egg pancakes to make egg rolls. Egg rolls are attractive and delectable
- ✧ By inviting young children to prepare food, parents can raise their young children's interest in a variety of foods and encourage them to maintain balanced diets

## Example of Festive Menus (Easter)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Low-fat cheese and cucumber sandwich	Congee with carrot and minced fish	Oatmeal with low fat milk and raisins	Soup noodles with tomato and egg	Steamed bun + Low-sugar soy milk with added calcium
<b>Morning Snack</b>	Orange	Apple	Papaya	Banana	Dragon fruit
<b>Lunch</b>	Braised fish filets with black fungus and eggplant +Stir-fried broccoli	Beef with onion and hairy melon +Stir-fried choy sums	Stir-fried chicken filets with green string beans +Blanched seasonal vegetables	Tofu with pumpkin and minced pork +Stir-fried chayote	<b>Fish &amp; Egg Rolls</b> +Blanched lettuce
<b>Afternoon Tea</b>	Soup rice noodle with assorted beans	Oat bread +Low-fat milk	Boiled corns	Steamed twisted roll +Low-fat milk	Eight-ingredient congee (less-sugar)



### Fish & Egg Rolls (Approx. 10-12 servings)

#### Ingredients:

Eggs 2 whole  
Minced dace 4 taels  
Celery 1 stalk

#### Seasonings:

Salt ½ teaspoon  
Sesame oil 1 teaspoon

- ✧ Generally, the fat content of fish is lower than that of other meats. By adding celery into egg roll, the dietary fibre content of the dish can be increased
- ✧ Frying egg pancake with non-stick pan can reduce the amount of oil used
- ✧ Celery can be substituted by cucumber and carrot so as to increase the variety of the dish. This substitution enables young children to eat different kinds of vegetables

#### Cooking Method:

1. Beat the eggs. Add salt and sesame oil. Mix well and set aside.
2. Heat a non-stick pan. Add a little oil and half of the beaten egg to the pan. Fry the egg until it forms a thin pancake.
3. Place the thin egg pancake on a plate. Spread the minced dace on the pancake (the spread should be of the same size as the pancake).
4. Cut the celery into sticks. Place them at the edge of the pancake and make a roll. Steam it until cooked.
5. Slice the roll into smaller rolls and serve.