

Festive Menu (Christmas)

- ✧ It is traditional to enjoy festive food during most of the Chinese and Western festivals. 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.
- ✧ The following menus have been specially included dishes prepared with colourful ingredients to enhance festive mood, e.g. (red/ purple) red cabbages, kidney beans, eggplants, cherry tomatoes, tomatoes and red grapes, (green) zucchini, snow peas, kiwifruit, and green grapes, as well as (orange/ yellow) carrots, pumpkins, bell peppers, corns, oranges and cantaloupes.
- ✧ Celebrate Christmas with a specialty snack "Tomato Cups with Tuna" that is free from processed meat. It can reduce young children's absorption of excessive salt and fat.

Pre-primary institutions should pay attention to the following notes if they are to organise Christmas parties:

- ⚠ Processed meat (e.g. hams, sausages, bacons, fish balls, beef balls, and Shao-Mai): A large amount of sodium (salt) has been added for preservation or seasoning, so it should not be supplied to young children.



Make skewers with fresh or frozen meat (e.g. chicken and beef tenderloin) and vegetables (e.g. tri-coloured peppers, eggplants, shiitake mushrooms, cherry tomatoes, and onions) as a healthier alternative.

- ⚠ Dessert (e.g. cream cakes, and jelly candies): Common ingredients for making desserts, including cream, butter and sugar, can increase the fat and sugar content of food. Excessive eating of dessert is therefore unhealthy.



It is healthier to supply snacks like fruit platters and plain low-fat yogurt with fruit dices as desserts.

- ⚠ Beverages: Juice drinks or concentrate juices are not equivalent to pure fruit juices. If you pay attention to the "ingredient list" on product packaging, you will find that the main ingredients of the former are "water" and "sugar". Therefore, young children drinking such are just like drinking "water" added with "sugar".




Plain water is the best choice.



- ✧ The exterior of a tomato resembles to that of an ornamental Christmas ball. Let us make a specialty snack "Tomato Cups with Tuna" as a celebrative activity in Christmas. It must be fun and luscious!
- ✧ Inviting young children to make dishes can increase their interest in vegetables and hence encouraging them to eat vegetables.



Example of Festive Menu (Christmas)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Congee with additives-free dried vegetables and lean pork	Cheese sandwich	Macaroni with red cabbage and shredded meat	Bread roll + Low-fat milk	Oatmeal in low-fat milk
Morning Snack	Orange	Red grapes	Kiwifruit	Cantaloupe	Green Grapes
Lunch	Fried chicken filets with zucchini and black fungi	Braised beef with carrots Steamed eggplants with chopped garlic	Stir-fried fish filets with tri-coloured bell peppers and snow peas	Steamed pork mince with pumpkin Blanched lettuce	Spaghetti with cheese, assorted mushrooms and kidney beans Blanched broccoli
Afternoon Tea	Cherry tomatoes Low-sugar soymilk with added calcium	Eight treasure congee (less sugar)	Mashed potato with low-fat milk	Fried vermicelli with three ingredients (carrot, egg & shiitake mushrooms)	 Tomato Cups with Tuna

Tomato Cups with Tuna (Approx. 12 servings)

Ingredients:

Tomatoes (medium)	12
Celery	1/2 cup, diced*
Corn kernels	1/2 cup*
Tuna in mineral water	2 cans
Raisins	4 tablespoons
Plain low-fat yogurt	1/2 cup*
Honey	A small amount

Seasoning:

Salt	A pinch
Ground pepper	A pinch

* 1 cup =240 ml

Cooking Method:

1. Drain the tuna.
2. Wash and dice the celery.
3. Add the honey into the yogurt as salad dressing.
4. Wash tomatoes. Make into cups by cutting off their tops and scooping seeds out.
5. Mix the tuna fish, celery, corn kernels and raisins with the salad dressing and seasoning. Set aside.
6. Put the mixture into the tomato cups and refrigerate before serving.

- ✧ Replace traditional salad dressings with low-fat yogurt can offer the benefits of reducing fat and increasing calcium content.
- ✧ Honey is not essential because raisins are rich in natural sweetness and aroma.

