



Festive Menu (Mid-Autumn Festival)

- 
- 
- ★ It is traditional to enjoy festive food during most of the Chinese and Western festivals. While enjoying scrumptious food under the joyous festive atmosphere, we should keep on maintaining young children's health by sticking to the balanced diet and "3 Low and 1 High" (i.e. low salt, low fat, low sugar and high dietary fibre) healthy eating principles.
 - ★ In the following menu examples, seasonal fruits and "Sweet Corn Mashed Taro Balls" (an alternative to glutinous rice balls) will be introduced as festive foods. They help promote young children's health by reducing the children's excessive intake of sugar and fat.

Seasonal Fruit for Mid-Autumn Festival

Mooncakes are among the most popular festive foods in Mid-Autumn Festival. Unfortunately, their sugar, fat and energy content is usually very high. On the other hand, fruit is nutritious with low energy so it is a healthier festive food in Mid-Autumn Festival.

Sweet Corn Mashed Taro Balls

Glutinous rice balls are also a popular festival food in Mid-Autumn Festival because they signify reunion. Nevertheless, most of them are made with high-sugar ingredients such as sesame seeds and peanut fillings. It would be healthier and equally festive by eating dumplings made with taro, i.e. another festival food for Mid-Autumn Festival.

Sharing Fruit Knowledge with Young Children when Eating Seasonal Fruits in Mid-Autumn Festival

- ★ Star fruits, also known as Carambola, have a unique shape where their cross-section appear to be a star. They are rich in water and contains 90% water content. They are categorised as a low energy fruit.
- ★ Pomelos are a good source of vitamin C, water and dietary fibre. All parts of a pomelo are considered valuable because its fruit is edible, its leaves can be used for body cleansing, and its skin can serve as a deodorant as well as cooking ingredient.
- ★ The dietary fibre contained in pears can increase satiety so pears are healthful snacks with low energy. They have a myriad of species, e.g. Tianjin pears, Chinese royal pears, Sand pears, Hosui pears, Crystal pears and European pears.
- ★ Persimmons are rich in dietary fibre and vitamin C. Since fresh persimmons are soft and easily perishable, they should be consumed soon after purchase.



Example of Festive Menu (Mid-Autumn Festival)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Conchiglie with assorted vegetables and minced meat in soup	Raisin low-fat oatmeal with milk	Corn flakes + Low-fat milk	Congee with pumpkin and minced meat	Tomato and egg sandwich
Morning Snack	Star Fruit	Pomelo	Crystal Pear	Persimmon	Mandarin
Lunch	Steamed tofu with shitake mushroom and shredded chicken Fried baby bok choy	Fried fish floss with cowpeas Blanched choy sum	Steamed egg custard with minced meat Fried Shanghai Cabbage	Vermicelli with tomato, baby Tientsin cabbage and beef in soup	Stir-fried onion with lean meat slices Blanched lettuce
Afternoon Tea	Oat bread Low-fat milk	Shanghai noodles with carrot and shredded chicken	Tuna and cucumber sandwich	Sweet Corn Mashed Taro Balls (refer to the recipe)	Boiled sweet potato Low-sugar soy milk with added calcium

Sweet Corn Mashed Taro Balls (20 pieces)

Ingredients:	Half bowl*
Sweet corn kernels	4 (medium-sized)
Taro	Half cup*
Skimmed milk	5 g
Margarine (without trans fat)	20 g
Sugar	Appropriate amount
Black sesame seeds (fried)	Appropriate amount
White sesame seeds (fried)	

* 1 bowl = 250-300 ml

1 cup = 240 ml

Cooking Method:

1. Blanch the sweet corn kernels. Set aside.
2. Rinse and peel the taro.
3. Thinly slice the taro. Place it in a pot. Steam it over water until cooked and softened.
4. Scoop up the taro. Add the skimmed milk, margarine and sugar when it is still hot. Evenly mix the ingredients and then mashed them up
5. as mashed taro.
6. Mix the mashed taro with the sweet corn kernels. Roll the mashed taro into balls. Sprinkle the sesame seeds on the balls for decoration.

