



Healthy with **KiDSTART** presents



# What's FOR LUNCH?

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Learn how to make

## Vegetable Wrap



### Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ)	159kcal
Protein	6.2g
Total fat (g and % of total calories)	5.4g (30.3%)
Saturated fat	1.9g
Cholesterol	5mg
Carbohydrate	21.7g
Dietary Fibre	2.4g
Sodium	401mg

Recipe adapted from  
Healthy Promotion Board

### Worried about having your child in the kitchen? Don't be!

#### Tip 1

**Little ones can help out too!** Start including them from when they are as young as eighteen months old to assist with pouring, stirring and measuring ingredients. This will help them build confidence in the kitchen and support their brain development.

#### Tip 2

**Let fun be the goal of food prep with your child!** Cooking with young children can be challenging. But don't give up and be patient. The experience does not have to be perfect! Thank your child for helping out in the kitchen and let them know you appreciate the time spent together making new memories as a family.

Serves 4

## Ingredients

4 slides of tortilla wrap  
80g pizza sauce  
160g marinated capsicums  
40g olives  
40g mozzarella cheese

## Method

1. Spread pizza sauce on tortilla.
2. Line with marinated capsicums and olives, top with mozzarella.
3. Roll into a wrap, then bake in pre-heated oven at 250°C for 7 minutes. Alternatively, you may also choose to pan heat the wrap.
4. Serve hot.



## Tips:

You may even opt to have some ingredients raw if preferred! For example, to serve raw capsicums, over marinated ones.

Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.

Use fresh ingredients, herbs and spices or low sodium seasonings for flavor.

Milk and dairy products such as cheese provide calcium which is essential for healthy bone growth and development.

You can also include protein for your kids' portions if you wish! Chicken or turkey ham, and shredded chicken breast are good options to add. Adjust it to your child's favourite proteins!