



Healthy with **KiDSTART** presents

What's FOR LUNCH?



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Learn how to make

Mac and Cheese



Serves 3 to 4

Ingredients*

- 2 cups macaroni
- 1 ½ cup chicken stock
- 1 tsp salt
- 1 cup whole milk
- 1 ½ cup shredded cheese

Any fresh produce you may have such as broccoli, carrots or potatoes

Method

1. Place the macaroni, chicken stock and salt in the rice cooker and let the ingredients cook for 15 minutes.
2. Dice the fresh produce, add it into the rice cooker and cook for 5 minutes.
3. Open the lid and add the milk and cheese. Mix well, then close the lid and cook for 20 minutes.
4. Your Mac and Cheese is ready to serve!

*Choose products with the Healthier Choice Symbol.

Recipe adapted from The Straits Times



Involve your child in making this comfort food!

If you have a toddler, get your child to...

- pour the ingredients into the rice cooker.
- mix the cooked macaroni.
- hold the measuring cup while you measure each ingredient.
- screw back the cap for the milk after use.

If you have a pre-schooler, have your child tell you...

- what ingredients should go into the rice cooker and have them pour them in.
- measure the ingredients.
- scoop and plate the dish. Provide hand over hand guidance where necessary.

Take your child's learning a step further by getting them to ponder!

Here are some useful prompts to use with them:

For toddlers:

- "Let's count together how many ingredients we are adding into the rice cooker."
- "What does the cheese taste like? Is it salty or sweet?"
- "Let's see together the different colours of ingredients."

For pre-schoolers:

- "The macaroni is hard now. What do you think will happen to it after it is cooked in the rice cooker?"
- "Taste the cooked macaroni now before we add the cheese and milk. Do you think it will taste different after we add the cheese and milk? Shall we try it later?"
- "We have 4 plates. How many scoops of mac and cheese should we put into each plate?"

