



Healthy with **KiDSTART** presents

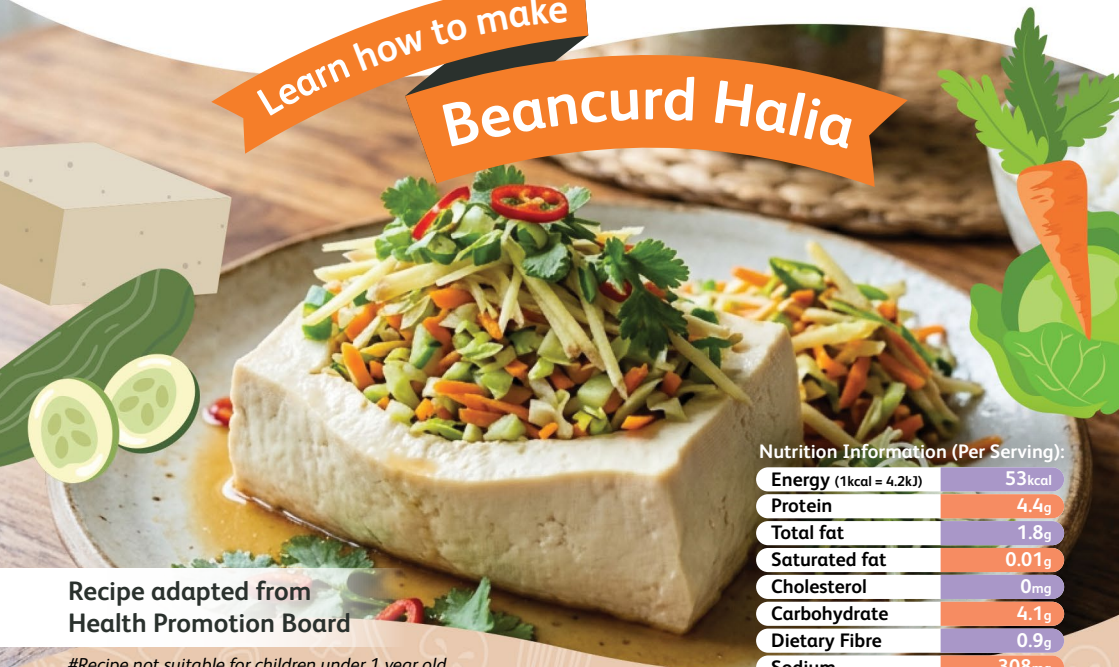


What's FOR LUNCH?

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Learn how to make

Beancurd Halia



Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ)	53kcal
Protein	4.4g
Total fat	1.8g
Saturated fat	0.01g
Cholesterol	0mg
Carbohydrate	4.1g
Dietary Fibre	0.9g
Sodium	308mg

Recipe adapted from
Health Promotion Board

#Recipe not suitable for children under 1 year old

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.

Cooking with children in the kitchen - Safety Tips

- Create a safe environment that better suits your child's needs to assist you with food preparation, if possible, with tools such as step stools, child-height tables and child-safe utensils.
- Keep surfaces and floor clear and dry to prevent accidents.
- Never leave an open fire, heated stove, oven or appliance unattended.
- Never leave a child alone in the kitchen during the food preparation.
- Guide your child to manage food waste and recyclables correctly. These habits taught from young prevent slip hazards, pests and bacterial growth, and help to care for the Earth.

Serves 4

Ingredients

Ginger (sliced 2 teaspoons)
Carrot (shredded 1/4 cup)
Cabbage (shredded 1/2 cup)
Cucumber (1/4 cup)
Oyster sauce 2 tsp
Light soya sauce 1 tsp
Pepper ¼ tsp
Firm tofu 270g

Method

1. Mix the sliced ginger, carrots, cabbage and cucumber with the seasoning.
2. Cut the tofu in half and remove 1/3 of the tofu with a spoon.
3. Stuff the carrots, cabbage and cucumber into the tofu and place the sliced ginger-mixture on top.
4. Steam for about 10 minutes.
5. Serve.

Tips

- Steaming can be an easy method to bring out the flavours of fresh ingredients.
- Use fresh ingredients, herbs and spices to enhance the flavour of your dishes.
- Beancurd, pulses, lentils, peas and beans are good sources of protein and are low in saturated fat. They can replace meat in some dishes.



Involve your child in making this comfort food!

If you have a toddler, get your child to

- place the plates of ingredients neatly for use later
- wash the vegetables in a basin
- mix the cut ingredients with seasoning. Your child can use either a big spoon or disposable gloves
- remove 1/3 of the tofu with a spoon. Provide hand over hand guidance to help your child estimate the amount to be removed
- stuff the tofu with the cut vegetable ingredients
- place the tofu onto the steamer tray

If you have a pre-schooler, have your child

- use a child-safe hand-held shredder to shred the carrots, cabbage and cucumber
- stuff the tofu with a spoon or plastic gloves
- help with measuring the ingredients
- hand you the ingredients in sequence as you mix
- arrange the Beancurd Halia on the plate with a pair of kitchen tongs or disposable gloves

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

Here are some useful prompts to use with them:

For toddlers:

- "Feel the carrot. How does it feel?"
- "How is the feel of the carrot different from the tofu?"
- "Bite into a piece of the cucumber. What is the taste like?"
- "What vegetables can you taste in this Beancurd Halia?"
- "What vegetables can you see in this Beancurd Halia?"
- "What was the fun part when making this dish?"

For pre-schoolers:

- "What shall we use to shred the vegetables?"
- "What is the first thing we have to do?" "What is next?"
- "How many ingredients do we have in total? Shall we count together?"
- "Is the texture of the cooked vegetables in the Beancurd Halia the same or different from when the vegetables were raw?" "How is it different?"
- "What tells you that the beancurd is cooking in the steamer?"