



Healthy with **KiDSTART** presents

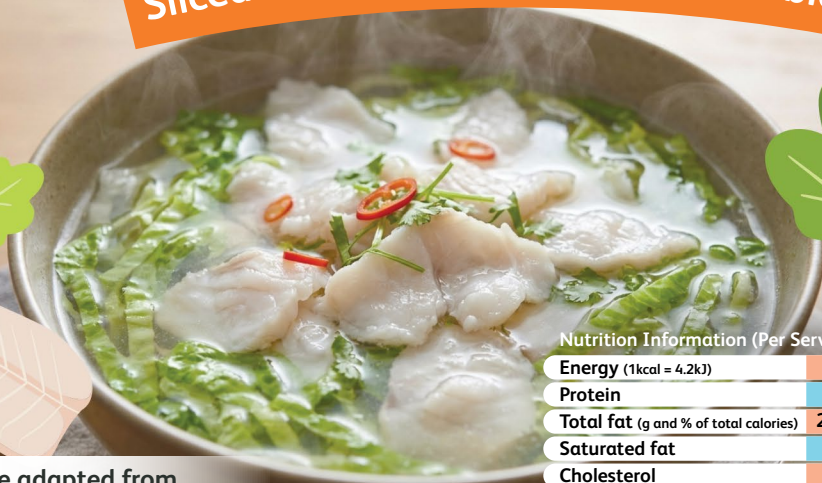


What's FOR LUNCH?

Brought to you by **PRUDENTIAL** 

Learn how to make

Sliced Fresh Fish Soup with Vegetable



Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ)	59kcal
Protein	7.5g
Total fat (g and % of total calories)	2.4g (36.1%)
Saturated fat	0.1g
Cholesterol	16mg
Carbohydrate	2.2g
Dietary Fibre	0.7g
Sodium	598mg

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

Fresh fish (any type, as desired),
sliced 200g

Baby romaine lettuce, cut thinly
100g/4 cups

Chicken Stock Concentrate 4 tsp

Water 4 cups

Salt & pepper, to taste

Method

1. Add chicken stock concentrate to water. Heat until boiling.
2. Put fresh fish and baby romaine lettuce in large serving bowl.
3. Quickly pour boiling stock over ingredients in bowl. The ingredients should be cooked immediately.
4. Serve hot.

Tips

- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of seasonings used in cooking.
- Oily fish (e.g. salmon, sardines and mackerel) contain omega-3 fatty acids which help brain development and eye health.
- If preparing for children under 1 year old, consider unsalted chicken broth or using homemade chicken stock, with no salt. Fresh ingredients, herbs and spices can continue to be used.



Involve your child in making this comfort food!

If you have a toddler, get your child to

- wash the lettuce
- put each ingredient into the large serving bowl
- hand you each item to be cut or measured
- arrange cut items and seasonings into different containers

If you have a pre-schooler, have your child

- help you measure the ingredients and seasonings
- measure and pour the water into the pot before boiling
- wash the vegetables
- cut some lettuce with a child-safe knife
- hand you each ingredient as you cook

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

Here are some useful prompts to use with them:

For toddlers:

- "What is the smallest ingredient here?" "The biggest?"
- "What's your favourite colour among the ingredients?"
- "Where is the baby romaine lettuce?"
- "Which of these is a liquid ingredient?"
- "If you were to add one more ingredient, what would it be?"

For pre-schoolers:

- "How many types of seasonings are we adding to the chicken stock and water?"
- "Is there more fish or lettuce that we are using?" "How do you know?"
- "What do we need to do after the stock boils?"
- "How do we know when the fish is cooked?"
- "Let's see if the fish changes colour after we pour in the stock?" "What about the lettuce?"
- "Is there a difference in the texture of the lettuce before and after we pour in the stock?"