

HOW HEALTHY FOOD WORKS

Making healthy kids menus.

This is a short guide to help you create a kiddie's menu that is both healthy and appealing to children. These simple ideas can lead to increased foot traffic in your restaurant, making your business healthier as well.

Ingredients

Most kids enjoy food they can pick up with their hands, especially raw baby vegetables and fruits like grapes, apples and berries.

Preparation

Kids also enjoy interesting food textures. They prefer crunchy, crispy food to anything that's too soft or 'mushy'

Plating

Kids enjoy fun and unusual shapes. Cookie cutters are a great way to make kids meals more interesting.

Shaping kids meals into fun characters makes eating a lot more exciting for them. Like cucumber fish that live under the sea.

Restaurants

Use 'Did you know' cards that kids can colour in, props and fun placemats to make meal times more interesting while also encouraging healthy eating.

You can use this years International Chefs Day theme to help teach kids where different fruits and vegetables help the most in the body and why it is important to eat them.

Business Benefits

Creating an interactive and fun environment and menu for kids gives parents peace of mind. Parents are therefore more likely to return to your restaurant on multiple occasions.

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