

Let's start







2025 TOOLKIT

Included in the toolkit are:

- Information about Our 8 Hero Ingredients
 - Tips on how to run a workshop

Along with the toolkit, there are downloadable assets, including:

- Posters
- Certificate of completion
 - Recipe cards book
- Grow a garden instructions and calendar

You also have a recipe book that can be printed for the workshop and given to the children to take home to encourage them to make the recipes with their parents or friends.





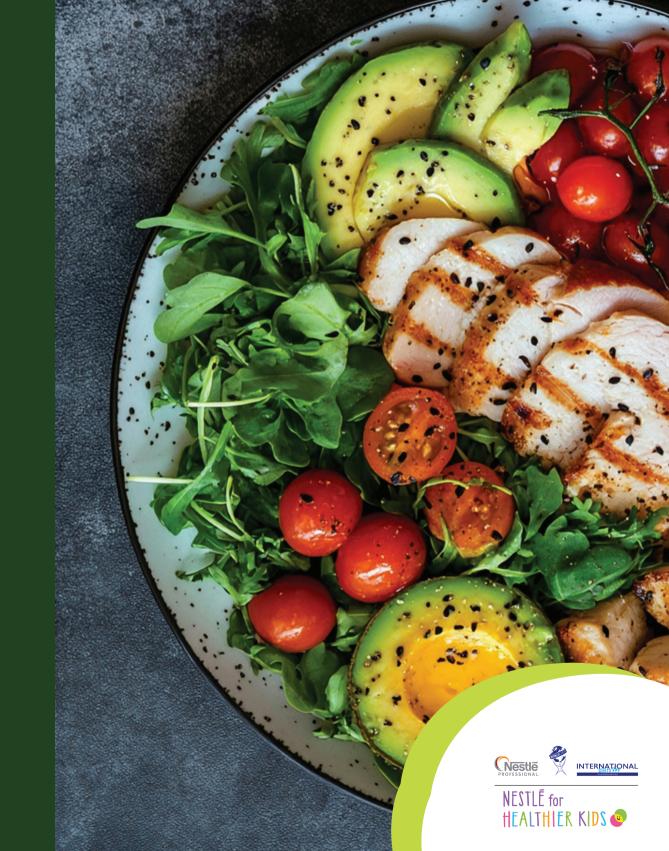
WHAT IS A HEALTHY DIET?

A healthy diet includes:

- ✓ A variety of plant-based foods (fruits, vegetables, legumes, nuts and whole grains)
- √ 5 portions of fruit and vegetables a day
- ✓ Limited intake of free sugars
- ✓ Favouring unsaturated fats over saturated fats
- ✓ Less than 5g of salt per day

It varies depending on a person's age, gender, lifestyle, physical activity, cultural context, dietary customs and local availability.





OUR HERO INGREDIENTS

We have selected 8 ingredients that are great to include as part of a healthy diet. They include:

Apples, carrots, mushrooms, rice, blueberries, spinach, chickpeas and potatoes





APPLES

Apples are delicious, and come in different shapes, sizes and colours, so you can choose your favourite. They provide a source of fibre, which is mostly found in the skin, so it's important not to throw it away! One apple counts as one of your 5 portions of fruit and vegetables a day.

1 medium apple (200g) contains 4g of fibre.







BLUE BERRIES

Blueberries are yummy and contain vitamin C, which contributes to the reduction of tiredness and fatigue.

They are juicy little bites that squish in your mouth when you bite!

A handful of blueberries (80g) is equivalent to one portion of your five-a-day fruit and veg.

120g of blueberries provide at least 15% of the daily intake of vitamin C.







CARROTS

Carrots contain beta-carotene, a precursor to vitamin A that has multiple functions in our bodies! It contributes to maintaining our skin, vision, and immune system.

Carrots are a delicious addition to a healthy diet. Serve them as crunchy batons, soft discs or as a smooth mash or puree!

50g of carrots provide at least 15% of the daily intake of vitamin A.







SPINACH

Spinach usually has crisp leaves and a dark green colour. It is a good source of vitamin A, which contributes to the maintenance of normal skin and vision!

One cup of cooked spinach equals one portion of your five-a-day!

50g of spinach provides at least 15% of the daily intake of vitamin A.







MUSHROOMS

Mushrooms provide some of the group B vitamins – such as Folate (B9) and Niacin (B3) – which contribute to the reduction of tiredness and fatigue!

Mushrooms are part of the fungi family and grow in the ground. They come in lots of different shapes and sizes!

100g of mushrooms provide at least 15% of the daily intake of niacin (vitamin B3).







CHICKPEAS

Chickpeas contain carbohydrates, fibre and some minerals like iron. They also are an excellent plant-based source of protein, which contributes to the maintenance of muscle mass and normal bones.

100g of boiled chickpeas provide ~9g of protein.







RICE

Rice is a starchy grain that contains carbohydrates. It also provides phosphorus, which contributes to the maintenance of normal teeth!

Brown rice is a whole grain that is intact, white rice has been milled and polished to remove the tougher parts of the grain, this means it cooks quicker!

100g of raw rice provide at least 15% of the daily intake of phosphorus.







POTATOES

Potatoes are a tuber, which are considered as carbohydrate sources in our diets. They contain minerals such as potassium, which contributes to normal muscle function!

100g of potato provide at least 15% of the daily intake of potassium.







WORKSHOP

Running a cooking workshop for children on International Chefs Day can be a fun and educational experience. Here are some tips to help you run a successful event:

- Get an assortment of fruits and vegetables for your workshop (fresh, frozen,...)
- Encourage the children to explore the different colours, shapes, and textures of the fruits and vegetables..
 - Introduce each ingredient and discuss its benefits. Refer to the Hero Ingredients' slides.
 - Encourage children to explore the ingredients using their senses.
 - Divide children into groups for hands-on cooking tasks.
 - Provide child-friendly tools for safe participation.
 - Incorporate interactive elements like taste-testing and quizzes.
 - Let children add their personal touch to recipes for creativity.
 - Discuss the importance of eating a balanced diet and trying new foods.
 - Arrange a showcase for children to present their creations.

Remember to prioritize safety and have fun!

Don't forget to download and print out special certificates for each child as a token of their culinary achievements.







HINTS AND TIPS

(5-10 years)

Get those bodies moving! Children are recommended to do 60 minutes of physical activity per day.

Choose water as your preferred beverage and drink it often! Both during and between meals.

Get creative!

Use leftovers in your recipes!

Reuse your edible "waste" (stalks, fruit peels)
in other dishes and sauces.

If possible, try local and seasonal ingredients when preparing recipes





HINTS AND TIPS

(11 - 15 years)

1

Choose olive, rapeseed or canola oils (preferably virgin), in place of butter, coconut oil or palm oil when cooking, on salads and at the table.

Get those bodies moving! Children and adolescents are recommended to do 60 minutes of physical activity per day. Choose water as your preferred beverage and drink it often!

Both during and between meals.

2

Get creative!

Use leftovers in your recipes!

Cook ingredients that you already have in the fridge before buying more.

Learn the difference between expiration dates (use by) and best-before dates.

Think before you cook

Prepare perishable foods before foods with longer shelf lives.

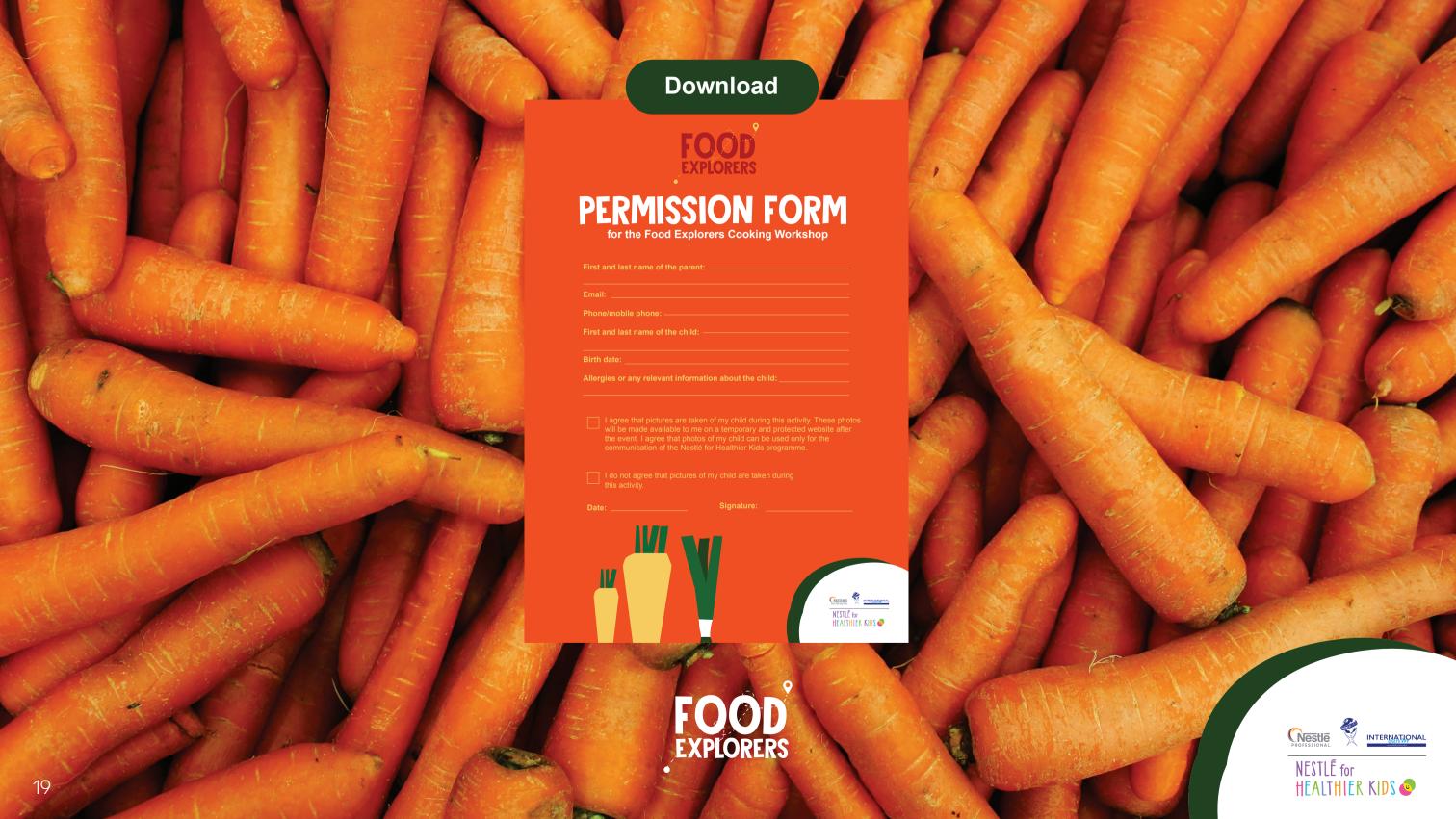
Do your prep and freeze meals for when you need them.

Make your garnishes edible.

Use locally grown and seasonal fruits and vegetables whenever possible.









Download
FOOD EXPLORERS
CERTIFICATE
of participation
Proudly presented to
Ву
Date Signature
NESTLE for HEALTHER KIDS







for joining us!

We hope you and your little chefs enjoyed cooking and learning about the importance of the food we eat.

