

# Holiday, Activities and Food Family Booklet



Spring 2024



Department  
for Education

Gloucestershire  
**HAF**   
holiday activities & food



Gloucestershire  
COUNTY COUNCIL

# Introduction

This recipe booklet has been produced by the nutrition team at Gloucestershire County Council (GCC) for parents/carers with the purpose of providing recipes for all the family. All the recipes have a clear list of ingredients, allergens, and instructions.

At GCC we are committed to supporting children and families to make healthier choices.

## Healthy Eating

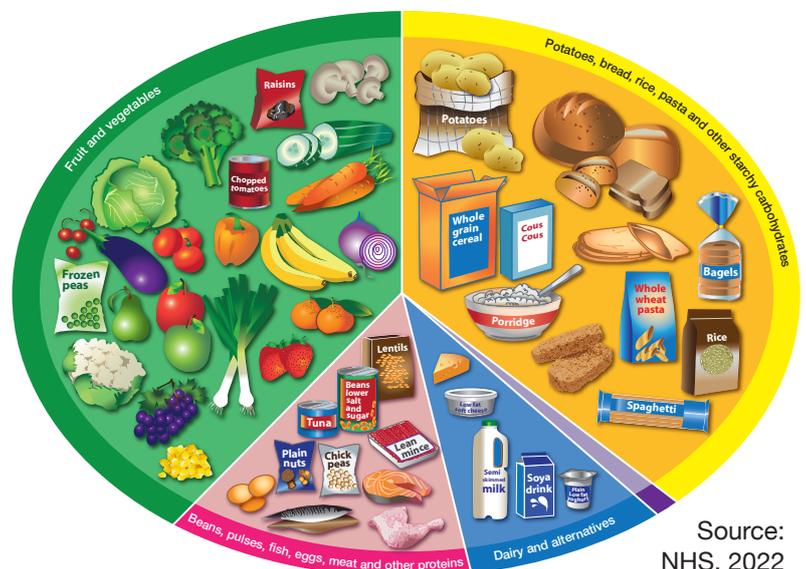
The Eatwell Guide is produced by the government. The guide shows how much of the food we eat should come from each food group to achieve a healthy and balanced diet. You do not need to achieve this with every meal but aim for the right balance of a day or a week.

The Eatwell Guide contains five food groups:

1. Fruit and vegetables
2. Protein
3. Dairy and alternatives
4. Fats and oils
5. Starchy carbohydrates

No single food group contains all the nutrients our body requires. Different food groups contain essential vitamins and minerals that support various functions within our bodies. Eating a variety of foods ensures all nutrients are provided.

The Eatwell Guide applies to most people, healthy weight or overweight, whether you eat meat or are vegetarian and people of all ethnic origins. If you or a member of your family has specific dietary requirements or medical needs, they should seek advice from a GP on how to adapt The Eatwell Guide to meet individual needs.



Source:  
NHS, 2022

## Top Tips for Food Hygiene

- Always wash hands thoroughly before handling food.
- Wash fruits and vegetables before use.
- Defrost food thoroughly before use.
- Use separate chopping boards and utensils for raw meat, cooked food, and fresh vegetables.
- Always follow cooking instructions.
- Always check food is fully cooked before serving.
- Keep hot foods hot and cold foods cold. Don't leave food standing around for long periods of time.

# 5-a-Day

Fruit and vegetables are a great source of vitamins, minerals and fibre, and an important part of a balanced diet for kids and adults. Eating plenty of fruit and veg helps keep us healthy, and may reduce the risk of disease.

## What's a portion?

- An adult portion of fresh, frozen or tinned fruit or vegetables is 80g.
- Kids should aim to also eat 5 different types of fruit and vegetables each day, however, the portion depends on their size and age. As a rough guide, a portion should fit in the palm of their hand.

## What does the NHS count and not count towards your 5 a day?

Does not count	Counts as 4 A Day
✗ Potato	✓ Unsweetened 100% fruit juice (1 portion a day)
✗ Yam	✓ Onions, leeks and shallots
✗ Cassava	✓ Garlic
✗ Plantain	✓ Peas and sweetcorn
	✓ Mushrooms
	✓ Sweet potatoes
	✓ Tinned tomatoes
	✓ Tomato puree (1 heaped Tbsp)
	✓ Baked beans or spaghetti hoops in tomato sauce
	✓ Chickpeas, lentils and kidney beans
	✓ Olives
	✓ Tinned fruit and vegetables
	✓ Frozen fruit and vegetables
	✓ Ready-made salad
	✓ Ready-made soups and sauces

**Remember! All of the foods that do not count are not 'bad' foods, they are just sources of starchy carbohydrates. They're a great source of fibre and nutrients and are still an important part of a balanced diet.**

Source: [5 A Day – Food Facts – Healthier Families - NHS](#)

## Top Tips to Increase your 5-A-Day

- 1] Plan your meals**  
Create a weekly meal plan that includes a variety of fruits and vegetables. This helps you buy only what you need and reduces food waste.
- 2] Buy seasonal produce**  
Seasonal fruits and vegetables are often cheaper and fresher than out-of-season options.
- 3] Use Tinned and Frozen Fruit and Vegetables**  
Frozen and tinned fruits and vegetables are often more affordable than fresh produce and have a longer shelf life. Aim for options without added sugars or salt.
- 4] Make use of Leftovers**  
Use leftover fruits and vegetables to create new meals or snacks. For example, leftover vegetables can be added to omelettes or soups, while overripe fruits can be blended into smoothies or used to make fruit salads.
- 5] Experiment**  
Try to experiment with different cooking methods and recipes to make fruits and vegetables more appealing. Roasting, grilling, and seasoning with herbs and spices can enhance the flavour.

# Weekly Menu Planner

Please use the table below to plan your meals for the week.

	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

# Top Tips to Begin Growing your Own Fruit and Vegetables

Growing your own fruit, vegetables, herbs or spices can be beneficial in many ways and contribute to all round health and wellbeing, as well as providing food.

Benefits include, physical activity, connection to community, improved self-esteem and mood, mindfulness and learning something new, supporting the NHS [5 steps to mental wellbeing](#). As a bonus, you get organic, home grown, fresh food. We understand that time, space and budget can be a barrier to growing your own. Many vegetables can be grown indoors and by searching for local groups or second-hand sites on social media you might find free or low-cost materials to help you start. Getting children involved in growing fruit and vegetables can also encourage them to try a wider variety as well as getting them active.

Here are a few top tips to starting out, to see if it's for you:

- ➔ **Start off small** – grow some herbs or salads on the windowsill. Good ones to begin with are mint, chives or chillis.
- ➔ **Seeds** – seeds are usually cheaper than buying a plant. They can be started off on the windowsill and planted out later if needed.
- ➔ **Search for a local community growing space** – these are spaces communities share for growing. You will often be able to learn from others, swap seeds or produce. Links to some in the Gloucestershire area can be found on the next page.
- ➔ **Social media** – search for local growing groups or pages with tips and tricks for budgeting, space maximising and growing.

## Additional Resources

### Community Growing Spaces:

[Community Growing Projects Map - Feeding Gloucestershire](#)

[Community Growing Schemes – Down to Earth Stroud](#)

[Community Days - Wild Acres](#)

[Fair Shares | Time Bank Resource Sharing Gloucestershire](#)

[FCH Edible Garden - Feeding Gloucestershire](#)

[Community Rest Garden | Cheltenham | Facebook](#)

[Cheltenham Is Growing – Let's get more fruit and veg grown locally](#)

### Living well resources:

[Get help to buy food and milk \(Healthy Start\)](#)

[Do I need vitamin supplements? - NHS \(www.nhs.uk\)](#)

[Eat well - NHS \(www.nhs.uk\)](#)

[Healthy lifestyles : Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](#)

[5 steps to mental wellbeing - NHS \(www.nhs.uk\)](#)

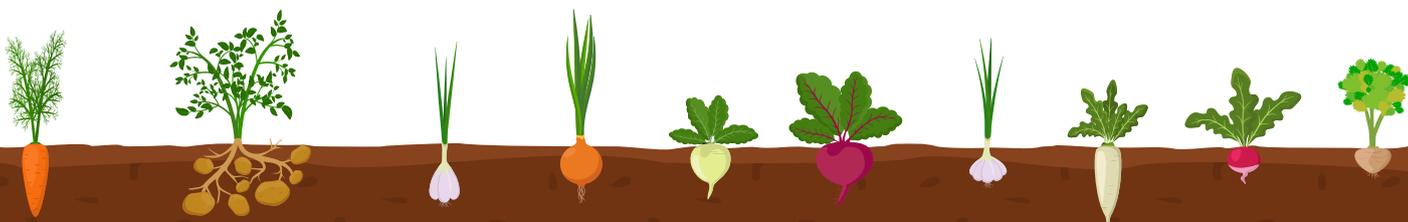
- ➔ **Schedule** – only grow what you will eat. Get children involved with the planting, watering and harvesting. Growing a vegetable from seed may even encourage them to eat more veg.

## Growing outdoors:

- ➔ **Potatoes** can be grown in the ground or in containers [BBC - Gardening - Gardening Guides - Techniques - Growing potatoes](#)
- ➔ **Carrots** can be sown each month from January to July, and are ready to harvest May to December. They can be grown in the ground or in a containers. [How To Grow Carrots | BBC Gardeners World Magazine](#)

## Growing indoors:

- ➔ **Mint** is easy to grow and can be used to flavour peas, salads or used to make traditional mint sauce. And it comes in many different varieties.
- ➔ **Chilli peppers** are great if you like spicy foods. There are many varieties to try growing with varying degrees of heat. The heat of a chilli is measured using the 'Scoville Scale'. [How To Grow Chillies Indoors \(sowseeds.co.uk\)](#)



# Rainbow Vegetable Fajitas

Serves:

4



Allergens:

Wheat

Gluten

Milk

Get all the family involved with the preparation of these vibrant plant-based rainbow fajitas. Delicious fajitas in warm tortillas, topped with sour cream, cheddar cheese and salsa!



Preparation time: 10 minutes

Cooking time: 10 minutes.

Ingredient	How much?	In what form?
3 mixed peppers	300g/2 cups	Deseeded and thinly sliced
1 red onion	150g/1 cup	Halved and thinly sliced
Garlic cloves	2	Crushed
Tin of black-eyed beans	400g/2 cups	Drained/rinsed
Cumin	1 tsp	Ground
Paprika	1½ tsp	Sweet smoked
Oregano	1 tsp	Dried
Fresh coriander	2 Tbsp	Finely chopped
Vegetable oil	2 Tbsp	
Tortillas*	8	
Soured cream*	8 Tbsp	
Cheddar*	8 Tbsp	Grated

\* Indicates ingredient with an allergen. Tortillas: wheat, gluten; Soured cream: milk; Cheddar: milk.

## Method

1. Heat a large frying pan with the vegetable oil
2. Put the vegetables (pepper, courgette and onion) in the pan and cook for 3–4 minutes without stirring.
3. Add beans, stir and cook for 2–3 minutes.
4. Stir in cumin, paprika, and oregano for 1 minute.
5. Remove from heat, sprinkle with coriander, and season.
6. Warm tortillas as per instructions.
7. Put tortillas on plates or a board.
8. Spoon vegetable and bean filling onto each tortilla.
9. Top with soured cream, salsa and cheese.
10. Roll up the tortillas.

### Recipe fact:

#1 Black-eyed beans, also known as black-eyed peas, are a great source of plant-based protein, helping to support a balanced diet. .

#2 Fajitas have a history rooted in Mexican and Texan cuisine. The dish gained popularity in the 1940s and 1950s and has since evolved to include various fillings, such as vegetables and beans, catering to different dietary preferences. Today, fajitas are enjoyed worldwide for their delicious flavours.

# Vibrant Vegetable Korma

Serves: 4



Allergens:

Milk

Gluten

A delicious budget-friendly curry, packed full of colour and flavour. Serve on its own or with your choice of rice or naan bread!



Preparation time: 25 minutes

Cooking time: 20 minutes

Ingredients	How much?	In what form?
Natural yogurt*	250g/1 cup	
Onion	1	Finely chopped
Broccoli	1	Chopped into florets
Green beans	• Handful	Cooked. Fresh, tinned, or frozen
Baby corn	Handful	Raw, beaten
Carrot	1	Peeled and sliced
Garlic cloves	3	Finely chopped
Vegetable oil	2 Tbsp	

### For the curry paste:

Cumin	1 tsp	Ground
Garam masala	1 tsp	
Turmeric	1 tsp	Ground
Mild curry powder	1 tsp	
Tomato purée	2 Tbsp	
Vegetable stock cube*	1	

\*Indicates ingredient with an allergen. Natural yogurt: milk; Vegetable stock cube: gluten.

## Method

1. You'll need a large pan, heat the pan with the vegetable oil for a couple of minutes on a medium heat.
2. Add and sauté the onion, garlic, and ginger for a couple of minutes.
3. Add all of the chopped vegetables.
4. Mix curry paste ingredients with water and yoghurt.
5. Simmer on a low-heat for 15 minutes.
6. Serve the korma with naan and rice.

### Recipe fact:

#1 Korma is a dish that originated in the Indian subcontinent, likely in the Mughal era. It is a staple in Indian, Pakistani, and other South Asian cuisines.

#2 Use any vegetables of your choice, make the most of using any leftover vegetables.

# Colourful Cauliflower and Chickpea Tagine

Serves:

4



Allergens:

Gluten

Contributing to your 5-a-day, this colourful cauliflower and hearty chickpea tagine is a flavourful dish that's both nutritious and satisfying. Serve with rice or couscous.



Preparation time: 25 minutes

Cooking time: 45 minutes

Ingredient	How much?	In what form?
Cauliflower	600g/4 cups	Florets
Chickpeas	400g/1 tin	Rinsed and drained
Vegetable stock*	150ml	
Raisins	100g/2-3 cups	
Onions	2 large	Sliced
Garlic cloves	2	Crushed
Vegetable oil	2 Tbsp	Diced
Turmeric	½ tsp	Ground
Ginger	½ tsp	Ground
Cumin	½ tsp	Ground
Coriander	½ tsp	Ground

\*Indicates ingredient with an allergen. Vegetable stock cube: gluten.

## Method

- Preheat the oven to 220C/200C Fan/Gas 7.
- Place all the ingredients except the cauliflower and raisins in a large saucepan and bring to the boil over a high heat.
- Reduce the heat to medium-low, cover with a lid and simmer gently, stirring occasionally, for 30 minutes.
- Whilst this is cooking, rub the oil into the cauliflower florets.
- Place the cauliflower florets in a large roasting tray, roast for about 25 minutes, until golden brown.
- Add the roasted cauliflower and raisins to the tagine and simmer for 5 minutes.
- Serve with your choice of rice or couscous.

### Recipe fact:

#1 Tagine is a traditional North African dish, particularly popular in Morocco, and holds cultural significance as a staple dish enjoyed during special occasions and celebrations.

#2 Traditionally, tagine is cooked in a distinctive clay or ceramic pot with a cone-shaped lid, allowing for slow and even cooking over low heat, resulting in tender and flavourful dishes.

# Simple Shakshuka

Serves: 2



Allergens:

Eggs

Enjoy this comforting dish. It is nutritious, nourishing and filling, we guarantee you'll be making it again!



Preparation time: 10 minutes

Cooking time: 30 minutes.

## Method

1. Heat the oven to 200C/180C fan/gas 6.
2. Fry the onions, garlic and chopped pepper in a large frying pan with the vegetable oil on a medium heat. Cook until they are brown, about 10 minutes.
3. Add 2 tins of chopped tomatoes and keep on a medium heat and simmer for 5 minutes.
4. Mix the tomatoes then create 4 holes in the dish and crack the 4 eggs into the dish. Crumble over the feta and place in the oven for 15 minutes.

### Did you know?

You can enjoy this dish for breakfast, lunch, or dinner! For extra protein try adding lentils or chicken.

Ingredient	How much?	In what form?
Eggs*	4	Ground
Whole pepper	1	Diced
Feta cheese	100g/½cup	Finely chopped
Tomatoes	2 tins	Chopped
Red onions	2	Chopped
Vegetable oil	1 tbsp	
Red chilli	1	Deseeded and finely chopped
Garlic clove	1	Sliced
Olive oil	1 tbsp	
Coriander (optional)	Handful	

\* Indicates ingredient with an allergen. Eggs: eggs.



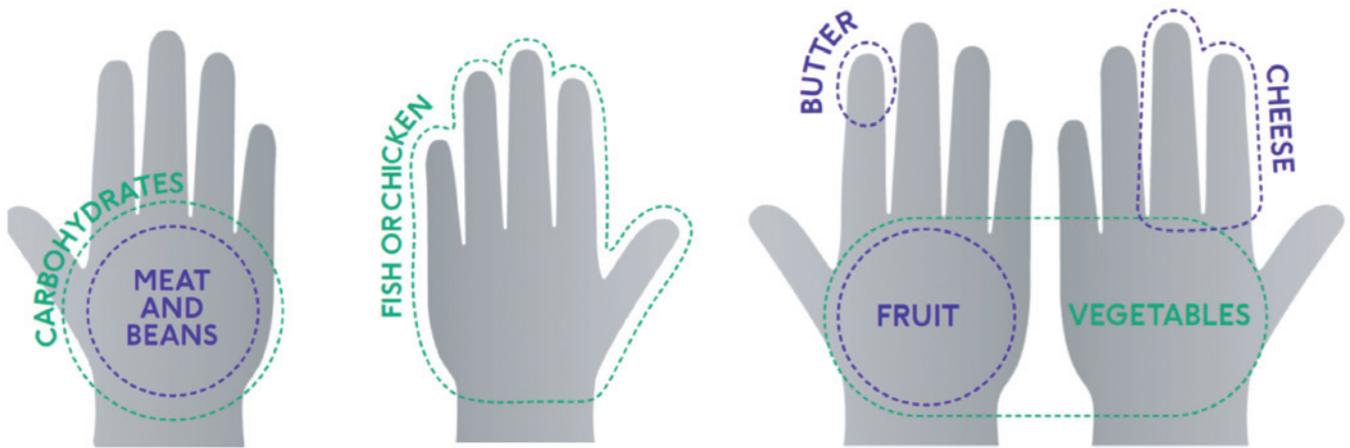
### Fun facts:

#1 The name 'Shakshuka' means 'all mixed up' in Arabic.

#2 Shakshuka is traditionally from Tunisia (North Africa) but has become very popular throughout Europe and the Middle East.

# Hand Portions

Using your hands is an easy way to measure portions without using equipment.



(British Heart Foundation, 2022)

# Oven temperature guide

(BBC Good Food, 2022)

Temperature	Electricity °C	Electricity (fan) °C	Gas Mark
Very cool	110	90	1/4
	120	100	1/2
Cool	140	120	1
	150	130	2
Moderate	160	140	3
	180	160	4
Moderately hot	190	170	5
	200	180	6
Hot	220	200	7
	230	210	8
Very hot	240	220	9

## Disclaimer:

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**If you or a member of your family is allergic to any items in any of the recipes, do not use the item and replace it with an alternative item that is safe for you and your family.**

Please note that GCC is just providing this recipe booklet and shall not be responsible for any untoward incident that may arise due to lack of reasonable and responsible care of parents/carers.

If you decide to use change the ingredients or use alternative measurements for the recipes, this may alter the nutritional information and health claims.

## References

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British Heart Foundation (2022) Food Portions. Available at: <[www.bhf.org.uk/information support/support/healthy-living/healthy-eating-toolkit/food-portions](http://www.bhf.org.uk/information support/support/healthy-living/healthy-eating-toolkit/food-portions)> (Accessed 30th November 2022).

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NHS (2022) The Eatwell Guide. Available at: <<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>> (Accessed 30th November 2022).

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Prepared by Gloucestershire County Council Children and Families Commissioning Team.

Funded by the Department for Education. #HAF2024