



THE HEALTH FOOD COMPANY



KIDZ BODZ 10 WEEK HEALTHY EATING CHALLENGE WEEK 3 - Brain power!

Summary

There are many foods that help children perform and concentrate better at school. Fresh fruits and vegetables contain many important nutrients that give children longer lasting energy for learning as well as the essential nutrients for brain function.



Another very important food is fish. Fresh and canned fish have many unique nutrients that cannot be found in the same quantities anywhere else. Fish is especially important for children and has been linked with improved brain function. Omega-3 fatty acids are the key component that makes fish so good for us. Fish such as salmon, trout and tuna are particularly high in this compound. Omega-3 fatty acids not only help with brain function but are beneficial for the long term health of your heart and other organs. Our human bodies cannot produce this substance therefore it is essential that we all include fish in our diet. Try fish canned in brine or seawater to lower your fat intake!

Some other key nutrients found in seafood include:

Protein - the building blocks for our muscles and other body parts

Iodine - for healthy thyroid function, normal growth and metabolism.

Selenium - An important antioxidant and also helps with normal thyroid function

Phosphorus - for nerve, DNA and other metabolic processes

Potassium - one of the integral components of all cells

Iron - for healthy red blood cells to carry the oxygen around our body

Calcium - for strong teeth and bones

Zinc - a component of various enzymes and helps maintain genes and proteins

Vitamin A - for healthy eyes, immune and reproductive system.

Vitamin D - enhances absorption of calcium and phosphorus into the blood

Recipes - fresh, fast and easy!

Many parents may find it difficult to get their children to eat fish or any seafood. Therefore we have suggested some ideas to get your children eating fish without them even realising!

Healthy fish & chips

Serves 4

Ingredients

4 medium (200g) potatoes
500g boneless fish of your choice
Pepper
Juice of half a lemon
1 clove garlic
4 tablespoons light natural yoghurt
 $\frac{1}{4}$ cup finely chopped parsley or coriander
 $\frac{1}{4}$ teaspoon paprika (optional)



Method

- 1) Cut potatoes into 1cm strips. Rinse potato chips under cold water, drain; dry with absorbent paper. Spray oven tray lightly with vegetable oil and place chips in the oven until crisp and golden. (for quicker cooking, parboil the potatoes before placing in the oven). You can also sprinkle the chips with chilli or paprika powder for added flavour.
- 2) Season fish fillets with pepper and grill on a lightly oiled pan until browned on both sides. Fish is cooked when the flesh falls away easily from the middle.
- 3) Mix yoghurt, lemon juice, crushed garlic, parsley and paprika until all combined.
- 4) Serve fish and chips with a dollop of the yoghurt sauce on top and a fresh salad.
Delicious!

Thai fish cakes

Serves 4

Ingredients

4 medium sized flathead fillets
1 egg, beaten
1 teaspoon chopped chillies
2 tablespoons chopped coriander
2 tablespoons shredded coconut
 $\frac{1}{2}$ teaspoon five spice powder
1 kaffir lime leaf, sliced thinly
1 teaspoon fish sauce
2 spring onions, chopped
1 tablespoon canola oil
Fresh salad, to serve



Method

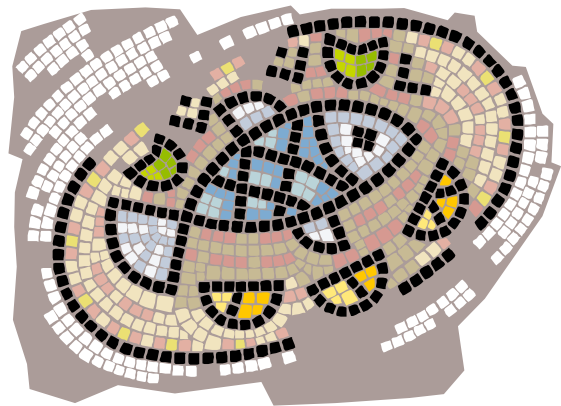
- 1) Using a food processor or blender, process the fish, egg, chilli and coriander until smooth, about 1 minute. Transfer the mixture into a bowl and combine with the coconut, seasonings and spring onions.
- 2) If you have time, refrigerate the fish mixture for 15 minutes before forming into cakes and you will find the mixture firmer and easier to handle.
Form the mixture into small cakes.
- 3) Heat 2 teaspoons of the oil in a non-stick frying pan and cook half the fish cakes until golden brown, 2-3 minutes on each side.
- 4) Add the remaining oil to the pan and cook the remaining fish cakes.
- 5) Arrange the salad on serving plates and top with fish cakes.

Tuna patties - recipe 1

Serves 1-2

Ingredients

1 small can of tuna, drained and flaked
1 brown onion, finely chopped
1 egg
2/3 cup breadcrumbs
¼ self-raising flour
salt and pepper, to taste
butter for pan frying



Method

- 1) Mix all ingredients together, avoiding too dry a mix.
- 2) Using a serving spoon, scoop portions into pan with melted butter on low to medium heat.
- 3) Turn before the underside cooks fully and flatten the mixture into pattie shape — as thick or thin as desired.
- 4) Serve with smooth mashed potato and green vegies.

Tuna patties - recipe 2

Serves 4

Ingredients

1 kg potatoes, peeled
1 clove garlic, crushed
2 (185g) tins tuna in spring water, drained and broken up with a fork
1 bird's eye chilli, seeds removed and finely chopped
¼ cup fetta cheese, crumbled
juice of half a lemon
¼ cup sour cream
¼ cup shredded basil
sea salt and freshly ground black pepper
1 egg, lightly beaten
¼ cup finely grated Parmesan
½ cup fresh breadcrumbs
2 tablespoons olive oil
lemon wedges, sweet chilli sauce and a green salad to serve

Method

- 1) Boil, steam or microwave the potatoes until just tender, drain. Mash the potato and combine with the garlic, tuna, chilli, fetta, lemon juice, sour cream and basil. Season if necessary.
- 2) Form mixture into 8 even patties and dip into the beaten egg. The patties should then be rolled in the combined Parmesan and breadcrumbs.
- 3) Heat a non-stick pan over a medium heat and fry patties for 2 minutes on each side until golden and heated through. Serve with lemon wedges, sweet chilli sauce and a green salad.

Prawn ravioli

Serves

Ingredients

- 1 packet wonton wrappers
- 200g prawn meat
- 1 egg white
- $\frac{1}{2}$ cup lite & creamy
- Pinch cayenne pepper
- 1 tablespoon finely chopped parsley
- 1 teaspoon chopped basil
- salt and cracked black pepper



Method

- 1) Combine prawn meat, egg white, lite&creamy, cayenne pepper and herbs in a food processor, and blend to a smooth paste. Season to taste with salt and pepper.
- 2) Lay a wonton wrapper on the work surface, place a heaped tablespoon of filling across the centre.
- 3) Dampen the edges with water, and place over another wonton wrapper. Press down the edges to seal, removing any air pockets that may have formed. Position a 5 cm round cutter over filling and cut out desired shapes.
- 4) Blanch ravioli's in boiling salted water for approximately 1-2 minutes, or until pasta is tender.
- 5) Serve with your favourite pasta sauce.

Fishburgers

Ingredients

1 lime
14 red fish fillets
6cm piece ginger, grated coarsely
 $\frac{1}{2}$ cup plain flour
salt and pepper
2 eggs, lightly beaten
a good shake of Tabasco sauce
1 cup dried breadcrumbs
 $\frac{2}{3}$ cup low fat mayonnaise
juice of half a lime
4 brown rolls
50g mixed salad leaves
sweet chilli sauce



Method

- 1) Zest and juice the lime and set aside. Combine fish and half of the lime juice in a medium bowl; Squeeze half of the ginger between 2 dessertspoons allowing the juices to fall into the bowl with the lime juice; set aside.
- 2) Arrange 3 shallow bowls on the bench and place flour, salt and pepper in one. The lightly beaten eggs and Tabasco in the 2nd one and the breadcrumbs in the third bowl.
- 3) Dip fish fillets into the flour mixture, then into the egg and finally into the breadcrumb mixture, ensuring they are completely coated in all 3 layers.
- 4) Heat a large frying pan, spray lightly with olive oil and cook crumbed fish fillets 45 seconds each side or until just cooked through; drain on absorbent paper.
- 5) Meanwhile, combine mayonnaise, the juice from the remaining ginger, the remaining lime juice and zest and a little more Tabasco in a small bowl.
- 6) Spread mayo over the cut sides of each damper roll. Top with salad leaves and finally with 3-4 cooked fish fillets. Drizzle the fish with a little sweet chilli sauce. Squeeze over more lime juice if desired and eat immediately.

Tuna sandwiches

Ingredients

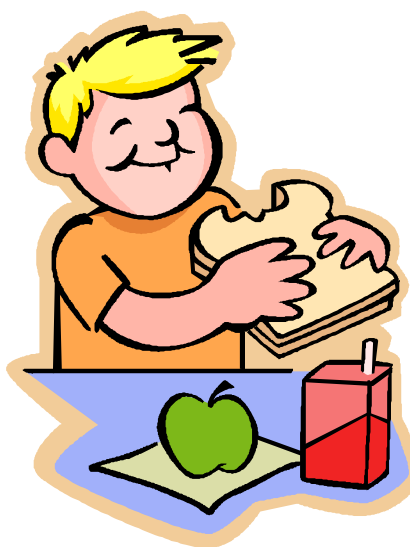
1 medium potato, diced
1 tablespoon finely chopped black olives
1 medium tomato, finely chopped
1 can (185g) tuna in springwater
2 brown rolls
30g salad leaves
2 hard-boiled eggs, sliced

Dressing

2 tablespoons olive oil
1 tablespoon red wine vinegar
1 teaspoon dijon mustard

Method

- 1) Cook diced medium potato until tender; drain.
- 2) To make dressing, shake 2 tablespoons olive oil, 1 tablespoon red wine vinegar and 1 teaspoon dijon mustard together in screw-top jar.
- 3) Combine potato and dressing with 1 tablespoon finely chopped black olives, 1 finely chopped seeded medium tomato and a drained 185g can tuna in medium bowl.
- 4) Halve the rolls crossways, add salad leaves, hard-boiled eggs and tuna mixture between bread pieces.



A word of caution on mercury

There have been some concerns about the mercury content of our fish supply. It is still recommended that you should eat at least 2 serves of fish each week but best to avoid fish high in mercury. These types include shark (commonly used at fish & chip shops), swordfish (broadbill), marlin, ray, gemfish, ling, orange roughy (sea perch) and southern blue fin tuna.

Excess mercury may affect the nervous system by causing reducing feeling and circulation, developmental delays in children, muscle and joint pain and increased risk of heart attack.



**For more information about Brain power! or the fantastic Kidz Bodz program call
1300 731 149 or visit www.kidzbodz.com.au**