



SCHOOL MEALS

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NUTRITIONIST TIPS

Children have their own favourite foods so let them enjoy what they like to eat but encourage smaller portions accompanied with fresh fruit or vegetable sticks to maintain a balanced diet

Try to use fresh produce not processed food that will contain ingredients that your body can't break down

When making your child's meal be considerate as to what you are using! Olive oil instead of butter is an option

Always allow time for your child to have a healthy breakfast, most colourful cereals boxes contain added sugar, cut down the portions and add fresh fruit or mix in some muesli



At Yes Chef! Catering, we have recently moved our focus on to school meals, as we strongly believe that it is imperative for children to not only enjoy the experience of eating but to understand the nutritional values of food as well.

The menus will be targeted at children of all ages and parents will feel a lot more confident that their children are eating healthier meals whilst at school.

The prevalence both here and world wide of obesity, diabetes and heart disease will help encourage consumption of nutritious foods, as the children will be educated towards the dangers of high cholesterol and saturated fat diets. At the schools and colleges we will highlight the importance of healthy eating from a young age. Comparisons will be made with fast food concepts and the dangers of over consumption.

We believe it's very important for children to have something nourishing to eat at break time,

as well as at lunch so our menus have been designed accordingly to encourage a healthy balanced diet throughout the day.

Our nutritionist Helga Marin Bergsteinsdottir has had more than twenty years experience in fitness and health programs and has been developing healthy calorie counted menus for adults, as well as healthy nutritional meals for children.

Alongside our children's menus, Helga will host educational classes during the terms at the school in order to provide a better understanding of nutritional values of food and maintaining a balanced diet at a young age.

To begin each day, children need a balanced breakfast to stimulate their minds during school hours. Wholegrain foods will provide much needed iron, fibre and minerals while fresh fruit cut up and served over cereal or on its own, provides a multitude of vitamins and minerals.



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Eating the right foods at breakfast helps your child to restore their energy levels from the previous day and ensures their memory and attention spans are kept at an optimum throughout the day, further bolstered by a healthy lunch.

At Yes Chef! we are offering a complete lunchbox to the children which will contain the much-needed nutrients to further propel their learning throughout the afternoon.

Our healthy lunchboxes will contain one third of your child's daily requirements of nutrients including good sources of protein, complex carbohydrates, slow calorie release foods, calcium, fruit and vegetables.

Our Executive Chef Andrew Burn has put his focus into developing the morning break menu and the lunchbox so that they both provide children with the correct balanced nutritional requirements throughout their daily schooling. He is also working on the

content of the lunchbox so that it will not include any processed foods!

All of our lunchboxes will be made up of fresh wholesome ingredients and contain no additives or preservatives and only natural sugars.

The lunch box will feature inside the lid educational facts based upon food nutritional values.

Alongside the lunchbox we will also provide a daily changing healthy menu that will include salads, sandwiches and fruit. We will also cater for multicultural requirements.

Andrew is also currently working on menus that will provide daily hot food options for the children to offer more variety into their lunch breaks.

Our aim at Yes Chef! Is to let the children not only enjoy eating but also to educate them on the benefits of healthy eating and making it more fun.

CHEFS TIPS

Healthy eating should be fun
Try to make it colourful to keep your children interested

Learn different cooking methods to reduce fried foods

Instead of using sugars, use natural sweeteners like honey

Don't over cook vegetables and try to encourage the eating of at least one raw vegetable per day

Children follow their parents eating habits so lead by example

Healthy eating is not just for the kids but for the whole family

Encourage eating fresh fruit

When eating ice cream and yoghurt add chopped fresh fruit