

# Simple Ways to Encourage Healthy Eating Habits

## Fun With Food Planting a Salad Basket

Watch the lettuce grow with your child and then enjoy it in a Garden Patch Salad.

**You will need:** Medium container, soil, compost, variety of lettuce seeds and seeds for other mixed greens

### Here's how:

1. Fill the container with soil and compost.
2. Sprinkle seeds on top of the soil. Cover them very lightly with more soil.
3. Place the container in a spot that gets some afternoon shade.
4. Spray the surface of the soil with warm water every day until the seeds sprout.
5. When the new seedlings are about 2.5 cm (1 in.) high, separate them to be about 8 cm (3 in.) apart.
6. Water when the soil feels dry.

## Garden Patch Salad

Be adventurous when making your salad. Toss your favourite raw vegetables and add your choice of cheese, hard-boiled egg, chickpeas, cold meat or seafood. Let your child take the lead in choosing, washing and tossing the ingredients.

### Ingredients:

1	small head of romaine lettuce	1
1	English cucumber	1
1	red pepper	1
2	carrots, peeled	1
2	celery stalks	2
1/4 cup	red onion	50ml

### Directions:

1. Tear the washed lettuce into bite-size pieces and place in a large bowl.
2. Cut the vegetables into bite-size pieces and add to the lettuce. Toss the ingredients.
3. Serve with vinaigrette dressing on the side.

(Cooking in the Community, Toronto Public Health, 2004)



## Meals at a Glance – Lunch

Why not enjoy a hearty salad for your summer lunch? There are many to choose from and some are a meal in themselves (with foods from at least three of the four food groups). Use vegetables from your own garden or take your child to a local farm or farmers market to shop for the ingredients.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Couscous & chickpea salad (with grape tomatoes, cucumber & feta cheese)	Spinach salad (with orange wedges, strawberries, nuts & seeds), whole wheat pita, cheese slices	Pasta salad (with carrots, broccoli, & grilled beef slices)	Thai mango salad (with lettuce, mango, sweet peppers, carrots, & toasted nuts)	Bean, rice & corn salad, milk	Mixed green salad with grilled chicken, whole wheat bun	Nicoise salad (with red potatoes, tuna, green beans, olives, hard-boiled eggs & tomato)