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Nutrition Society of Malaysia



Junior Chef Cookbook

Let's Play **HEALTHY COOKING**



♥ 1st cookbook for kids by local nutritionists and dietitians

♥ 35 yummy, healthy and fun recipes for kids to explore

♥ Healthy eating tips for kids

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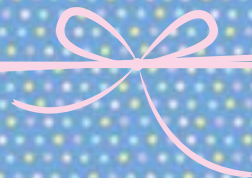


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Contents



Introduction

Let's Have Fun..Play Masak-Masak	7
Using the Cookbook	8

Learn the Basics

Let's Eat Healthily	11
How to Eat Healthily	12
Chef's Cooking Tools	14
Basic Preparation Methods	16
Cooking Methods	18
Kitchen Rules	20

Recipes Based on Food Groups

Group I : Grains, Grain Products and Tubers

Sardine Fried Rice	26
Bibimbap	28
Porridge with Minced Chicken and Vegetables	30
Sunshine Chunky Pasta	32
Carrot-Tuna Rolls	34
Egg Veggie Pinwheels	36
Oat Sardine Sandwich	38
Pizza Bread	40
Crispy Garlic Sticks	42
Bananut Toast	44



Bread Pudding	46
Rice Pudding	48
Corn Pancakes	50
Polka Dot Steamed Cupcakes	52
Corn Flake Crumbles	54
Oat Granola Bars	56
Oatmeal Chocolate Chip Cookies	58

Group 2 & 3 : Vegetables and Fruits

Red Bowls	62
Golden Spinach Balls	64
Nicoise Salad	66
Pumpkin Soup with Rice Dumplings	68
Baked Vegetable Sticks	70
Layered Fruity Pots	72
Fruit Pizza	74
Fruit Punch	76
Cereal Coated Frozen Bananas	78
Kiwi Popsicles	80



Group 4 : Fish, Poultry, Meat, Egg, Beans and Nuts

Greenish Fish Pie	84
Easy Chicken Meatballs	86
Lamb Kebabs	88
Crispy Tofu	90

Group 5 : Milk and Dairy Products

Tropical Fruit Smoothie	98
Chocolate Biscuit Milkshake	100
Cendol Custard	102
Dragon Fruit Ice Cream	104



Dear Parents, *Cook With Your Children!*

The Nutrition Society of Malaysia (NSM) is excited to present its 1st cookbook for children! It's specifically developed for kids, aged 5 to 10 years old, who want to learn "masak-masak". First of its kind in the country, this cookbook is published by nutrition experts.

The recipes featured in this book are simple and categorised into food groups. They're intended for kids to prepare foods/dishes on their own for themselves or their family under parental guidance and supervision.

We encourage parents to find time to cook together with their children and at the same time teach them the basics of healthy eating. We believe children who play a part in preparing their own meals with the help of their parents not only eat better, but healthier too!

We hope you enjoy trying out these recipes while having fun with your children. It is our hope this cookbook will inspire more children to explore the joy of cooking and start developing interest in food and healthy eating.

Have Fun!



Let's Have Fun...

Play Masak-masak!

Hi Kids! Congratulations on owning your first cookbook!

Have you ever wondered how mum prepares your favourite sandwiches or whip up yummy pasta dishes? Well now is your chance to learn and do it on your own! Preparing and cooking a meal is actually simple and you can have lots of fun in the kitchen too!

Here's your chance to be the "Junior Chef" for the family. With this cookbook, you will learn the basics of food preparation and cooking methods.

You'll be amazed that all the skills you learnt today will help you cook better in the future.

Now, let's get into the kitchen and start to play "masak-masak"!



Wonderful World of Cookery!

Why do you need to learn cooking?

✓ Great way to learn about foods.

✓ Know what is being put into your favourite dish.

✓ Make your favourite dish on your own when feeling hungry without disturbing mum.

✓ Surprise family and friends with your "creation" during special occasions eg birthdays and festive seasons.

✓ Great way to spend free time especially on weekends and school holidays.

Using the Cookbook

1

Before you begin, read "Learn the Basics" section so that you will know more about healthy eating and the basics of cooking.

Let's Eat Healthily
Before you start cooking, let's learn why you need to eat healthily. Foods provide you the energy and nutrients that your body needs to grow healthy and strong. Eating healthily will help you to maintain a healthy body so you can do all sorts of activities that you love and enjoy.

How to Eat Healthily?
Follow the food pyramid to guide you. It's simple!
Did You Know?
 There is no good or bad food. No single food can give you all the nutrients your body needs. Some foods you need more and some you need less. That's why you need to eat according to the pyramid.
 FATS, OIL, SUGAR AND SALT: Eat less!
 MILK AND DAIRY PRODUCTS GROUP: Eat moderately.
 VEGETABLES GROUP: Eat more.
 FRUITS, OIL, SUGAR AND SALT: Eat less!
 FISH, POULTRY, MEAT, EGGS, BEANS AND NUTS GROUP: Eat moderately.
 GRAIN PRODUCTS GROUP: Eat more.

Chef's Cooking Tools
These are some basic cooking tools that all chefs use. If you're not familiar with basic utensils, get an adult to show you.
 Oven: You can use this for grilling foods, baking cakes/breads and roasting a chicken. Stick your hand to test it.
 Pot: You need this to boil water or cook anything that has gravy.
 Stove: It provides you with heat flow for to cook something.
 Pan: Used for frying or sautéing. It's required for frying cooking.
 Chopping Board: Used for cutting ingredients.

Basic Preparation Methods
Let's learn some basic preparation methods you will need to use when preparing some of the ingredients before you cook them.
 Boiling: Boiling involves heating an egg or potato in a pot of water until it's cooked.
 Blending: You will need to blend things like a smoothie or a sauce.
 Chopping: You will need to chop things like vegetables and meat into small pieces.
 Crumbing: Crumbing is done by placing food into a blender and blending it.

Cooking Methods
Let's explore several cooking methods you can choose from to help you cook healthily!
 Blanching: A process where food is cooked in boiling water for a short time and then drained. It's used to soften vegetables and to stop the cooking process. Commonly used for cooking vegetables.
 Roasting/Baking: The best method to cook for most meals and dishes for cake. Food becomes crisp and brown without using oil. They are not fried.
 Steaming: Cooking using steam produced by boiling water. It's healthy. Food becomes soft, tender and nutrients are retained.
 Boiling: Cooking in boiling water. No oil is needed and it's the best way to cook the vegetables and grains.

Kitchen Rules
We're almost ready chef! Let's do a bit of practice and a safety drill. Let's go through some rules that will keep you safe.
Safety First!
 1. Always read with an adult.
 2. Never use the power, stove or electrical appliances on your own.
 3. Cut an adult to help when using heavy/heavy objects and moving something hot.
 4. Be careful when you get your hands, don't let it slide out from the stove or heat.
 5. Don't run when cooking.
Always Keep Clean!
 1. Always clean kitchen, an apron and for an apron if it's long.
 2. Always wash your hands before you start cooking, after you finish and after always cooking if it gets dirty.
 3. Use soap and water to clean your face and before you start.
 4. Use separate cloths when preparing different ingredients.
 5. Clean up after cooking.

2

Recipes are divided into four main parts based on food groups in the food pyramid. There will be an introduction to provide you with useful information on each food group.

Recipes Based on Food Groups
GROUP 1
Grains, grain products and tubers
Let's get started chef! Let's begin with recipes consisting of foods from Group 1.
Foods from this group have to be eaten the most compared to all other groups. They are a great source of energy, vitamins and minerals. You need these for growth and energy to do your daily activities.

Recipes Based on Food Groups
GROUPS 2&3
Vegetables & Fruits
Now that you have learnt to cook foods from Group 1 (grains and grain products), it is time to add some colours into your diet with foods from Group 2 (vegetables) and Group 3 (fruits).
Not only do they make your foods colourful, vegetables and fruits are also excellent sources of vitamins, minerals and fibre that help to keep your body healthy.
This is why you should eat plenty and different types of vegetables and fruits every day.

Recipes Based on Food Groups
GROUP 4
Fish, poultry, meat, egg, beans & nuts
Foods from Group 4 give you protein, which helps to build and repair your body tissues and muscles. You need to eat in moderation so that they help you grow.

Recipes Based on Food Groups
GROUP 5
Milk & dairy products
The last part of this cookbook ventures into recipes of foods from Group 5 which help you to build strong bones and teeth. This is why you need to consume foods from this group every day.

Chef
A cartoon illustration of a chef in a white uniform and hat, holding a frying pan with a fried egg.

3

Each recipe has four components to help you out with the cooking. It also has tips and nutrient content information. Take a look at the example below:

Group 1: GRAIN PRODUCTS



Corn Pancakes

Suggested number of servings: 8

Cooking tools

- ♥ Fork ♥ Bowl
- ♥ Grater ♥ Pan
- ♥ Stove ♥ Spatula
- ♥ Sieve ♥ Blender
- ♥ Plates



Ingredients

- ✿ 105 g (1 cup) wheat flour
- ✿ 4 g (1 teaspoon) baking powder
- ✿ 53 g (1 whole) egg
- ✿ 222 g (1 cup) sweet corn
- ✿ 188 ml (3/4 cup) milk
- ✿ 108 g (1 whole) carrot
- ✿ 45 ml (3 tablespoons) oil
- ✿ Fruit yoghurt or honey (optional)
- ✿ A pinch of salt

Preparation

1. Beat the egg.
2. Peel the carrot and grate it.



Let's cook

1. Mix the flour, baking powder and salt in a large bowl.
2. Blend the corn with milk to form a puree.
3. Sieve the corn puree to remove the husk.
4. Add the egg and flour mixture into the puree.
5. Mix well to form a fine batter.
6. Add the carrot into the batter and cook for 10 minutes.
7. Add a little oil.
8. Pour the batter in the middle of the pan to form a circle or any shape.
9. Let the pancake cook for about 2 minutes or when bubbles appear on the surface.
10. Use a spatula to flip the pancake on to the other side.
11. Wait for the pancake to turn golden-brown on both sides.
12. Repeat steps 8 to 10 until all the batter is finished.
13. Serve warm on a plate with fruity yoghurt or honey.

Note: Makes 8 pancakes

51

Utensils you will need to prepare and cook the recipe

Ingredients needed for the recipe

Preparation before you cook

Step-by-step method on how to cook the recipe

Tips
To make the pancake more attractive, you can use pans of different shapes.



Nutrient content per serving
Calorie: 143 kcal
Carbohydrate: 17.2 g
Protein: 4.1 g
Fat: 2.0 g

Healthy eating tips for you!

Nutrient content information

Learn the
Basics



Let's Eat Healthily

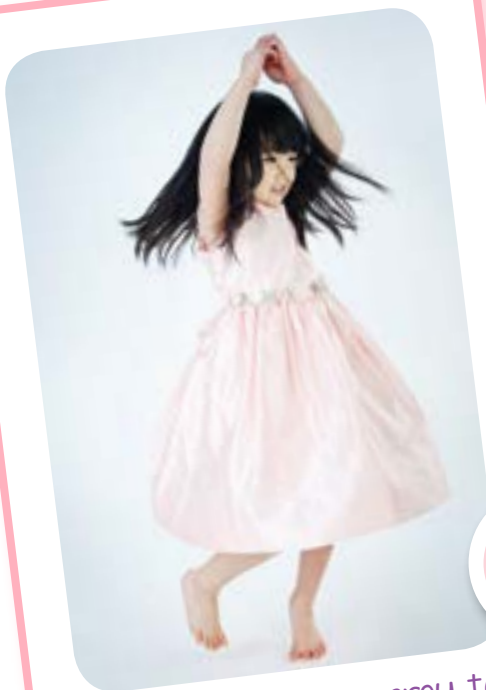
Hey
chef!

Before you start cooking, let's learn why you need to eat healthily.

Foods provide you the energy and nutrients that your body needs to grow healthy and strong.

Eating healthily will help you to maintain a healthy body so you can do all sorts of activities that you love and enjoy.

When you're healthy and happy you'll:



♥ Have lots of energy to do the things you love



♥ Learn better at school



♥ Feel good and confident about your body

How to Eat Healthily?

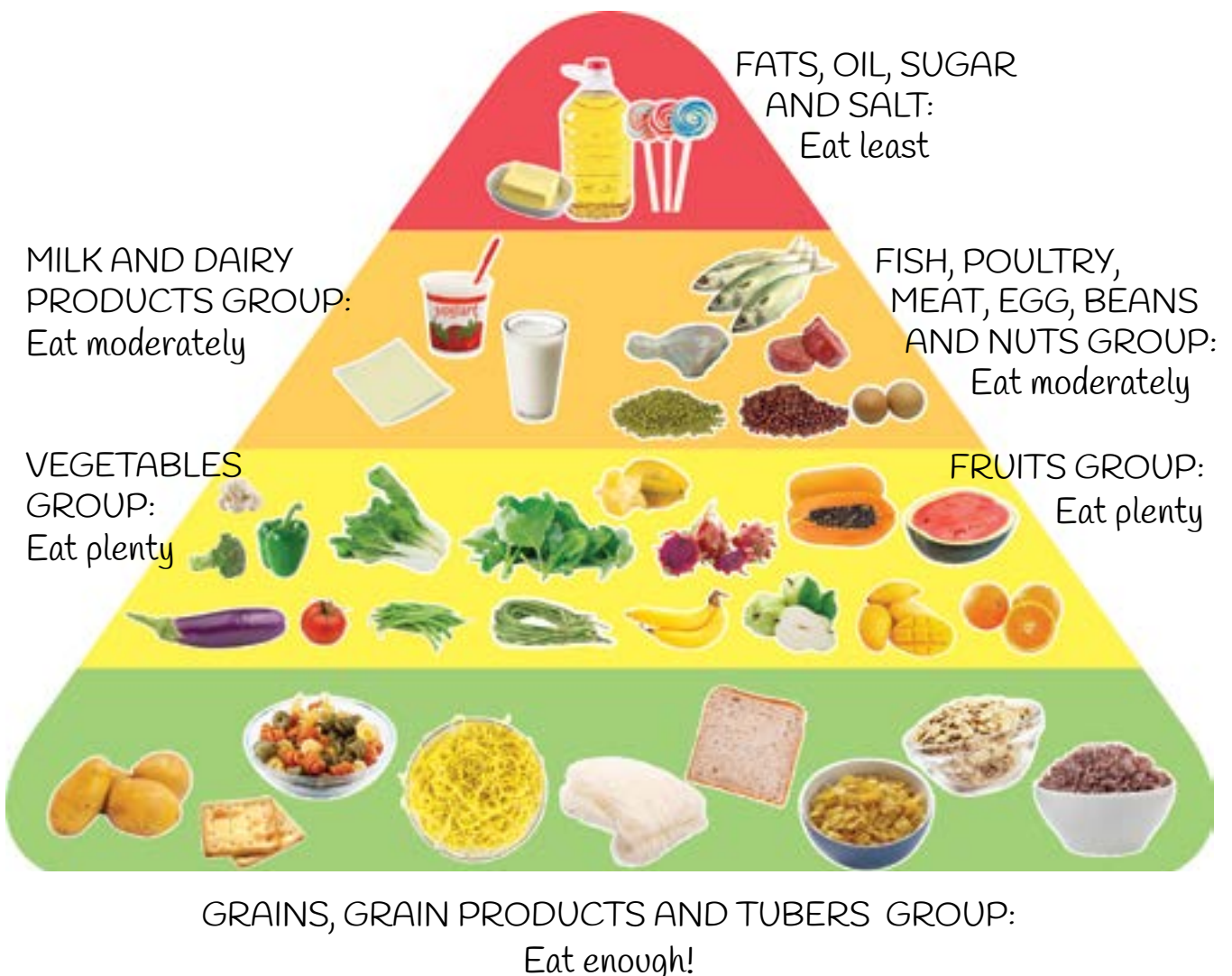
Hey chef!

Follow the food pyramid to guide you. It's simple!

- It has 4 levels with 5 different food groups
- Foods at the lowest level should be consumed the most
- Foods at the top should be eaten the least

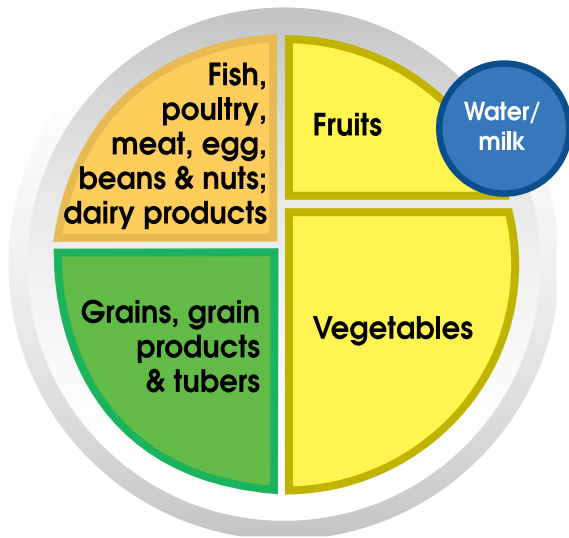
Did You Know?

There is no good or bad foods. No single food can give you all the nutrients your body needs. Some foods you need more and some you need less. That is why you need to eat according to the pyramid.



3

Healthy Eating Habits!



1 Balance

Eat from all food groups at every meal.

2 Moderation

Just eat enough, not too much or too little of any particular food.



3 Variety

Mix and match! Include different types of foods from all food groups in your meals throughout the day or the week. If you take eggs for breakfast, eat chicken for lunch. If you eat bread for breakfast and eat noodles for lunch, then you can have rice for dinner.



- Eat on time and don't skip main meals like breakfast, lunch and dinner.
- Drink plenty of water, at least 8 glasses everyday.

Chef's Cooking Tools

These are some basic cooking tools that all chefs use. If you're not familiar with these utensils, get an adult to show you.



Stove

It provides you with heat from fire to cook something.



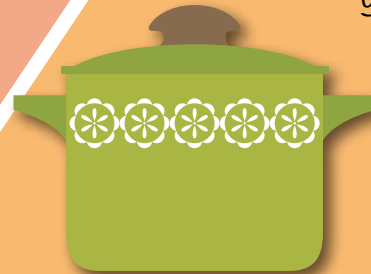
Pan

Used for frying, sautéing and so on. It's especially good for frying eggs or cooking pancakes.



Oven

You can use this for grilling foods, baking cakes/cookies and roasting a chicken. Ask mum how to use it.



Pot

You need this to boil soups or cook anything that has gravy.



Chopping Board

All chefs need this board to do the cutting and preparation. You wouldn't want to spoil mum's kitchen top.



Knife

You'll need it for cutting. There are many types of knives used for different purposes. To avoid hurting yourself, have an adult do the cutting while you observe. Once you're old enough, you can do it yourself.

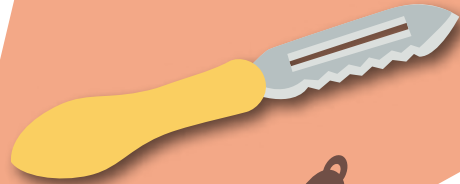
Baking tray

Used to place foods that are cooked in an oven.



Peeler

It is used to peel off skin from potatoes, fruits and some vegetables. It is much safer to peel skin using this than a knife.



Ladle

This is used to scoop foods like soups and gravy.



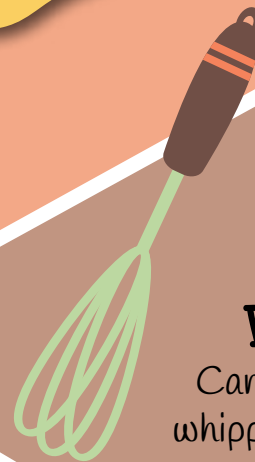
Spatula

Used to stir and mix when cooking.



Whisk

Can be used for whipping foods like eggs and cream.



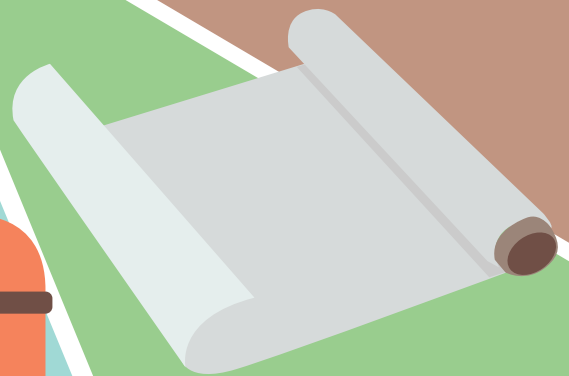
Blender

Used to blend foods to achieve a smooth consistency.



Food mixer

Electrical device with a set of beaters that can be used to stir and whip. Some can also be used to knead when beaters are replaced with a dough hook.



Baking paper

You will use this to line your baking tray to prevent foods from sticking onto the tray.

Basic Preparation Methods

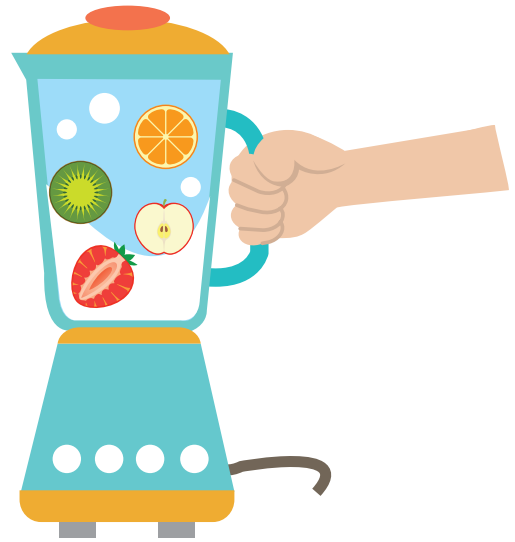
Let's learn some basic preparation methods you will need to use when preparing some of the ingredients before you cook them.

Beating



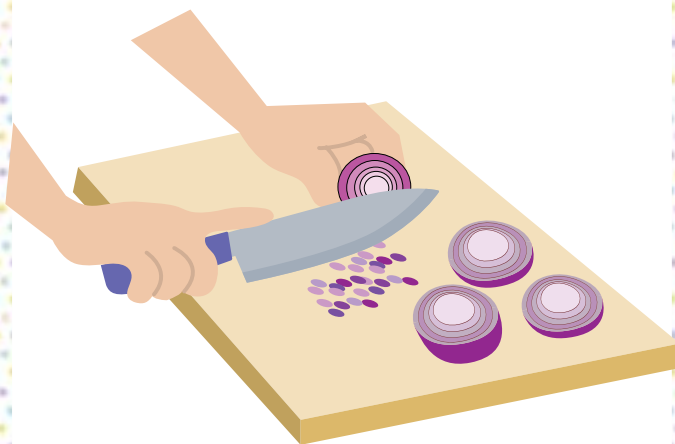
Beating something like an egg requires a bowl and a fork or a whisk. Vigorously stir it until it is evenly mixed.

Blending



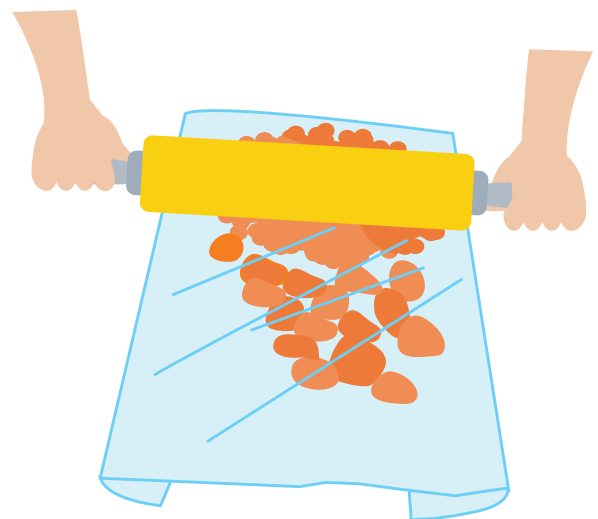
You will need to blend using a blender. Mix all the foods inside and blend until evenly mixed.

Chopping



Cutting food into small pieces using a knife and chopping board.

Crushing



Crushing can be done by placing food into a thick plastic bag and crushing them using a rolling pin.

Grating



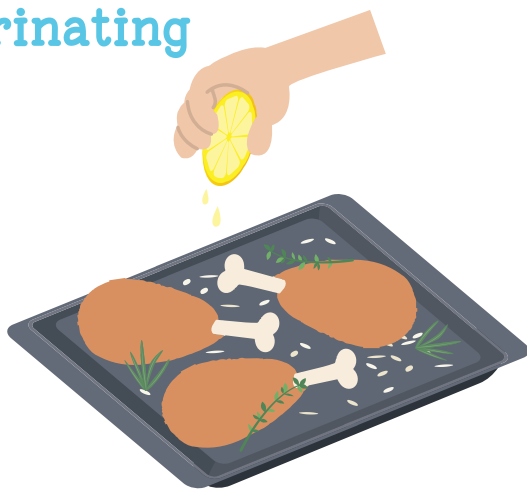
You will need a grater to grate foods like carrot. The blade of a grater often has many different sizes which you can use depending on your needs.

Greasing a tin or dish



Greasing prevents food from sticking onto the surface of a tin or dish. Rub with a little oil or butter.

Marinating



To marinate foods like meat or fish, coat it with the marinating ingredients and let it rest for a while before you cook them.

Kneading



When kneading a dough, fold the dough and then press it down. Do the same on the other side and repeat until dough becomes smooth and stretchy.

Slicing



Slicing is similar to chopping, it is when you cut the food into thin slices.

Peeling



Removing the outer layer of the food by using a peeler.

Cooking Methods

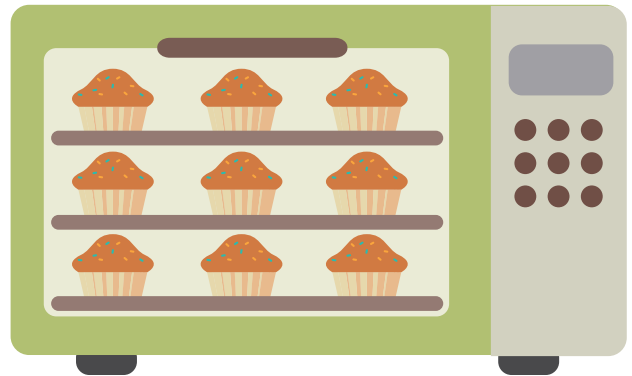
Let's explore several cooking methods you can choose from to help you cook healthily!

Blanching



A process where food is cooked in boiling water for a short time and later placed under cold or running water to stop the cooking process. Commonly used for cooking vegetables.

Roasting/Baking



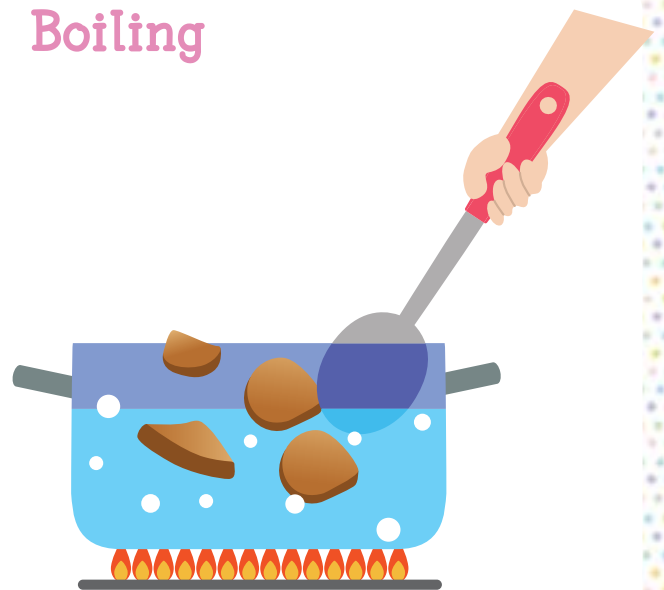
The term roasting is used for meat while baking for cake. Food becomes crisp and fragrant without using oil. Any extra fat is drained out.

Steaming



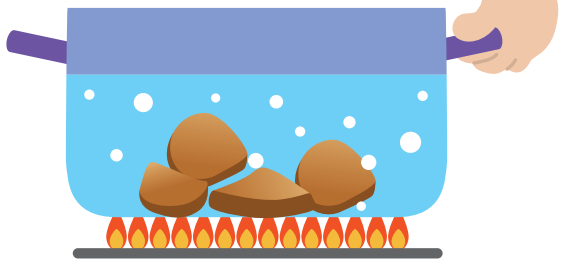
Cooking using steam produced by boiling water. No oil is needed. Food texture, colour, taste and nutrients are retained.

Boiling



Cooking in boiling water. No oil is needed and fat on top of the surface can be removed using a spatula/spoon.

Stewing/Braising



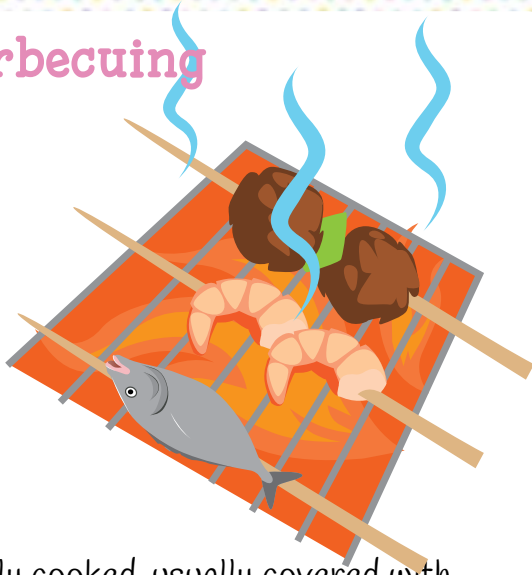
Similar to boiling but the water used is often eaten as a sauce. Usually meats cooked this way are softer in texture.

Broiling/Grilling



Food cooked with high heat for 5 to 10 minutes. Food is slightly oiled to prevent sticking on grills.

Barbecuing



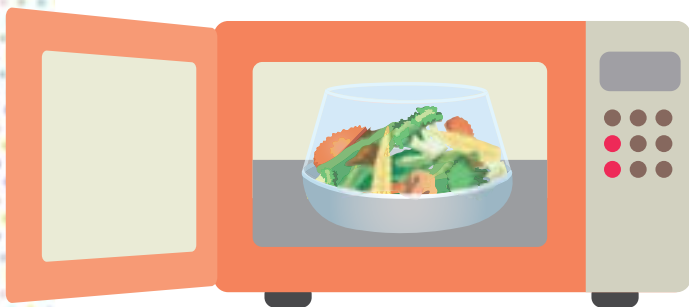
Slowly cooked, usually covered with sauce over a char fire. Little oil is used.

Sauteing/Stir-frying



Little oil is used and food is stirred quickly. Retains flavour and nutrients.

Microwaving



Cooks food using waves of energy. Requires short cooking time and does not need oil to be added. Food must be covered with a suitable cling film or food cover.

Deep-frying



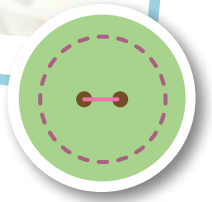
Food is completely covered and cooked with oil. Due to large amount of oil used, this cooking method is not preferred and should be used the least.

Kitchen Rules

We're almost ready chef! With a little bit of practice and a whole lot of love, you'll be able to prepare and cook meals. But before you start cooking, let's go through some rules that will keep you safe:

Safety First!

1. Always cook with an adult.
2. Never use the oven, stove or electrical appliances on your own.
3. Get an adult to help when lifting heavy/sharp utensils and moving something hot.
4. Be careful with pot and pan handles; don't let it stick out from the stove or table.
5. Don't rush when cooking.



Always Keep Clean!

1. Wear clean clothes, an apron and tie up your hair if it's long.
2. Always wash your hands before you start cooking, after you've finished and even during cooking if it gets dirty.
3. Wipe and clean the cooking surface area before you start and after you've finished cooking.
4. Use separate utensils when preparing different ingredients.
5. Clean up after cooking.



**Horlicks**gsk

Breakfast Everyday Horlicks Everyday

There are 3 in 10 primary school children in Malaysia skips breakfast^{[1] [2]} and this trend is reported to be the most missed meal among Malaysian children^[3].

Breakfast is the most important meal of the day. It is not only important to take breakfast regularly but also to consume healthy breakfasts for the daily nutrition requirements needed by the body. Horlicks complements the nutritional value needed as it is power packed with 23 vital nutrients which are crucial for overall growth and development.



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- Low Glycemic Index
- No preservative added



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- Low Glycemic Index
- No artificial colouring




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Recipes Based on Food Groups:

GROUP 1

Grains, grain products
and tubers

Let's get started chef! Let's begin with recipes consisting of foods from Group 1.

Foods from this group have to be eaten the most compared to all other groups. They are a great source of energy, vitamins and minerals. You need these for growth and energy to do your daily activities.



Tips

Brown rice is a healthier option as it contains more vitamins, minerals and fibre.



Nutrient content per serving

Calorie : 372 kcal

• Carbohydrate : 56.8 g

• Protein : 14.7 g

• Fat : 9.6 g

Sardine Fried Rice

Suggested number of servings: 3

Cooking tools

- ♥ Rice cooker
- ♥ Fork ♥ Knife
- ♥ Chopping board
- ♥ Pan ♥ Stove
- ♥ Spatula ♥ Spoon
- ♥ Plates

Ingredients

- ✿ 186 g (1 cup) brown rice
- ✿ 155 g (1 small can) sardines
- ✿ 15 ml (1 tablespoon) oil
- ✿ 150 g (1 cup) frozen mixed vegetables
- ✿ 13 g (1 whole) small onion
- ✿ 5 g (1 clove) garlic
- ✿ 5 ml (1 teaspoon) soy sauce
- ✿ 3 pieces dried seaweed
- ✿ A pinch of salt and pepper

Preparation

1. Wash the rice and cook in a rice cooker.
2. Drain the sardines, keep the sauce aside, then mash the sardines with a fork.
3. Chop the onion and garlic into small pieces.
4. Slice the dried seaweed.

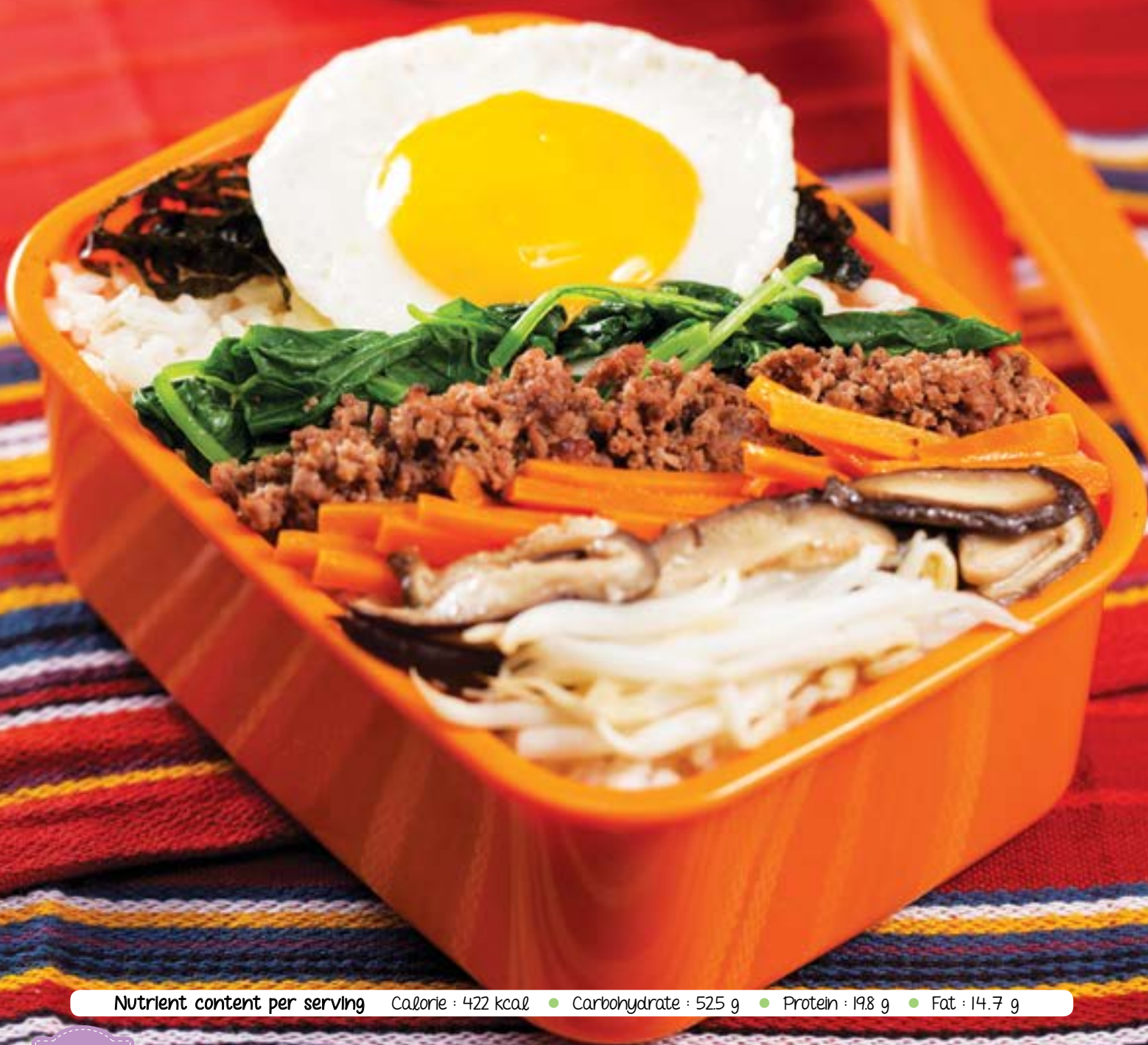
Let's cook

1. Fry the onions and garlic with oil until fragrant in a pan.
2. Pour the sardines into the pan and fry for 2 minutes.
3. Stir in the frozen mixed vegetables and cook for another 3 minutes.
4. Add cooked rice and stir well.
5. Add soy sauce and the remaining sauce from the sardine can.
6. Add a pinch of salt and pepper.
7. Continue to stir and cook until rice is dry and fluffy.
8. Remove from heat, garnish with seaweed and serve immediately on a plate.



Tips

This is a complete meal containing foods from the main food groups, therefore, great for lunch or dinner!



Nutrient content per serving

Calorie : 422 kcal

• Carbohydrate : 525 g

• Protein : 198 g

• Fat : 14.7 g

Bibimbap

Suggested number of servings: 5

Cooking tools

- ♥ Food processor
- ♥ Pot ♥ Stove
- ♥ Rice cooker ♥ Peeler
- ♥ Knife ♥ Spatula
- ♥ Chopping board
- ♥ Food tong ♥ Pan
- ♥ Bowls
- ♥ Strainer



Ingredients

- ✿ 123 g (1/2 cup) lean beef
- ✿ 108 g (2 cups) spinach
- ✿ 105 g (1 cup) bean sprouts
- ✿ 22 g (10 pieces) dried shiitake mushrooms
- ✿ 108 g (1 whole) carrot
- ✿ 279 g (1 1/2 cup) brown rice
- ✿ 30 ml (2 tablespoons) tomato or chili sauce
- ✿ 5 g (1 clove) garlic
- ✿ 30 ml (2 tablespoons) soy sauce
- ✿ 15 ml (1 tablespoon) sesame oil
- ✿ 5 ml (1 teaspoon) honey
- ✿ 15 ml (1 tablespoon) oil
- ✿ 4 pieces dried seaweed
- ✿ 265 g (5 whole) eggs
- ✿ A pinch of salt and pepper



Preparation

1. Wash the rice and cook in a rice cooker.
2. Mince the beef using a food processor.
3. Blanch the spinach and bean sprouts separately.
4. Peel the carrot and slice thinly.
5. Chop the garlic into small pieces.
6. Soften the mushrooms by soaking in hot water for 30 minutes.
7. Drain the water and remove the stems of the soaked mushrooms.
8. Slice the mushrooms into thin slices.

Let's cook

1. Marinate the beef with soy sauce, garlic, sesame oil, honey, pepper and salt in a bowl.
2. Set aside for about 30 minutes.
3. Stir-fry the beef with a little oil until cooked and set aside.
4. Repeat step 3 with mushrooms.
5. Fry the eggs, sunny side up style, 1 at a time.
6. Put the rice into a bowl and using a food tong, arrange the meat, assorted vegetables, mushrooms and seaweed around the rice with an egg in the centre.
7. Pour some soy sauce and tomato or chili sauce on top of the rice.
8. Serve warm.



Tips

Brown rice is a healthier alternative for this recipe. You will need to add more water and cook longer.

Nutrient content per serving

Calorie : 242 kcal

● Carbohydrate : 41.4 g

● Protein : 11.4 g

● Fat : 3.4 g

Porridge with Minced Chicken and Vegetables

Suggested number of servings: 5

Cooking tools

- ♥ Food processor
- ♥ Peeler ♥ Knife
- ♥ Chopping board
- ♥ Pot ♥ Spatula
- ♥ Ladle ♥ Stove
- ♥ Bowls

Ingredients

- ✿ 186 g (1 cup) rice
- ✿ 2 litres (8 cups) water
- ✿ 198 g (1 1/2 pieces) chicken breast
- ✿ 22 g (10 pieces) dried shiitake mushrooms
- ✿ 108 g (1 whole) carrot
- ✿ 180 g (2 whole) potatoes
- ✿ 6 g (1 teaspoon salt)
- ✿ A pinch of pepper

Let's cook

1. Wash and place the rice into a pot.
2. Add water into the pot and bring to boil.
3. Add in the chicken, carrots, potatoes and mushrooms.
4. Under low fire, cook for 1 hour and stir from time to time with a spatula to prevent sticking to the pot.
5. Add more water if the mixture becomes too thick.
6. When the rice becomes soft, turn off the heat and scoop the porridge into bowls to serve.
7. Season with salt and pepper.

Preparation

1. Mince the chicken using a food processor.
2. Peel the carrots and potatoes and cut into small cubes.
3. Soften the mushrooms by soaking in hot water for 30 minutes.
4. Drain the water and remove the stems of the soaked mushrooms.
5. Slice the mushrooms into thin slices.

Tips

You can use pasta of different shapes and sizes.



Nutrient content per serving

Calorie : 332 kcal

• Carbohydrate : 40.4 g

• Protein : 11.9 g

• Fat : 13.6 g

Sunshine Chunky Pasta

Suggested number of servings: 3

Cooking tools

- ♥ Knife ♥ Plates
- ♥ Chopping board
- ♥ Spatula ♥ Stove
- ♥ Pot ♥ Pan

Preparation

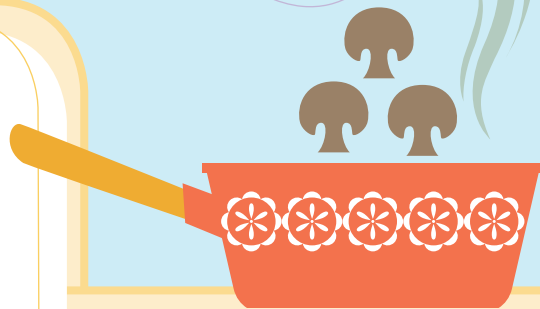
1. Chop the tomatoes, capsicum, onions, garlic, basil and parsley finely.
2. Cut the chicken breast into small cubes.
3. Slice the mushrooms thinly.

Ingredients

- ✿ 100 g dried spiral pasta
- ✿ 66 g (1/2 piece) chicken breast
- ✿ 100 g (2 whole) tomatoes
- ✿ 35 g (1/2 cup) button mushrooms
- ✿ 125 ml (1/2 cup) tomato puree
- ✿ 90 g (1/2 whole) yellow capsicum
- ✿ 55 g (1 whole) big onion
- ✿ 30 ml (2 tablespoons) olive oil
- ✿ 8 g (2 teaspoons) parmesan cheese
- ✿ 10 g (2 cloves) garlic
- ✿ 5 g (1/4 cup) basil
- ✿ 11 g (1/4 cup) parsley
- ✿ 15 g (1 tablespoon) sugar
- ✿ 6 g (1 teaspoon) salt

Let's cook

1. Boil the pasta for 15 minutes or until the pasta is cooked.
2. Drain the water and set aside on a plate.
3. To cook the sauce, heat olive oil on a pan.
4. Add the onions, garlic and salt.
5. Stir-fry using a spatula until the onions turned golden-brown.
6. Add the chicken, tomatoes, tomato puree, sugar and boil until chicken is cooked well.
7. Add the basil, parsley, button mushrooms, capsicum and cook until sauce has thickened.
8. Turn off the heat and pour sauce on cooked pasta.
9. Sprinkle the parmesan cheese on top and serve immediately on a plate.



A close-up photograph of several burritos in a woven basket. The burritos are filled with meat, cheese, and vegetables, and are wrapped in light-colored flour tortillas. The basket is lined with a vibrant, multi-colored striped fabric in shades of pink, orange, yellow, and blue. The background is a soft-focus teal color.

Tips

Carrot contains vitamin A that is good for your eyesight.

Nutrient content per serving Calorie : 196 kcal ● Carbohydrate : 14.1 g ● Protein : 15.9 g ● Fat : 8.4 g

Carrot-Tuna Rolls

Suggested number of servings: 4

Cooking tools

- ♥ Fork ♥ Peeler
- ♥ Grater ♥ Bowl
- ♥ Spoon ♥ Plates
- ♥ Knife

Ingredients

- ✿ 4 pieces tortillas
- ✿ 185 g (1 can) tuna in water
- ✿ 30 ml (2 tablespoons) mayonnaise
- ✿ 20 g (4 pieces) lettuce leaves
- ✿ 108 g (1 whole) carrot

Preparation

1. Open the tuna can, drain the water and flake the tuna meat with a fork.
2. Peel the carrot and grate it.

Let's cook

1. Place 4 tortillas on 4 different flat plates.
2. Spread the mayonnaise on each tortilla with a spoon.
3. Place 1 lettuce leaf on each tortilla.
4. Arrange the carrot lengthwise in rows near the edge.
5. Spoon the tuna in a line next to the carrot, away from the edge.
6. Roll each tortilla up tightly into a medium sized cylinder.
7. Cut each tortilla into half and serve immediately on a plate.



Tips

Egg contains complete protein and rich in vitamins and minerals. Eat egg once a day!



Nutrient content per serving Calorie : 160 kcal • Carbohydrate : 14.5 g • Protein : 11.2 g • Fat : 6.3 g

Egg Veggie Pinwheels

Suggested number of servings: 2

Cooking tools

- ♥ Pot ♥ Bowl
- ♥ Fork ♥ Stove
- ♥ Spoon ♥ Plates
- ♥ Chopping board
- ♥ Toothpicks ♥ Pan
- ♥ Spatula ♥ Knife
- ♥ Strainer

Ingredients

- ✿ 53 g (1 whole) egg
- ✿ 54 g (1 cup) spinach
- ✿ 50 g (2 slices) wholemeal bread
- ✿ 56 g (2 slices) chicken ham

Preparation

1. Blanch the spinach and pat dry.
2. Remove the crust of the wholemeal bread with a knife.
3. Beat the egg.

Let's cook

1. Pan-fry the egg into an omelette.
2. Add chicken ham separately into pan until cooked and set aside to cool.
3. Cut the omelette into 2 portions.
4. To prepare the sandwich, place a slice of bread on a plate and top with a slice of ham.
5. Using a spoon, add a layer of spinach and top with 1 piece of the omelette.
6. Using both hands, carefully roll up the sandwich to form a pinwheel and secure each end with a toothpick.
7. Cut the pinwheel into 2 pieces with a knife.
8. Repeat with another slice of bread and serve on a plate.





Tips

Wholemeal bread and oats are examples of wholegrain foods and are more nutritious. Canned sardines eaten with its bones provides you with calcium for strong bones and teeth.

Nutrient content per serving

Calorie : 148 kcal

● Carbohydrate : 16.8 g

● Protein : 7.3 g

● Fat : 5.7 g

Oat Sardine Sandwich

Suggested number of servings: 4

Cooking tools

- ♥ Knife
- ♥ Chopping board
- ♥ Fork ♥ Bowl
- ♥ Rolling pin ♥ Plates
- ♥ Oven
- ♥ Baking tray

Ingredients

- ✿ 100g (4 slices) wholemeal bread
- ✿ 68 g (2 pieces) sardines
- ✿ 18 g (3 tablespoons) instant oats
- ✿ 15 ml (1 tablespoon) mayonnaise
- ✿ 53 g (1 whole) egg
- ✿ 25 g (1/2 whole) tomato
- ✿ 54 g (1/5 whole) cucumber
- ✿ A pinch of salt and pepper

Let's cook

1. Mix the mayonnaise and sardines in a bowl, divide into 4 equal portions.
2. Roll the wholemeal bread thin with a rolling pin on flat surface.
3. Spread 1 portion of the sardines on the bread with cucumber and tomato and fold into 2.
4. Repeat for the other 3 slices of bread.
5. Break the egg into a bowl and add salt and pepper.
6. Beat the egg.
7. Pour the oats onto a separate plate.

Preparation

1. Remove the crust of the wholemeal bread with a knife.
2. Mash the sardines finely with a fork.
3. Slice the tomato and cucumber into thin slices.
8. Dip the bread into the beaten egg, take it out and immediately put on the plate with oats and cover the bread well.
9. Place the bread on a baking tray and bake in a preheated oven at 200°C for 15 minutes.
10. Serve warm on a plate.



Tips

Use your creativity to include variety of foods for the toppings to make the pizza nutritious.

Nutrient content per serving Calorie : 191 kcal ● Carbohydrate : 18.2 g ● Protein : 14.7 g ● Fat : 6.6 g

Pizza Bread

Suggested number of servings: 2

Cooking tools

- ♥ Plates ♥ Oven
- ♥ Baking tray
- ♥ Chopping board
- ♥ Plastic knife
- ♥ Knife ♥ Pan
- ♥ Spatula ♥ Stove



Ingredients

- ✿ 50 g (2 slices) wholemeal bread
- ✿ 30 ml (2 tablespoons) tomato puree
- ✿ 20 g (2 slices) cheddar cheese
- ✿ 100 g chicken breast
- ✿ 90 g (1/2 whole) yellow capsicum
- ✿ 25 g (1/2 whole) tomato
- ✿ 15 g (3 pieces) button mushrooms
- ✿ A pinch of black pepper and ground oregano

Preparation

1. Tear the cheddar cheese into small pieces.
2. Pan-fry the chicken breast until cooked and slice it thinly.
3. Slice the capsicum, mushrooms and tomato into thin slices.



Let's cook

1. Place 2 pieces of bread on a flat surface.
2. Spread some tomato puree on the bread using a plastic knife.
3. Then place the sliced chicken, capsicum, tomatoes and mushrooms on top.
4. Sprinkle some black pepper, oregano and cheese on top of the pizza.
5. Place the pizza on a baking tray and bake in a preheated oven at 200°C for 5 minutes, or until the cheese has melted.
6. Remove the pizza from the oven, cut into 2 and serve immediately on a plate.



Tips

Nice to dip in vegetable soup!

Nutrient content per serving Calorie : 172 kcal • Carbohydrate : 21.5 g • Protein : 3.9 g • Fat : 7.8 g

Crispy Garlic Sticks

Suggested number of servings: 10

Cooking tools

- ♥ Knife
- ♥ Chopping board
- ♥ Bowl ♥ Spoon
- ♥ Bread knife
- ♥ Baking tray
- ♥ Oven ♥ Plates

Ingredients

- ✿ 1 long loaf French bread
- ✿ 80 g (1/3 cup) butter
- ✿ 30 g (6 cloves) garlic
- ✿ 1 stalk parsley
- ✿ A pinch of pepper

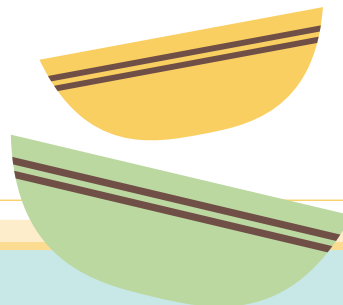
Preparation

1. Soften the butter by leaving at room temperature 30 to 60 minutes before using.
2. Chop the garlic and parsley finely.



Let's cook

1. In a bowl, combine the butter with chopped garlic, parsley and pepper.
2. Mix well with a spoon.
3. Cut the French bread into medium sized slices using a bread knife.
4. Gently spread some of the garlic butter on top of the sliced French bread with a spoon.
5. Place the sliced bread on a baking tray.
6. Toast the bread in a preheated oven at 200°C for 10 minutes or until the bread is golden-brown.
7. Serve warm on a plate.





Tips

Eat breakfast every morning. It's the most important meal for energy to start your day.

Nutrient content per serving Calorie : 170 kcal ● Carbohydrate : 28.7 g ● Protein : 4.7 g ● Fat : 4.0 g

BanaNut Toast

Suggested number of servings: 2

Cooking tools

- ♥ Toaster
- ♥ Plastic knife
- ♥ Chopping board
- ♥ Plates



Ingredients

- ✿ 50 g (2 slices) wholemeal bread
- ✿ 98 g (1 medium size) banana
- ✿ 16 g (1 tablespoon) peanut butter
- ✿ A few raisins

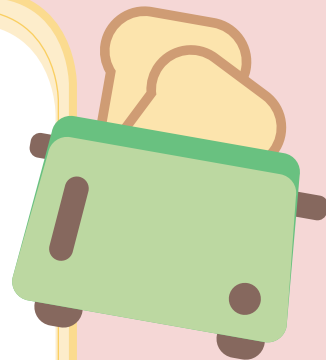


Preparation

1. Slice the banana thinly.

Let's cook

1. Toast the bread in a toaster.
2. Spread the peanut butter with a plastic knife.
3. Place 2 cut bananas at the top corners and 1 in the middle.
4. Add 3 raisins in the middle to make the eyes and nose.
5. Serve on a plate.





Tips

You can also use other dried fruits like apricots and raisins.

Nutrient content per serving

Calorie : 201 kcal

● Carbohydrate : 26.4 g

● Protein : 8.0 g

● Fat : 7.0 g

Bread Pudding

Suggested number of servings: 8

Cooking tools

- ♥ Pot ♥ Bowl
- ♥ Spatula ♥ Knife
- ♥ Baking tray
- ♥ Chopping board
- ♥ Whisk ♥ Fork
- ♥ Oven ♥ Plates

Preparation

1. Place the butter in a small pot and melt it by placing the pot into a big pot of boiling water.
2. Chop the prunes finely.
3. Soak the wolfberries in hot water for 10 minutes and drain.
4. Beat the eggs in a bowl.

Ingredients

- ✿ 150 g (6 slices) wholemeal bread
- ✿ 28 g (2 tablespoons) butter
- ✿ 64 g (10 pieces) prunes
- ✿ 65 g (1/2 cup) wolfberries
- ✿ 5 ml (1 teaspoon) vanilla essence
- ✿ 4 g (1 teaspoon) cinnamon powder
- ✿ 500 ml (2 cups) milk
- ✿ 63 g (1/4 cup) sugar
- ✿ 212 g (4 whole) eggs



Let's cook

1. Tear the bread into small pieces and arrange on a baking tray.
2. Pour the melted butter over the bread.
3. Sprinkle with chopped prunes and wolfberries all over the bread.
4. In a bowl, combine the eggs, milk, sugar, cinnamon and vanilla essence.
5. Whisk until well-mixed and pour over bread and lightly push down with a fork until bread is covered.
6. Bake in a preheated oven at 180°C for 55 minutes, or until the top springs back when lightly tapped.
7. Cut and serve on a plate.



Tips

Stirring is important for this recipe to avoid burnt rice.

Nutrient content per serving

Calorie : 187 kcal

• Carbohydrate : 35.7 g

• Protein : 6.2 g

• Fat : 2.1 g

Rice Pudding

Suggested number of servings: 8

Cooking tools

- ♥ Pot ♥ Spatula
- ♥ Stove ♥ Ladle
- ♥ Bowls



Ingredients

- ✿ 140 g (3/4 cup) rice
- ✿ 375 ml (1 1/2 cups) water
- ✿ 1 liter (4 cups) milk
- ✿ 2 g (1/4 teaspoon) salt
- ✿ 128 g (1/2 cup) sugar
- ✿ 4 g (1 teaspoon) cinnamon powder
- ✿ 2.5 ml (1/2 teaspoon) vanilla essence

Preparation

1. Wash the rice.

Let's cook

1. Place the rice, water and salt into a pot to boil.
2. Simmer for about 15 minutes until water has been absorbed.
3. Add in the milk and sugar, then continue to cook for 30 to 40 minutes while stirring from time to time with a spatula.
4. The pudding is done when the rice and milk have turned into a thick porridge-like mixture.
5. Remove from heat and stir in vanilla essence.
6. Scoop the mixture into bowls.
7. Sprinkle some cinnamon powder on top and serve.



A stack of pancakes is presented on a white plate. The top pancake is a large, bear-shaped pancake with a smiling face. The stack is garnished with fresh strawberries, blueberries, and yellow corn kernels. In the background, a glass of red juice and a colorful plastic fork are visible. The scene is set on a table with a patterned tablecloth featuring a cartoon bear.

Tips

To make the pancake more attractive, you can use pans of different shapes.

Nutrient content per serving Calorie : 148 kcal ● Carbohydrate : 17.2 g ● Protein : 4.1 g ● Fat : 7.0 g



Corn Pancakes

Suggested number of servings: 8

Cooking tools

- ♥ Fork ♥ Bowl
- ♥ Grater ♥ Pan
- ♥ Stove ♥ Spatula
- ♥ Sieve ♥ Blender
- ♥ Plates



Preparation

1. Beat the egg.
2. Peel the carrot and grate it.



Ingredients

- ✿ 105 g (1 cup) wheat flour
- ✿ 4 g (1 teaspoon) baking powder
- ✿ 53 g (1 whole) egg
- ✿ 222 g (1 cup) sweet corn
- ✿ 188 ml (3/4 cup) milk
- ✿ 108 g (1 whole) carrot
- ✿ 45 ml (3 tablespoons) oil
- ✿ Fruit yoghurt or honey (optional)
- ✿ A pinch of salt



Let's cook

1. Mix the flour, baking powder and salt in a large bowl.
2. Blend the corn with milk to form a puree.
3. Sieve the corn puree to remove the husk.
4. Add the egg and flour mixture into the corn puree.
5. Mix well to form a fine batter.
6. Add the carrot into the batter and keep aside for 10 minutes.
7. Heat a pan and add a little oil.
8. Pour in a little batter in the middle of the pan and form a circle or any shape that you like.
9. Let the pancake cook for about 2 minutes or when bubbles appear on the surface.
10. Use a spatula to flip the pancake on to the other side.
11. Wait for the pancake to turn golden-brown on both sides.
12. Repeat steps 8 to 10 until all the batter is finished.
13. Serve warm on a plate with fruity yoghurt or honey.

Note: Makes 8 pancakes



Tips

This is a healthier alternative to regular cupcake recipes which uses butter or margarine.

Nutrient content per serving Calorie : 147 kcal ● Carbohydrate : 25.8 g ● Protein : 4.6 g ● Fat : 2.8 g

Polka Dot Steamed Cupcakes

Suggested number of servings: 12

Cooking tools

- ♥ Bowl ♥ Food mixer
- ♥ Spatula ♥ Ladle
- ♥ Apam paper cups
- ♥ Apam tin liner
- ♥ Piping bags
- ♥ Steamer ♥ Sieve
- ♥ Stove

Ingredients

- ✿ 159 g (3 whole) eggs
- ✿ 210 g (2 cups) wheat flour
- ✿ 119 g (1/2 cup) brown sugar
- ✿ 167 ml (2/3 cup) fresh milk
- ✿ 12 g (3 teaspoons) baking powder
- ✿ 1 teaspoon ovallete
- ✿ 88 g (4 tablespoons) fruit jam
- ✿ 5 ml (1 teaspoon) vanilla essence
- ✿ Few drops of 3 different food colouring

Preparation

1. Sieve the wheat flour.

Let's cook

1. In a food mixer, add in eggs, sugar and vanilla essence and beat until fluffy with maximum speed for 6 to 8 minutes.
2. Stir in the flour, baking powder and ovallete.
3. Add the milk and mix well.
4. Separate 6 tablespoons of batter into 3 different bowls and add in a few drops of different colouring for each portion.
5. Remaining large portion of batter to be plain coloured.
6. Scoop all the batter with ladle into different piping bags.
7. Pipe plain batter into the paper cup of the apam tin liner until 1/3 full and add 1 teaspoon of jam on the batter.
8. Pipe in some batter to cover the fruit jam until full.
9. Pipe small dots of other colour on top of the batter.
10. Steam the apam in a preheated steamer for 10 to 15 minutes and serve warm.



Note: Makes 12 cupcakes



Tips

This is a great snack or party food.

Nutrient content per serving Calorie : 126 kcal ● Carbohydrate : 221 g ● Protein : 13 g ● Fat : 3.6 g

Corn Flake Crumbles

Suggested number of servings: 20

Cooking tools

- ♥ Plastic bag
- ♥ Rolling pin ♥ Knife
- ♥ Chopping board
- ♥ Muffin cups ♥ Bowl
- ♥ Small brush ♥ Oven
- ♥ Baking tray
- ♥ Spatula



Ingredients

- ✿ 25 g (1 cup) corn flakes
- ✿ 48 g (1/2 cup) rolled oats
- ✿ 79 g (3/4 cup) wheat flour
- ✿ 84 g (1/3 cup) brown sugar
- ✿ 64 g (10 pieces) dried prunes
- ✿ 95 g (1/2 cup) dried apricots
- ✿ 4 g (1/2 teaspoon) baking powder
- ✿ 80 g (1/2 cup) raisins
- ✿ 84 g (6 tablespoons) unsalted butter

Preparation

1. Crush the corn flakes.
2. Chop the raisins, dried prunes and dried apricots finely.
3. Keep the unsalted butter in chiller until ready to be used, dice the chilled butter with a knife.



Let's cook

1. Grease muffin cups with a little butter using a small brush.
2. In a large bowl, use a spatula to mix together corn flakes, oats, flour, brown sugar, raisins, prune, apricot and baking powder.
3. Add the butter to the bowl and rub in using your fingers, until dough has the consistency of wet sand.
4. Fill muffin cups with the corn flakes mixture and press down with your fingers until smooth.
5. Place muffin cups on a baking tray.
6. Bake crumbles in a preheated oven at 180°C until golden-brown for about 20 minutes.

Note: Makes 20 cups

Tips

Nuts and seeds are great sources of protein and good fats.



Nutrient content per serving Calorie : 206 kcal ● Carbohydrate : 25.1 g ● Protein : 2.9 g ● Fat : 10.4 g

Oat Granola Bars

Suggested number of servings: 20

Cooking tools

- ♥ Knife
- ♥ Chopping board
- ♥ Bowl ♥ Spatula
- ♥ Baking tray
- ♥ Baking paper
- ♥ Blender ♥ Oven
- ♥ Whisk

Ingredients

- ✿ 192 g (2 cups) rolled oats
- ✿ 170 g (1/2 cup) honey
- ✿ 4 g (1 teaspoon) cinnamon powder
- ✿ 80 g (1/2 cup) raisins
- ✿ 95 g (1/2 cup) dried apricots
- ✿ 70 g (1/2 cup) almonds
- ✿ 75 g (1/2 cup) sesame seeds
- ✿ 50 g (1/4 cup) chocolate chips
- ✿ 76 g (1/3 cup) butter
- ✿ 63 ml (1/4 cup) sunflower oil
- ✿ 15 ml (1 tablespoon) vanilla essence

Preparation

1. Chop the dried apricots into small pieces.
2. Blend the almonds into small pieces.

Let's cook

1. Lightly grease a flat baking tray.
2. Line the surface of the baking tray with baking paper.
3. Mix together all the dry ingredients such as oats, raisins, apricots, almonds, sesame seeds, cinnamon, and chocolate chips in a large bowl.
4. In a separate bowl, whisk the honey, butter, water, sunflower oil and vanilla essence until smooth.
5. Add the honey mixture into the oats mixture and mix well.
6. Transfer the thick batter on to the baking tray and gently flatten with your fingers.
7. Bake the granola in a preheated oven at 160°C for 30 to 45 minutes, until it turns golden-brown on the edges.
8. When cool, lift out by pulling the baking paper.
9. Cut into desired shapes and store in the refrigerator.

Note: Makes 20 granola bars



Tips

Impress your family and friends with this during parties and celebrations.



Nutrient content per serving Calorie : 294 kcal ● Carbohydrate : 33.9 g ● Protein : 3.8 g ● Fat : 15.9 g

Oatmeal Chocolate Chip Cookies

Suggested number of servings: 20

Cooking tools

- ♥ Baking tray
- ♥ Spoon ♥ Food mixer
- ♥ Baking paper
- ♥ Bowl ♥ Oven
- ♥ Airtight container

Ingredients

- ✿ 240 g (2 1/2 cups) rolled oats
- ✿ 210 g (2 cups) wheat flour
- ✿ 64 g (1/4 cup) sugar
- ✿ 20 ml (4 teaspoons) vanilla essence
- ✿ 200 g (1 cup) chocolate chips
- ✿ 179 g (3/4 cup) brown sugar
- ✿ 5 g (1 teaspoon) baking soda
- ✿ 6 g (1 teaspoon) salt
- ✿ 250 ml (1 cup) vegetable oil
- ✿ 106 g (2 whole) eggs

Let's cook

1. Line a baking tray with baking paper.
2. Mix the oats, flour, sugar, baking soda, salt, vegetable oil, eggs and vanilla essence in a large bowl.
3. Beat using a food mixer until the dough is moist and all the ingredients are well-mixed and the texture is crumbly.
4. Add in the chocolate chips.
5. Spoon out a tablespoon of dough and use your hands to shape the dough into a ball or whatever shape you like.
6. Add some oil if the mixture is not smooth and sticky.
7. Place on a baking tray.
8. Repeat with the remaining dough.
9. Bake in a preheated oven at 180°C for 10 to 12 minutes or until set and golden-brown.
10. Keep cookies in an airtight container to retain its freshness.

Note: Makes about 50 cookies

BAKING IS MORE FUN WITH MULTI-GRAINS!

NESTUM® UPSIDE-DOWN PINEAPPLE CAKE



Base:
 20 g softened butter
 20 g soft brown sugar
 1 tin pineapple rings, drained
 6 red glace cherries, cut into halves

Cake batter:
 200 g butter, left to soften at room temperature for 10 minutes
 200 g caster sugar
 ¼ tsp vanilla extract
 4 medium eggs
 160 g self-raising flour } sifted
 ¼ tsp baking powder } together
 60 g NESTUM® All Family Cereal Original
 2 Tbsp Nestlé® full cream UHT milk
 2 Tbsp pineapple syrup (from the tinned pineapple)

Steps

- Line the base of a round cake tin 23 cm (9 inches) with baking paper. Combine the butter and brown sugar for the base in a small bowl and spread this mixture thinly and evenly over the base of the paper-lined cake tin.
- Arrange well-drained pineapple rings tightly on the base of the tin and pop the halved cherries (cut side down) in the pineapple cavities. Leave tin in refrigerator while you prepare the cake batter.
- Combine butter, sugar and vanilla extract together in a medium-sized mixing bowl. Beat well by hand (with a wooden spoon) or with electric beaters until light and fluffy – about 5 – 10 minutes.
- Add eggs, one at a time, beating well until incorporated before adding the next egg.
- Combine NESTUM® and sifted flour together. Fold half of this into the mixture using a large rubber spatula. Avoid beating the mixture. Add the milk, fold in and add the remaining flour/NESTUM®, folding gently. When no more dry ingredients are visible, fold in the reserved pineapple syrup.
- Spread the batter into the prepared tin, hollowing out the centre (to compensate for the natural tendency for cakes to rise in the centre). Bake in a preheated oven (160 °C) for 30 – 40 minutes or until well risen, golden brown and a skewer inserted in the middle comes out clean.
- Allow cake to cool in the tin for 10 minutes before easing a small spatula around the edges of the cake to loosen it from the sides of the tin. Carefully turn cake out onto a serving platter and peel off the parchment paper.

FLUFFY NESTUM® PANCAKES

Base:
 100 g self-raising flour
 50 g NESTUM® All Family Cereal Original
 ¼ tsp salt
 50 g caster sugar
 120 ml Nestlé® Full Cream UHT milk
 2 eggs, separated
 50 ml oil

Yoghurt cream topping:
 1 cup (250 g) Nestlé® Greek Yoghurt

Fruit toppings:
 Sliced or cubed bananas, strawberries, mangoes and other seasonal fruits

Steps

- Sift self-raising flour into a medium-sized mixing bowl and stir in the NESTUM®, salt and all but 2 tablespoons of the sugar.
- Make a well in the middle of the flour and pour in the milk. Add egg yolks and oil, stirring together until well mixed.
- Beat egg whites with a balloon whisk or electric beaters until thick and foamy. Add the reserved 2 tablespoons of sugar and continue beating for another minute.
- Fold half the beaten whites into the batter to lighten the mixture, then carefully fold in the remaining whites.
- Put a non-stick frying pan on medium heat and lightly grease with a dab of oil. Pour 1 tablespoonful of batter per pancake on the heated frying pan, leaving 2 – 3 cm of space between each pancake. When golden brown, carefully flip pancake and cook other side. Remove them from the pan and continue making all pancakes this way until batter is used up.
- Serve NESTUM® pancakes topped with a spoonful of yoghurt and slices of fresh fruit.



SCAN FOR MORE INFO



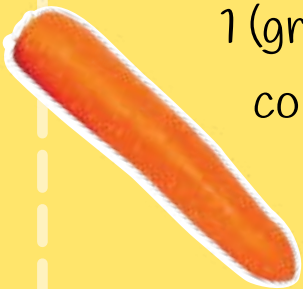


Recipes Based on Food Groups:

GROUPS 2&3

Vegetables & Fruits

Now that you have learnt to cook foods from Group 1 (grains and grain products), it is time to add some colours into your diet with foods from Group 2 (vegetables) and Group 3 (fruits).



Not only do they make your foods colourful, vegetables and fruits are also excellent sources of vitamins, minerals and fibre that help to keep your body healthy.

This is why you should eat plenty and different types of vegetables and fruits every day.





Tips

Tomato is a type of vegetable that is high in vitamins and minerals. It can be eaten raw or included in various recipes.



Nutrient content per serving Calorie : 125 kcal ● Carbohydrate : 16.8 g ● Protein : 6.0 g ● Fat : 3.7 g

Red Bowls

Suggested number of servings: 4

Cooking tools

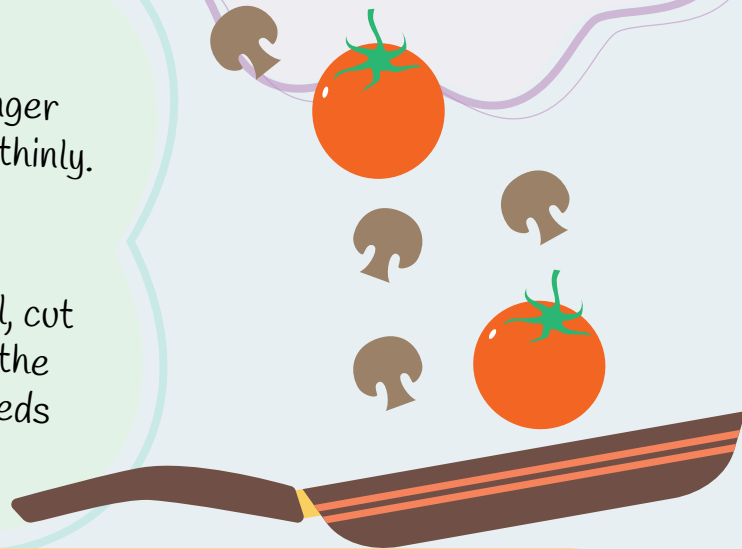
- ♥ Spoon ♥ Knife
- ♥ Chopping board
- ♥ Peeler ♥ Pan
- ♥ Stove ♥ Spatula
- ♥ Plates

Ingredients

- ✿ 240 g (4 large size) tomatoes
- ✿ 70g (1 cup) button mushrooms
- ✿ 132g (1 small can) peas
- ✿ 132g (1 small can) chickpeas
- ✿ 10 g (2 cloves) garlic
- ✿ 10 g (1 small piece) ginger
- ✿ 10 ml (2 teaspoons) oil
- ✿ A pinch of salt and pepper

Preparation

1. Peel the skin of the ginger with a peeler and slice thinly.
2. Chop the garlic and mushrooms finely.
3. To prepare the red bowl, cut the tomato 1/3 open at the top, then remove the seeds inside with a spoon.

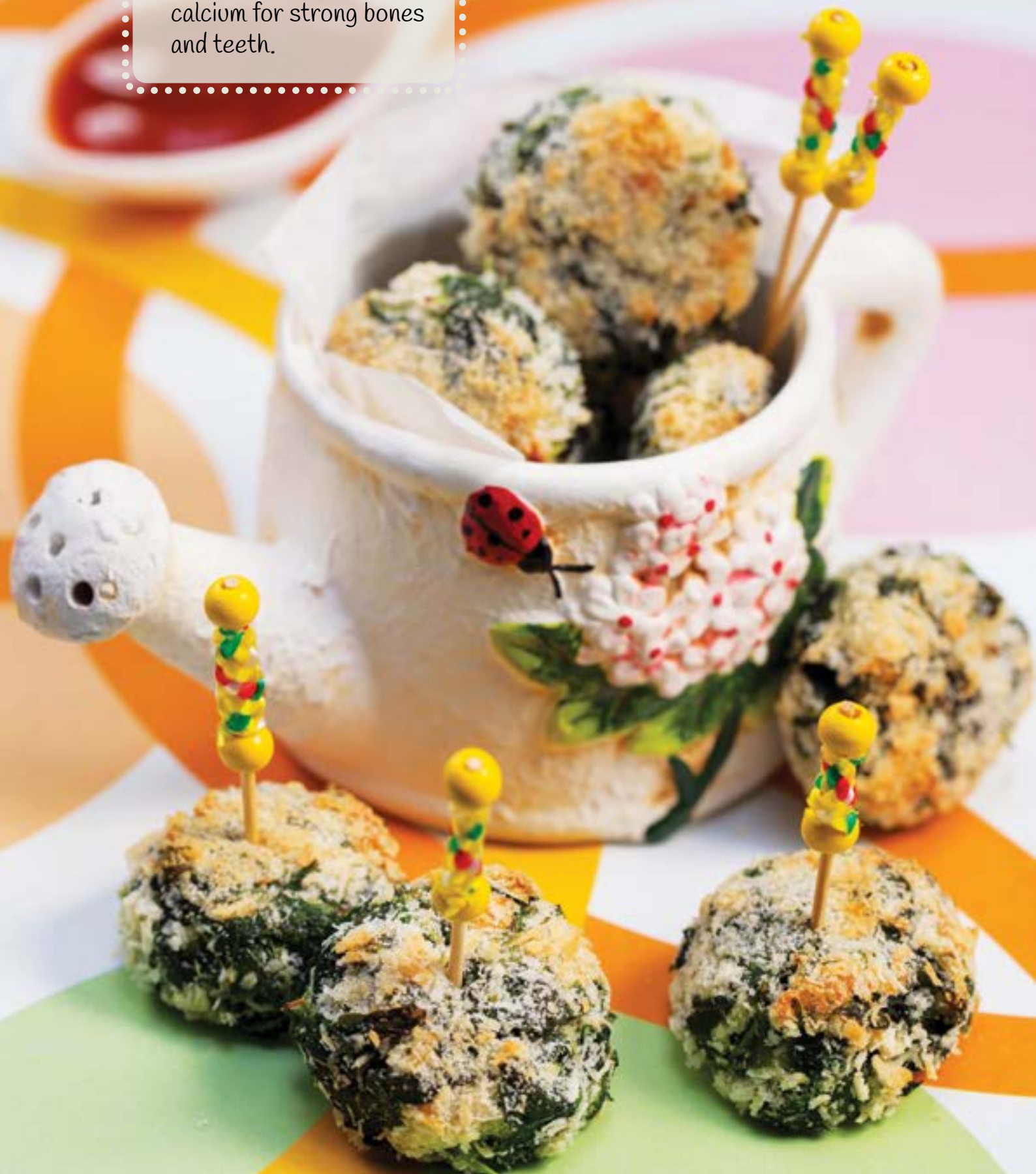


Let's cook

1. Stir-fry the garlic and ginger with oil in the pan until fragrant and add in the mushrooms, peas and chickpeas.
2. Add a pinch of salt and pepper.
3. Spoon the mushrooms, peas and chickpeas mixture into the tomatoes.
4. Serve on a plate.

Tips

Made from spinach and cheese, they are high in calcium for strong bones and teeth.



Nutrient content per serving Calorie : 119 kcal • Carbohydrate : 8.8 g • Protein : 6.2 g • Fat : 6.5 g

Golden Spinach Balls

Suggested number of servings: 8

Cooking tools

- ♥ Pan ♥ Stove
- ♥ Spatula ♥ Bowl
- ♥ Oven ♥ Knife
- ♥ Chopping board
- ♥ Baking paper
- ♥ Baking tray
- ♥ Strainer

Ingredients

- ✿ 75 g (3/4 cup) breadcrumbs
- ✿ 54 g (1 cup) spinach
- ✿ 108 g (6 slices) cheddar cheese
- ✿ 10 g (2 cloves) garlic
- ✿ 13 g (1 whole) small onion
- ✿ 10 ml (2 teaspoons) vegetable oil
- ✿ 106 g (2 whole) eggs
- ✿ A pinch of salt and pepper

Preparation

1. Cut the spinach into small pieces and cook by blanching.
2. Tear the cheddar cheese into small pieces.
3. Slice the garlic and onion finely.



Let's cook

1. Line the baking tray with baking paper.
2. Stir-fry the garlic and onion with oil in the pan until fragrant and tender.
3. Mix half portion of the breadcrumbs together with the spinach, onion and garlic mixture, cheese, eggs, salt and pepper in a bowl by using a spatula.
4. Form patties of your desired shape and coat it with remaining bread crumbs.
5. Place the patties on the lined baking tray.
6. Bake in a preheated oven at 200°C for 15 minutes.
7. Flip and bake for another 15 minutes or until browned and crispy.



Tips

This is a healthy dish containing a variety of vegetables.

Nutrient content per serving

Calorie : 304 kcal

● Carbohydrate : 20.9 g

● Protein : 13.9 g

● Fat : 18.3 g

Nicoise Salad

Suggested number of servings: 6

Cooking tools

- ♥ Peeler
- ♥ Pot ♥ Knife
- ♥ Chopping board
- ♥ Fork ♥ Whisk
- ♥ Bowls ♥ Stove
- ♥ Strainer

Ingredients

- ✿ 540 g (3 whole) potatoes
- ✿ 116 g (1 cup) French beans
- ✿ 50 g (10 pieces) cherry tomatoes
- ✿ 185 g (1 can) tuna in water
- ✿ 30 to 40 g (6 to 8 pieces) lettuce leaves
- ✿ 26 g (2 whole) small onion
- ✿ 83 ml (1/3 cup) olive oil
- ✿ 83 ml (1/3 cup) vinegar
- ✿ 212 g (4 whole) eggs
- ✿ 5 g (1 clove) garlic
- ✿ A pinch of salt and pepper

Preparation

1. Peel the potatoes and cut into cubes.
2. Discard the tops and tails of the French beans and cut into 2 inches long.
3. Cut each cherry tomato into half.
4. Tear the lettuce leaves into small pieces.
5. Boil the eggs and cool it before peeling the egg shells and cut into quarters.
6. Open the can of tuna, drain the water and flake the tuna with a fork.
7. Chop the garlic and onions finely.

Let's cook

1. Whisk the olive oil, vinegar, garlic, onion, salt and pepper in a bowl to make salad dressing.
2. Blanch the potatoes for 10 minutes or until just tender.
3. Then blanch the French beans, but cook only for 2 minutes or until just tender.
4. Mix the potatoes, French beans, tuna, tomatoes, lettuce leaves and eggs in a large bowl.
5. Add in the dressing.
6. Mix well and serve.



Tips

You can sprinkle some chopped nuts such as walnuts or cashew nuts that you like on top.

Nutrient content per serving Calorie : 109 kcal ● Carbohydrate : 24.4 g ● Protein : 2.0 g ● Fat : 0.4 g

Pumpkin Soup with Rice Dumplings

Suggested number of servings: 8

Cooking tools

- ♥ Knife ♥ Pot
- ♥ Chopping board
- ♥ Spatula ♥ Strainer
- ♥ Bowls ♥ Plate
- ♥ Cloth ♥ Blender
- ♥ Steamer ♥ Ladle
- ♥ Stove ♥ Spoon

Ingredients

- ✿ 479 g (1/2 medium size) pumpkin
- ✿ 155 g (1 cup) glutinous rice flour
- ✿ 5 g (1 teaspoon) brown sugar
- ✿ 45 to 75 ml (3 to 5 tablespoons) hot water
- ✿ 1 litre (4 cups) water
- ✿ 3 g (1 teaspoon) black sesame seeds

Let's cook

1. Steam pumpkin in a pot until tender for about 20 minutes and scoop the soften pumpkin out from its skin.
2. Use a blender to blend the pumpkin with 4 cups of water, 1/2 cup of glutinous rice flour and brown sugar until smooth.
3. Simmer the blended pumpkin mixture over medium heat for 5 minutes.
4. Stir frequently until well-cooked.
5. Blanch the rice dumplings in boiling water for about 2 minutes until they float.
6. Use a strainer to remove the cooked dumplings.
7. Serve the pumpkin soup with rice dumplings and top with sesame seeds in a bowl.

Preparation

1. To make rice balls, combine 1/2 cup of glutinous rice flour with 3 tablespoons of hot water and mix using spatula in a bowl until well-mixed and become warm.
2. Carefully knead it using your hands to form soft and not too sticky dough.
3. Add more water if necessary to reach the right consistency.
4. Divide dough into small portions and roll into small marble size.
5. Keep balls on a plate covered with a damp cloth to prevent from drying out.
6. Using a spoon, remove the seeds of the pumpkin.



Tips

Baking can be an interesting and healthy way to prepare your vegetables.

Nutrient content per serving Calorie : 190 kcal ● Carbohydrate : 35.7 g ● Protein : 2.6 g ● Fat : 4.1 g

Baked Vegetable Sticks

Suggested number of servings: 4

Cooking tools

- ♥ Knife
- ♥ Chopping board
- ♥ Peeler ♥ Oven
- ♥ Plates ♥ Baking tray
- ♥ Baking paper

Preparation

1. Peel the yam, carrot and sweet potato.
2. Slice into 7cm long and 1 cm thick sticks.
3. Repeat step 2 with the brinjal.
4. Slice the Chinese parsley into fine pieces

Ingredients

- ✿ 225 g (1/2 small size) yam
- ✿ 108 g (1 whole) carrot
- ✿ 175 g (1/2 medium size) sweet potato
- ✿ 131 g (1 medium size) brinjal
- ✿ 8 g (1 tablespoon) corn flour
- ✿ 15 ml (1 tablespoon) vegetable oil
- ✿ 1 stalk Chinese parsley
- ✿ A pinch of black pepper and salt



Let's cook

1. Line the baking tray with baking paper.
2. Mix the corn flour with black pepper, salt and Chinese parsley in a plate.
3. Coat the vegetable sticks with the vegetable oil and mix with the flour mixture evenly.
4. Spread the vegetable sticks in a single layer on the lined baking tray.
5. Bake the vegetables in a preheated oven at 180°C for 40 to 45 minutes or until golden-brown.
6. Serve on a plate.



Tips

You can add other fruits for this recipe such as honey dew, mango or guava.

Nutrient content per serving Calorie : 179 kcal ● Carbohydrate : 32.2 g ● Protein : 3.2 g ● Fat : 4.2 g

Layered Fruity Pots

Suggested number of servings: 4

Cooking tools

- ♥ Clear glasses
- ♥ Spoon ♥ Knife
- ♥ Chopping board
 - ♥ Peeler
- ♥ Plastic bag
- ♥ Rolling pin



Ingredients

- ✿ 71 g (4 tablespoons) plain yoghurt
- ✿ 228 g (2 whole) green apples
- ✿ 20 g (4 tablespoons) raisins
- ✿ 75 g (1/2 cup) walnuts
- ✿ 52 g (4 pieces) wholemeal biscuits
- ✿ 88 g (4 tablespoons) strawberry jam



Preparation

1. Peel the green apples, cut into quarters and remove the core.
2. Cut the green apples into small cubes.
3. Crush the wholemeal biscuits.

Let's cook

1. Put the yoghurt and jam into 4 clear glasses.
2. Add the apple cubes, nuts and raisins equally.
3. Sprinkle over the biscuits and serve immediately.





Tips

Besides tortilla, you may use wholemeal pita bread or biscuits.

Nutrient content per serving Calorie : 129 kcal ● Carbohydrate : 228 g ● Protein : 5.0 g ● Fat : 2.0 g

Fruit Pizza

Suggested number of servings: 4

Cooking tools

- ♥ Peeler
- ♥ Mold ♥ Spoon
- ♥ Plastic knife ♥ Knife
- ♥ Chopping board
- ♥ Bowl ♥ Plates

Ingredients

- ✿ 92 g (2 pieces) tortillas
- ✿ 87 g (1 whole) kiwi
- ✿ 116 g (1/2 whole) mango
- ✿ 93 g (8 whole) black grapes
- ✿ 71 g (4 tablespoons) plain yoghurt
- ✿ 20 g (1 tablespoon) honey
- ✿ 15 ml (1 tablespoon) lemon juice

Preparation

1. Peel the kiwi and slice thinly.
2. Peel the mango and slice the flesh out from its core.
3. Slice the mango into thin slices.
4. Cut each grape into half and remove the seeds.
5. Cut lemon into half and squeeze its juice.



Let's cook

1. Place the tortillas on a flat and clean surface.
2. Cut the tortillas using any shape of mold.
3. Combine the plain yoghurt, honey, lemon juice and mix well in a bowl.
4. Spread the yoghurt mix on the tortilla with a plastic knife.
5. Decorate the pizza with the mix fruits and serve immediately on a plate.

Note: Number of pizzas depends on mold used

A glass of orange juice with strawberries and blueberries. The glass is in the foreground, and there are other glasses in the background. The juice is bright orange and contains several slices of strawberries and a few blueberries. The background is slightly blurred, showing more of the same drink in other glasses. The overall scene is bright and fresh.

Tips

You do not need to add too much sugar because fruits naturally contain sugars.

Nutrient content per serving Calorie : 113 kcal ● Carbohydrate : 25.2 g ● Protein : 1.3 g ● Fat : 0.8 g

Fruit Punch

Suggested number of servings: 4

Cooking tools

- ♥ Glasses
- ♥ Fruit juicer
- ♥ Knife
- ♥ Chopping board
- ♥ Jug

Ingredients

- ✿ 536 g (4 whole) oranges
- ✿ 80 g (8 whole) strawberries
- ✿ 93 g (8 whole) grapes
- ✿ 500 ml (2 cups) drinking water
- ✿ 28 g (2 tablespoons) brown sugar

Preparation

1. Cut the oranges into quarters and remove the skin.
2. Remove the leaves of the strawberries and cut into half.
3. Cut each grape into half and remove the seeds.

Let's cook

1. Squeeze the oranges using a fruit juicer.
2. Mix the juice with drinking water and brown sugar in a jug until dissolved.
3. Chill in the refrigerator.
4. Place the cut fruits into the glasses.
5. Pour the juice into the glasses and serve with some ice cubes.





Tips

You can use any type of cereal such as rolled oats, wheat or cornflakes.

Nutrient content per serving Calorie : 172 kcal ● Carbohydrate : 36.7 g ● Protein : 3.5 g ● Fat : 1.2 g

Cereal Coated Frozen Bananas

Suggested number of servings: 2

Cooking tools

- ♥ Bowl ♥ Spatula
- ♥ Plastic bag
- ♥ Rolling pin
- ♥ Fork ♥ Knife
- ♥ Chopping board
- ♥ Plates

Ingredients

- ✿ 196 g (2 whole) bananas
- ✿ 25 g (1 cup) plain cornflakes
- ✿ 68 g (1/2 cup) plain yoghurt

Preparation

1. Peel the bananas and slice into thick slices.
2. Crush the cornflakes.

Let's cook

1. Freeze the bananas until frozen.
2. Remove from the freezer and dip the individual banana slices in the yoghurt one by one to make patties.
3. Roll the patties in the crushed cornflakes until fully covered.
4. Serve immediately on a plate.



Tips

Kiwis are high in vitamin C.

Nutrient content per serving Calorie : 76 kcal ● Carbohydrate : 175 g ● Protein : 0.8 g ● Fat : 0.3 g

Kiwi Popsicles

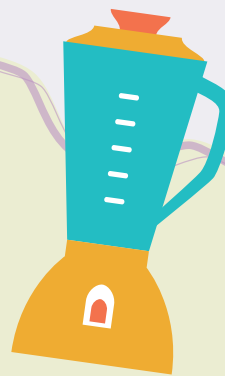
Suggested number of servings: 8

Cooking tools

- ♥ Bowl
- ♥ Popsicle molds
- ♥ Knife
- ♥ Chopping board
- ♥ Blender
- ♥ Peeler

Ingredients

- ✿ 522 g (6 whole) kiwis
- ✿ 35 g (1 whole) lime
- ✿ 250 ml (1 cup) warm water
- ✿ 85 g (1/3 cup) sugar



Preparation

1. Peel the kiwis.
2. Slice one of the kiwis into thin coins.
3. Cut the lime into half and squeeze its juice.

Let's cook

1. To make the syrup, mix the sugar with warm water in a bowl and stir until the sugar has dissolved.
2. Blend 5 kiwis together with lime juice and syrup.
3. Place one thin coin of kiwi inside each of the popsicle mold.
4. Pour the mixture into the popsicle molds.
5. Freeze until completely frozen and serve.

HOMEMADE MINI PIZZA POCKET

Preparation and cooking time:
40 minutes
Servings: 4



Nutrition Information	Per Serving
Energy	400 kcal
Protein	15 g
Fat	16 g
Carbohydrate	32 g



Good To Know

Kids also can roll the dough and add in vegetables or other ingredients that they like.
(This method can be used with children age 5-10 years old.)

Ingredients:

- A** 1 cup Flour
1/3 cup Water
1/2 cup Corn oil
1 teaspoon Baking powder
1/2 teaspoon MAGGI® CUKUPRASA™
- B** 1 tablespoon Corn oil
1 no Onion, chopped
2 cloves Garlic, chopped
3 nos Button mushroom, sliced
1/2 cup MAGGI® Tomato Sauce
1 cup Water
2 teaspoon Oregano
- C** 100 gram Chicken breast, pre-boil & sliced
100 gram Broccoli, cut into small floret
50 gram Spinach, pre-boil
50 gram Carrot, cut into cube
100 gram Grated cheese

Preparation:

- Heat oven for 200°C.
- Knead ingredient A in a bowl until become dough. Set aside
- Divide dough into small balls and cover. Let it stand for 15 minutes.
- In a heated sauce pan, stir fry ingredient B. Add remaining ingredients and stir until the sauce become slightly thick.
- Roll dough into 2 mm thick. On one side, add in ingredient C and pour some of the sauce.
- Wrap and press the edges to close. Bake for 15 minutes or until golden brown.

BEEF & MUSHROOM BOLOGNESE PASTA

Preparation and cooking time:
30 minutes
Servings: 4



Nutrition Information	Per Serving
Energy	370 kcal
Protein	21 g
Fat	6 g
Carbohydrate	56 g



Good To Know

Help in mixing the sauce would be fun for the kids as they can taste and smell.
(This method can be used with children age 8-10 years old.)

Ingredients:

- 300 g Spirals or Fusilli pasta, pre-boiled
- A** 1 tablespoon Olive oil
1 (small) Onion, chopped
4 cloves Garlic, chopped
200 g Minced beef/
Minced chicken
200 g Button mushrooms, sliced (fresh or canned)
1 teaspoon Oregano
1 leaf Bay leaf
- B** 2 tablespoons Tomato paste
1 cup MAGGI® Tomato Sauce
1 teaspoon MAGGI® CUKUPRASA™
300 ml Water
- To sprinkle Grated parmesan cheese (optional)
For garnishing Fresh basil/parsley, chopped

Preparation:

- Cook pasta in hot boiling water added with 1/2 teaspoon of salt until desired texture or according to instructions on the pack. Drain, pour a little olive oil onto pasta and stir to prevent pasta from sticking.
- While pasta is cooking, prepare sauce. Heat olive oil and sauté chopped onion and garlic for about 2 minutes, add minced beef, mushrooms and fry for 2-3 more minutes.
- Pour in ingredient B, bring to boil and leave to simmer on low heat for about 5-7 minutes until sauce thickens.
- Divide pasta into 4 deep plates and pour meat sauce over pasta.
- Sprinkle with chopped basil/parsley and grated parmesan cheese, serve immediately.



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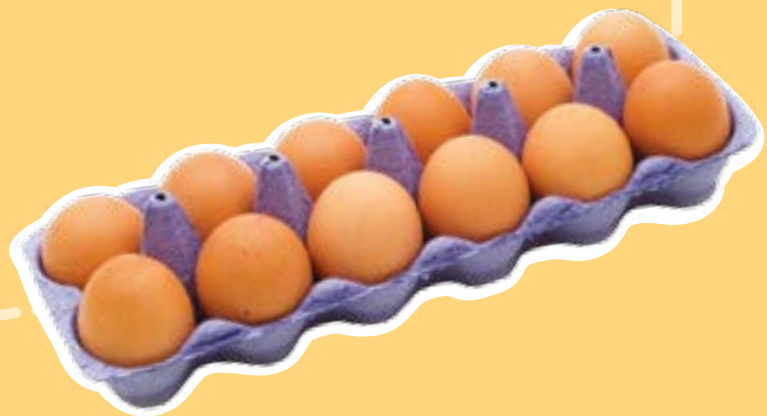
Recipes Based on Food Groups:

GROUP 4

Fish, poultry, meat, egg,
beans & nuts



Foods from Group 4 give you protein,
which helps to build and repair your body tissues
and muscles. You need to eat in moderation so that
you get enough protein to help you grow.





Tips

Fish is rich in protein and should be eaten daily.

Nutrient content per serving Calorie : 208 kcal ● Carbohydrate : 21.4 g ● Protein : 9.7 g ● Fat : 9.3 g

Greenish Fish Pie

Suggested number of servings: 6

Cooking tools

- ♥ Peeler ♥ Pot
- ♥ 1 large or 4 small oven-proof dish
- ♥ Oven ♥ Bowl
- ♥ Masher ♥ Fork
- ♥ Pan ♥ Spatula
- ♥ Stove

Ingredients

- ✿ 150 g salmon or dory fillet
- ✿ 450 g (2 1/2 whole) potatoes
- ✿ 132 g (1 small can) green peas
- ✿ 54 g (1 cup) spinach
- ✿ 108 g (1 whole) carrot
- ✿ 250 ml (1 cup) full cream milk
- ✿ 20 g (2 slices) cheddar cheese
- ✿ 28 g (2 tablespoons) butter
- ✿ 13 g (1 whole) small onion
- ✿ 72 g (1/2 piece) lemon
- ✿ A pinch of salt and pepper

Let's cook

1. Mash the potatoes, lemon juice, green peas and butter in a bowl by using a masher.
2. Add a pinch of salt and pepper into the mixture.
3. Fry the onions in a pan until fragrant and add in the carrots and cook until soft with a little water.
4. Add in the fillet and cook for about 10 minutes.
5. Flake the fillet when it is cooked.
6. Pour milk into the pan.
7. When it simmers, stir in the spinach and cook until soft.
8. Add the cheddar cheese and stir gently to combine.
9. Turn off the heat to let it cool.
10. Pour into 1 large or 4 small oven-proof dish.

Preparation

1. Boil the potatoes and green peas in a pot until cooked.
2. Peel the potatoes and toss the green peas.
3. Chop the spinach finely.
4. Peel the carrot and cut into small cubes.
5. Tear the cheddar cheese into small pieces.
6. Slice the onion thinly.
7. Cut the lemon into half and squeeze its juice.
11. Top with the potatoes and green peas mixture.
12. Bake in a preheated oven at 180°C for 30 to 40 minutes, or until golden-brown and serve.

Tips

Chicken is a good source of protein for growth.



Nutrient content per serving

Calorie : 209 kcal

● Carbohydrate : 8.9 g

● Protein : 20.5 g

● Fat : 10.2 g

Easy Chicken Meatballs

Suggested number of servings: 5

Cooking tools

- ♥ Food processor
 - ♥ Bowl
 - ♥ Spatula
- ♥ Baking tray
- ♥ Oven ♥ Plates

Ingredients

- ✿ 500 g chicken breast
- ✿ 25 g (1/4 cup) breadcrumbs
- ✿ 3 g (1 teaspoon) dried Italian herbs
- ✿ 21 g (1 tablespoon) honey
- ✿ 5 ml (1 teaspoon) olive oil
- ✿ 53 g (1 whole) egg
- ✿ A pinch of salt and pepper

Preparation

1. Mince the chicken by using a food processor.



Let's cook

1. Lightly grease the baking tray with olive oil.
2. Combine the chicken, egg, breadcrumbs, Italian herbs, honey, salt and pepper in a bowl.
3. Mix the ingredients well.
4. Take 1 tablespoon of the mixture and roll into a ball.
5. Shape the ball by packing firmly in your hand.
6. Repeat step 4 and 5 until the mixture has finished.
7. Place meatballs on the greased baking tray without touching each other.
8. Roast the meatballs in a preheated oven at 230°C for about 20 minutes or until cooked.
9. Serve on a plate.



Tips

You can use beef, prawns or chicken to make this kebab.

Nutrient content per serving Calorie : 247 kcal • Carbohydrate : 2.9 g • Protein : 17.3 g • Fat : 18.5 g

Lamb Kebabs

Suggested number of servings: 6

Cooking tools

- ♥ Skewers
- ♥ Griller
- ♥ Bowl ♥ Plates
- ♥ Knife
- ♥ Chopping board
- ♥ Cling film

Ingredients

- ✿ 500 g lean lamb
- ✿ 45 g (1/4 piece) green bell pepper
- ✿ 45 g (1/4 piece) yellow bell pepper
- ✿ 30 g (6 pieces) cherry tomatoes
- ✿ 83 ml (1/3 cup) olive oil
- ✿ 72 g (1/2 piece) lemon
- ✿ 15 g (3 cloves) garlic
- ✿ 14 g (2 teaspoons) mint leaves
- ✿ 3 g (1/2 teaspoon) paprika powder
- ✿ 2 g (1 teaspoon) coriander powder
- ✿ 3 g (1 teaspoon) turmeric powder
- ✿ 2 g (1/2 teaspoon) cumin powder
- ✿ A pinch of salt and pepper

Let's cook

1. In a bowl, marinate the lamb by combining with 3 tablespoons of olive oil, lemon juice, garlic, mint leaves, paprika, coriander, turmeric, cumin, salt and pepper.
2. Wrap the bowl tightly with a cling film and put in a fridge for at least three hours or overnight.
3. Take the bowl out and let it rest at room temperature for an hour.
4. Make lamb skewers by arranging the meat and bell peppers alternately and end with a tomato.
5. Drizzle with the remaining olive oil.
6. Cook the lamb under a preheated griller until they are golden brown, for about 2 to 3 minutes on each side by turning the skewers.
7. Serve on a plate.

Preparation

1. Cut the lamb into 2 x 2 cm cubes.
2. Slice the green and yellow bell pepper into half to remove the seeds, then cut the flesh into 2 x 2 cm cubes.
3. Cut the lemon into half and squeeze its juice.
4. Chop the mint leaves and garlic finely.



Tips

Soybean products for example tofu can be eaten frequently.

Nutrient content per serving Calorie : 204 kcal • Carbohydrate : 21.4 g • Protein : 11.8 g • Fat : 7.9 g

Crispy Tofu

Suggested number of servings: 3

Cooking tools

- ♥ Bowl ♥ Fork
- ♥ Sieve ♥ Plastic bag
- ♥ Chopping board
- ♥ Plates ♥ Pan
- ♥ Stove ♥ Spatula
- ♥ Paper towel
- ♥ Rolling pin
- ♥ Knife

Ingredients

- ✿ 53 g (1 whole) egg
- ✿ 53 g (1/2 cup) flour
- ✿ 300 g (2 sticks) egg tofu
- ✿ 25 g (1 cup) cornflakes
- ✿ Oil for frying

Preparation

1. Pat the tofu dry using paper towel and cut each into 6 equal pieces.
2. Beat the egg.
3. Sieve the flour.
4. Crush the cornflakes.



Let's cook

1. Pour the flour onto a flat plate and roll the tofu over the flour until fully covered.
2. Dip the tofu in egg.
3. Pour the crushed cereal onto another flat plate and roll the tofu over the cereal until fully covered.
4. Fry the tofu in hot oil.
5. Serve immediately.

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- Prevents free radical damage to human cells
- Reduces the risk of stroke and heart disease
- Reduces bad cholesterol - inhibits certain types of cancer
- Does not remain intact in the digestive tract for long

Excellent Frying Oil

- Great for all types of frying (deep, shallow & stir fry)
- Makes food crispier
- Less spatter when deep-frying

Helps Keep Kitchen Clean

- Contains Low Polyunsaturated Fatty Acids (PUFA)
- Does not polymerise and form gummy substances during cooking
- Suitable for Asian cooking style



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Formulated with the everyday 'chef' in mind, Alif Premium Blend Cooking Oil delivers the best of both worlds - the healthy goodness of Sunflower oil with the excellent frying properties of Palm Oil. Created from our global labs at Sime Darby R&D Centre, this breakthrough range of oil will be a great companion in the kitchen.



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Sime Darby
Developing Sustainable
Futures
Plantation

Billions of Good Bacteria for a Healthy Digestive System

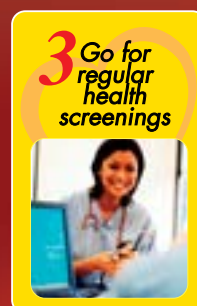
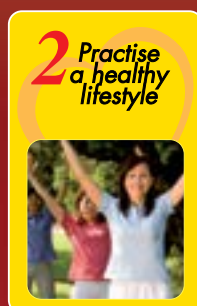
Why is your digestive health so important?

In Malaysia, diseases of the digestive system are the 5th principal cause of death and 7th principal cause of admission in government hospitals in 2011.*

A healthy digestive system is central to your overall health and wellbeing. Not only does it process food and transport important nutrients, vitamins, and minerals throughout your body, it is your body's first line of defence against diseases because 70% of your immune system lies in your digestive tract.

What can you do to improve your digestive health?

It's simple. What you need to do is to practise these simple steps TODAY!



Are all bacteria bad?

No, not all bacteria are bad for your health, there are good bacteria too. Your digestive tract is home to trillions of bacteria. A healthy digestive system should have a healthy balance of 85% good bacteria and 15% bad bacteria.

What happens inside?



- Good bacteria fights bad bacteria for nutrients



- Good bacteria blocks the growth of bad bacteria



- Good bacteria kills bad bacteria

What should you do when bad bacteria overpowers the good bacteria?

Unhealthy lifestyle, stress, unbalanced diet, aging, lack of exercise, consumption of antibiotics, and bacterial infection in the gut can cause microflora imbalance. You can replenish the good bacteria in your digestive system by consuming probiotics.

What are probiotics?

According to the World Gastroenterology Organisation, probiotics are live microbes that have been shown in controlled human studies to induce measurable benefits on intestinal health and immunity. **

* Data from the Ministry of Health, Health Facts 2012.
** Data from the World Gastroenterology Organisation.

Goodness of Probiotics

Probiotics can benefit your digestion if consumed regularly.

- Helps reduce risk of intestinal disturbances such as constipation, diarrhoea, ulcers, bloating, belching, bad breath, allergy, heartburn, and nausea
- Helps maintain a healthy bacteria balance by keeping the good bacteria in high levels
- Helps improve bowel movement
- Helps improve tolerance to milk
- Helps boost immune system
- Helps replenish good bacteria after taking antibiotics
- Helps with digestion



In support of World Digestive Health Day

- Promotes good digestive health through fun and educational activities
- Supports expert initiatives such as:





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TIPS**

for **PICKY EATER**

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7+7
 Key Nutrients: Ca, Fe, Zn, A, C, D, E
 Food Categories: Salmon, Broccoli, Fruit, Eggs, Bread, Butter
 With Lutein, DHA, AA & Choline



Wyeth Nutrition

Wyeth Nutrition (Malaysia) Sdn. Bhd. (257428-0)
 22-1, 22nd Floor, Menara Surian, No. 1, Jalan PJU 7/3,
 Mutiara Damansara, 47810 Petaling Jaya,
 Selangor Darul Ehsan, Malaysia.

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IMPORTANT NOTICE:

The World Health Organization recommends exclusive breastfeeding during the first 6 months of life and continued breastfeeding for as long as possible. S-26[®] PE GOLD[®] is not a breast milk substitute but a growing-up milk specially suited to healthy young children aged 1 year and above.



For children aged 1 year and above



Recipes Based on Food Groups:

GROUP 5

Milk & dairy products

The last part of this cookbook ventures into recipes of foods from Group 5 which help you to build strong bones and teeth. This is why you need to consume foods from this group every day.





Tips

Yoghurt contains friendly bacteria which is good for your tummy.

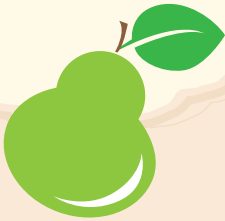
Nutrient content per serving Calorie : 146 kcal • Carbohydrate : 20.8 g • Protein : 5.6 g • Fat : 4.5 g

Tropical Fruit Smoothie

Suggested number of servings: 4

Cooking tools

- ♥ Knife
- ♥ Chopping board
- ♥ Blender
- ♥ Cups



Ingredients

- ✿ 80 g (1/2 slice) papaya
- ✿ 85 g (1/2 whole) pear
- ✿ 213 g (1/2 can) peach
- ✿ 49 g (1/2 whole) banana
- ✿ 560 g (4 cups) ice
- ✿ 270 g (2 cups) plain yoghurt
- ✿ 250 ml (1 cup) milk



Preparation

1. Cut all the fruits into pieces.

Let's cook

1. Put all the fruits into the blender and blend with ice, milk and yoghurt.
2. Pour the smoothie into cups.
3. Serve immediately.



Tips

Eat only during special occasions.



Nutrient content per serving Calorie : 294 kcal ● Carbohydrate : 30.5 g ● Protein : 6.8 g ● Fat : 16.1 g

Chocolate Biscuit Milkshake

Suggested number of servings: 4

Cooking tools

- ♥ Plastic bag
- ♥ Rolling pin
- ♥ Glasses
- ♥ Blender



Ingredients

- ✿ 20 ml (4 teaspoons) chocolate syrup
- ✿ 52 g (4 pieces) whole grain chocolate cookies
- ✿ 500 ml (2 cups) milk
- ✿ 250 ml (1 cup) vanilla ice cream



Preparation

1. Crush the wholegrain chocolate cookies.

Let's cook

1. Pour 1 teaspoon of chocolate syrup into each of 4 glasses and roll each glass to coat bottom and inside of the glass.
2. Blend half of the crushed cookies with milk and ice cream until smooth.
3. Pour the blended ingredients into prepared glasses and top with remaining crushed cookies.
4. Serve immediately.



Tips

Desserts like cendol custard should be eaten occasionally.

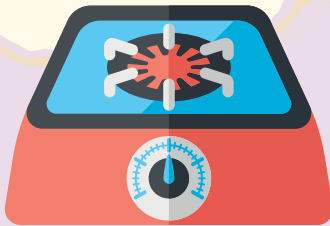
Nutrient content per serving Calorie : 161 kcal • Carbohydrate : 21.5 g • Protein : 6.1 g • Fat : 5.6 g

Cendol Custard

Suggested number of servings: 4

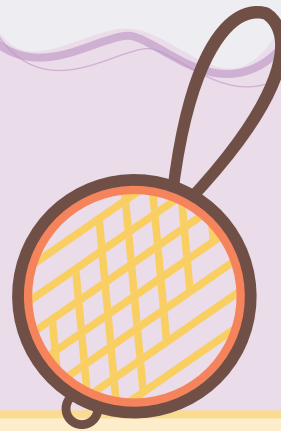
Cooking tools

- ♥ Bowls
- ♥ Fork
- ♥ Cling film
- ♥ Steamer
- ♥ Stove



Ingredients

- ✿ 106 g (2 whole) eggs
- ✿ 250 ml (1 cup) milk
- ✿ 30 g (4 tablespoons) cendol strips
- ✿ 20 g (2 tablespoons) canned red beans
- ✿ 10 g (2 teaspoons) sugar
- ✿ 30 ml (2 tablespoons) gula melaka syrup



Let's cook

1. Break the eggs into a mixing bowl, add sugar and beat lightly with fork until sugar has melted and mixture thickens.
2. Add milk and stir continuously.
3. Pour the mixture into bowls and steam the mixture in a steamer over low fire for 15 minutes.
4. Cool and chill the custard in the fridge, cover top with cling film.
5. Before serving, pour half tablespoon of gula melaka syrup, half tablespoon of red beans and 1 tablespoon of cendol strips into each bowl.



Tips

Be careful when handling red dragon fruit as it may stain your clothes and your mother will be upset!

Nutrient content per serving Calorie : 114 kcal • Carbohydrate : 15.4 g • Protein : 5.7 g • Fat : 3.3 g

Dragon Fruit Ice Cream

Suggested number of servings: 3

Cooking tools

- ♥ Blender
- ♥ Bowl
- ♥ Whisk
- ♥ Ice cream molds
- ♥ Fork

Ingredients

- ✿ 350 g red dragon fruit
- ✿ 270 g (2 cups) yoghurt
- ✿ 50 ml (1/5 cup) fresh milk
- ✿ 20 g (1 tablespoon) honey

Preparation

1. Peel the dragon fruit and blend into puree using a blender.

Let's cook

1. Combine the dragon fruit puree with yoghurt, fresh milk, and honey.
2. Mix well in a bowl.
3. Pour the mixture into desired molds and store into the freezer.
4. Freeze for 4 hours then remove the mixture from the freezer and stir with a fork.
5. Place it back into the freezer for another 4 hours.
6. Keep in the freezer until ready to eat.

CHILLED YOGURT CHEESE CAKE



For base:

Suggest 8" Round mould with movable bottom
200g Marie / Digestive biscuits (finely milled)
100g Butter at room temperature

*Combine base ingredients together and press firmly onto the base. Keep chilled.

For Yogurt Cheese:

20g Gelatin powder
200ml Peach syrup from the canned peaches
2 x 250g Cream cheese at room temperature
160g Castor sugar
1 can Of peaches (cut into small pieces)
300g NESTLÉ® Natural Set Yogurt

1. Double boil gelatin powder with peach syrup, keep stirring it to make sure all the gelatin powder is dissolved. Leave to cool.
2. Beat cream cheese & castor sugar till fluffy.
3. Add in NESTLÉ® Natural Set Yogurt, then peaches. Mix well.
4. Add in (1) into the mixture.
5. Mix well and pour into the biscuit base. Keep chilled for 3 hours to set mixture.

Preparation & cooking time 30minutes + (Refrigerate for 3 hours) Serving 14

Protein 5.9g Fat 6.3g Carbohydrate 24g Energy 173kcal

TUNA TORTILLA WRAP



Ingredient A

100g Tuna flakes
1 no Onion, finely chopped
2 nos Bird's eye chilies, sliced
1 tsp Paprika
1/2 tsp MAGGI® CUKUPRASA™
1 tsp Lime juice
2 tbsp NESTLÉ® Natural Set Yogurt

Ingredient B

2 pcs Tortilla
1 no Tomato, sliced
Fresh lettuce

1. In a bowl, mixed ingredient A until well blend.
2. Lay tortilla on a plate, organize lettuce, tomato and tuna mix.
3. Wrap accordingly.

Preparation & cooking time 15minutes Serving 2

Protein 16g Fat 4g Carbohydrate 26g Energy 204kcal



For more recipe ideas: ww.nestle.com.my/dearnestle





Nutrition Society of Malaysia

IMPROVING LIVES through **NUTRITION**

As a professional organisation, we are guided by a simple belief – the more people understand food and nutrition, the better they can care for their health and well-being.

For that reason, we support the advancement of research, sharing practical insights and important discoveries for the benefits for all.

We also support the Government's efforts in promoting healthy nutrition in the society to combat nutrient deficiencies as well as diet-related chronic diseases in the country (e.g. obesity, diabetes, hypertension and coronary heart disease).

In caring for the community, we continuously disseminate practical nutrition information to the young and old alike, guiding them to discover the benefits of good nutrition and a healthy lifestyle.

We are committed to improve lives through nutrition. It's our way of serving Malaysians.

For more information, visit our website:
www.nutriweb.org.my

Our Activities

- Annual scientific conferences
- Scientific update sessions
- Malaysian Journal of Nutrition
- Berita NSM
- Consultation with health, regulatory & scientific bodies
- Roadshows & exhibitions with nutrition screening & dietary advice for the public
- Public talks & workshops
- A comprehensive and authoritative website on nutrition for Malaysians – <http://www.nutriweb.org.my>
- Nutrition promotion programmes in collaboration with other professional bodies and private sector (eg Nutrition Month Malaysia, Healthy Kids Programme, Positive Parenting)
- Conduct research on specific community groups

Our Major Publications

- Malaysian Journal of Nutrition
- Nutritionists' Choice Cookbook (Vol 1: Healthy Recipes for Your Little Ones, Vol 2: Resipi Untuk Selai Keluarga)
- Resipi Sihat, Pilihan Bijak (vol 1 & 2)
- Women@Heart *Wanita & Pemakanan* manual for professionals and leaflets for public
- Malaysian Dietary Guidelines leaflets
- NMM booklets on healthy eating and active living



Nutritionists' Choice Cookbook (Vol 1 & 2),
Resipi Sihat, Pilihan Bijak (Vol 1 & 2)



Women@Heart *Wanita & Pemakanan* manual for professionals and leaflets for public

Healthy Eating During Pregnancy & Lactation



Wonders of Whole Grains



Malaysian Dietary Guidelines leaflets



Baby's First Bites



Breastfeed With Confidence

“Learning about health is almost as fun as practising it at home.”

Meisha Nurallyssa



The Nestlé Healthy Kids Programme goes a bit further than just lessons. Not only are its modules designed to help young children learn the science of health and nutrition, but the programme also encourages active practice and sharing of knowledge at home. What's good for the child becomes good for the family too.

This is how we're helping to nourish Malaysia. We believe that business can do well, by doing good. It's called "Creating Shared Value"; doing good for you, for us, for everyone.

Learn more about Creating Shared Value at www.nestle.com.my/csv



Good Food, Good Life