

# Teach Your Child To Eat Right (With Mini Quiche Recipe!)

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The food pyramid below is a guide to tell how much you should be feeding your child. Each meal should include the three major food groups — rice and alternatives, meat and alternatives, and vegetables. Fruits should come after meals or as a snack between meals.



To inculcate healthy eating in your child, be the example.  
Permit only healthy snacks like veggie sticks, fresh fruit and nuts.  
Do not allow drinks with high sugar levels like artificial juice and soft drinks.  
Do not deep-fry food. Only ever broil, steam, bake, grill and poach food.

Should your child be picky about food, try:

### **Persistence**

Introduce one food item done differently to see which way appeals to your child. Do not force the child to eat the food if it does not appeal. It sometimes helps to re-introduce food your child does not like in later part of life. Taste may change by then.

## Providing choices

Give control to your child by asking what is preferred for the meal. Doing this could encourage your child to have a turn of heart over food that is disliked.

## Teaching your child to cook

Children are keen to be involved and cooking gives them the chance to eat something they made, a novelty not available in food already made for them.

## Making eating fun

Create colourful and appealing bento sets featuring a favourite cartoon character of your child's. This certainly makes meals interesting.

## Disguising food

Sneak food your child dislikes into meals by placing them inside food your child will eat. Insert chopped veggies into a quiche or pasta sauce, for example.

## Recipe: mini quiche

Quiches are healthy, easy to make and a sure hit with even the fussiest eaters. Filling can be anything so long as it is minced finely.

### Ingredients

- Frozen short-crust pastry (or filo or puff pastry of choice)
- 8 eggs
- 1 cup of milk
- 100gm cheddar cheese, grated finely
- 100gm ham, cut into tiny strips
- 100gm cooked spinach, chopped finely
- 1 teaspoon mustard (optional)
- Salt
- Pepper
- Butter/Oil

### Method

- Preheat oven to 375°C.
- Defrost and roll pastry down to a thickness of a quarter inch.

- With a 2-inch round cookie cutter, cut out circles from this rolled out pastry.
- Butter or oil two mini-quiche trays.
- Line each mini-muffin cup with a circle cut-out of dough and press gently in.
- With a fork, make air holes in each cup of dough.
- Combine eggs and milk in a new bowl. Beat well. Season with mustard, salt and pepper.
- Evenly distribute half the cheddar cheese, all of the spinach and ham, to the cups in the two mini-quiche trays.
- Pour the egg mixture each cup that now has filling, observing with care not to overfill.
- Top with remaining cheddar cheese.
- Bake for 20-30 minutes at 375°C until crust is golden and egg mix has set.
- Cool and serve.

This recipe makes 24 quiches.

Quiches will keep in the fridge for a few days. Freeze for meals at a later time.

Other filling combinations to try are:

- Ham and Cheddar Cheese
- Italian Sausage and Broccoli
- Chicken and Mushroom
- Spinach and Feta Cheese