

Holiday fun in the kitchen

Kia ora koutou,

School holidays are upon us which, meaning lots of hungry mouths to feed and activities to plan! Easter and ANZAC Day are just around the corner too. These special days have different meanings for each of us, so it's important to honour what they mean to us individually and as whānau. This could be about following family traditions, honouring our faith, attending memorial services or simply getting together. Who doesn't enjoy a good ANZAC biscuit?

Easter, like holidays, is often celebrated with special food which is fun, delicious, and exciting for all of us. This is an opportunity to connect and enjoy treats with family and with friends which is beneficial for our overall wellbeing. It is also an opportunity to enjoy food mindfully and reinforce positive messages about food and its role in our health.

Hot cross buns and Easter eggs are very popular with children (and grownups too!) They are tasty, presented in very colourful packaging and seem to be located in every aisle in the supermarket!

This holiday:

- Do enjoy Easter treats with your children. This isn't a time to be talking about breaking your diet, or eating things you "shouldn't". It's a time to model healthy behaviours and attitudes to food. Enjoy those chocolate treats by eating them slowly and savouring the taste. You (and your children) don't have to eat them all at once, save some to enjoy later.
- Have conversations about what Easter and ANZAC mean to you and ask children what they may have learnt or observed around Easter. Why is there so much chocolate on the shelves? How much do Easter chocolate treats cost per 100 grams compared to regular bars of chocolate? What have biscuits got to do with ANZAC Day? (hint – <https://www.armymuseum.co.nz/the-anzac-biscuit/>)
- Brainstorm other ways of celebrating Easter, such as decorating eggs at home, baking some special treats or maybe experimenting with your own hot cross bun recipe.
- Talk positively about food and enjoy the social and exploratory aspects. Get out into nature if you can – an Easter egg hunt or autumn picnic amongst the trees can be enjoyed by family members of all ages!

ANZAC Biscuits

- 1 cup rolled oats
- 3/4 cup flour
- 1/2 cup dessicated coconut
- 1/2 cup brown sugar
- 2 tablespoons golden syrup
- 1/4 cup canola or rice bran oil
- 1 teaspoon baking soda
- 2 tablespoons water

1. Preheat oven to 180°C and line a baking tray with baking paper. Combine oats, flours, coconut and sugar in a bowl.
2. Combine golden syrup, oil and water in a microwave-proof bowl and stir to combine. Microwave on HIGH for 25–30 seconds. Whisk in baking soda until well combined (it might foam up a little).
3. Add syrup mixture to dry ingredients and mix well. Drop teaspoonfuls of mixture onto baking tray, leaving space between them (they will spread). Flatten with your fingers or a fork.
4. Bake for 10–15 minutes, until golden. Remove to a wire rack to cool.

Ngā mihi nui,
Beyning

