

GOOD FOOD
GOOD MOVES

Recipes for Wellbeing

Food and nutrition guide
for adults with
learning disabilities

SPORT
FOR CONFIDENCE

Working with:


Essex County Council

A note from us



Good Food Good Moves brings together a unique team of specialists who have drawn from sector needs to bring together current advice with practical tips. We are a Learning Disabilities Dietitian, a Health and Wellbeing Mentor specialising in Cooking Education, and an Occupational Therapist to support healthier, more enjoyable mealtimes.

Funded by Essex County Council in partnership with Sport for Confidence, this pilot programme supports people with a learning disability living in residential care across Essex. During this time, we wanted to create a fun, inclusive, and practical resource for those who support individuals with a learning disability.

This cookbook is designed to be used by anyone within the learning disability community; we hope Carers, Family Members and the individuals themselves find this recipe book helpful.



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Making SENSE of Mealtimes

Sensory Systems: Supporting Healthy Eating Through Sensory Strengths

Mealtimes are more than just cooking and eating food, they are meaningful everyday activities that shape our health, independence, and social lives. From an occupational therapy perspective, they are considered a valued “occupation,” which means something we do that brings purpose and structure to daily routines.

On a basic level, mealtimes involve looking after ourselves by eating and drinking. This could mean using utensils, chewing and swallowing safely, or using special equipment if someone finds feeding themselves difficult. But mealtimes are not only about physical needs, they are also opportunities to connect with others. Sharing food with family, friends, or within a community helps build relationships and gives a sense of belonging. Many cultural and religious traditions are centred around food, giving mealtimes deep personal and spiritual meaning. There are many different skills involved in cooking and eating. These include:

- Physical skills, like sitting upright, cutting food, or coordinating hand movements.
- Sensory skills, such as tolerating and exploring different food textures, smells, and tastes.
- Cognitive skills, such as remembering the steps of preparing a meal and staying safe.
- Social skills, like chatting with others and understanding table manners.

For some people, mealtimes can be challenging. Physical conditions such as tremors, weakness, or swallowing difficulties may make eating harder. People with learning disabilities may need extra support to understand mealtime routines, make choices about food, or use tools and techniques that support independence. The social side of mealtimes may also be difficult, for example joining conversations or coping with noisy, busy dining spaces.

Why This Matters for Healthy Weight and Mealtimes

Meal preparation, eating, and drinking are not just physical tasks, they’re rich sensory experiences. For many individuals with a learning disability, the way they see, touch, taste, smell, hear, and feel internal bodily signals can deeply shape the mealtime experiences and ability to manage a healthy weight.

Sensory integration refers to how the brain pulls together these signals—sight, smell, texture, taste, movement and internal cues—to help us make sense of them so we can act adaptively. When this process works smoothly, people engage confidently and comfortably in everyday routines. But when sensory input feels overwhelming or underwhelming, tasks like choosing food, using utensils, or recognising hunger can be difficult.

A positive sensory environment builds confidence and confidence supports choice. When support around an individual utilises sensory strengths and makes adjustments where needed, that individual feels safer, more in control, and more able to enjoy varied food experiences. This empowers healthier, more sustainable eating habits, not by forcing change, but by building on what already works in a sensory friendly, occupation-focused way.

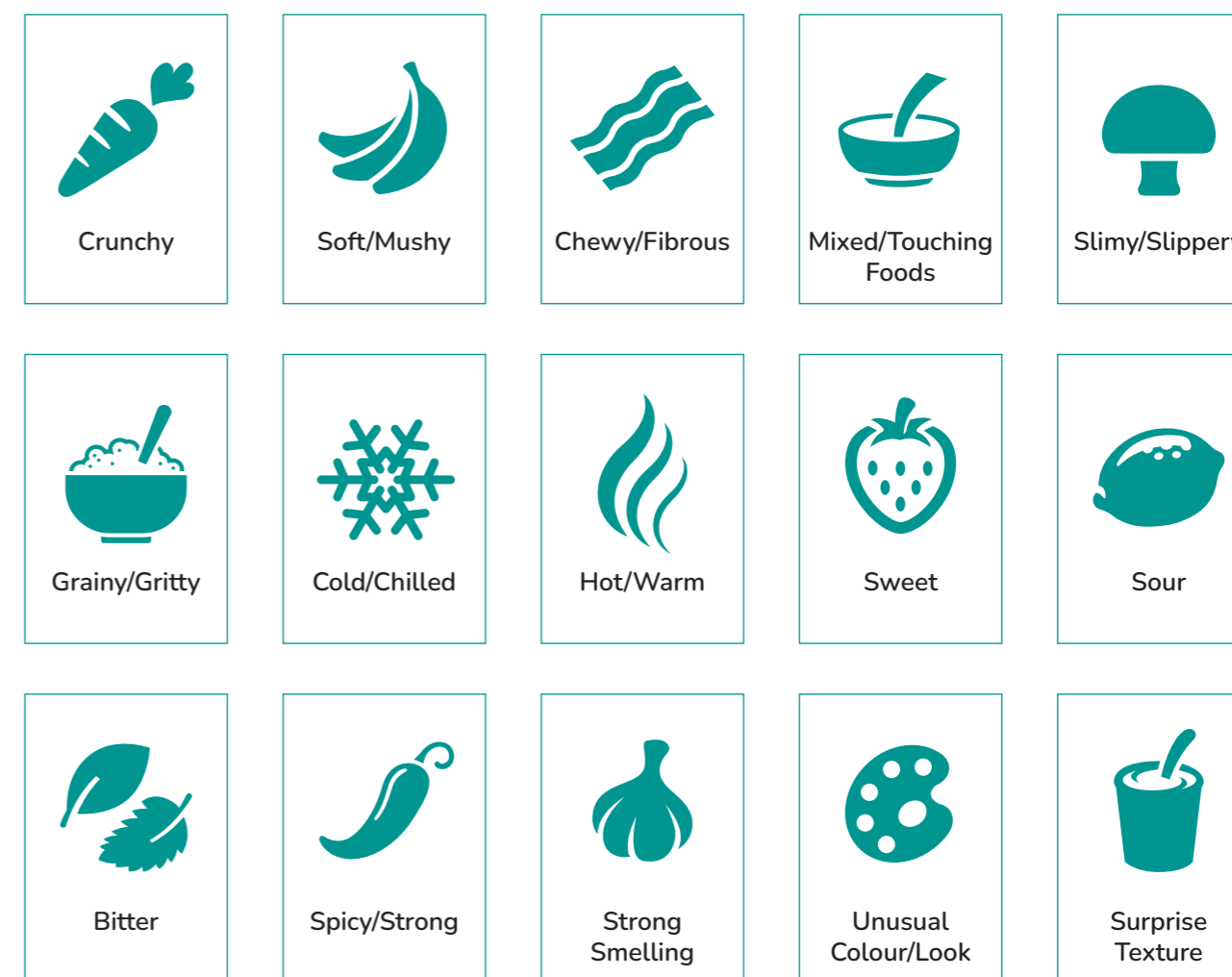
Supporting Participation and Engagement

Mealtimes are about far more than food. They are opportunities for independence, dignity, and belonging. Supporting people to take part in preparing, cooking, and eating meals can make a big difference to quality of life, overall health, and well being.

Look out for the ‘Fun Activity’ and ‘Top Tips’ sections throughout this resource for handy tips and strategies that highlight how occupational therapy approaches can make mealtimes more successful and enjoyable.

Also look out for symbols that indicate different textures and sensory needs to help guide practical mealtime planning.

Textures – Key



Sense	What is Involved at Mealtimes	Example of Challenges	'Positive Occupations' (OT Strategies)
Taste	Detecting sweet, salty, sour, bitter, umami (savoury)	Strong dislike of certain flavours, preference for very bland or very strong tastes	Gradual exposure to new tastes, offering choices, using favourite flavours to encourage eating
Smell	Noticing food aromas, which can influence appetite	Strong smells may cause refusal or distress (e.g., cooked fish, spices)	Reduce strong odours, introduce mild-smelling foods, involve person in food preparation to build tolerance
Texture / Touch (Oral)	Feeling the consistency of food in the mouth (smooth, crunchy, lumpy); tactile comfort with textures and temperatures	Gagging or refusal of certain textures, eating only crunchy or only soft foods; aversion to hot/cold sensations	Modify textures (e.g., blending, chopping), offer a "safe" texture alongside new foods; provide small, gradual sensory exposures to increase comfort
Temperature	Detecting hot, cold, warm foods and drinks	Refusal of very hot or cold foods, preference for only warm foods	Serve foods at preferred temperature, check food safety, slowly expand tolerated range
Vision	Seeing colour, shape, portion size, and presentation of food; overall mealtime setup and plate arrangement	Refusal of foods that look "different" or mixed, preference for uniform colours (e.g., only beige foods); overwhelm from bright or cluttered setups	Present food in clear, separate sections; use consistent plating; gradually mix colours/textures; provide calm, simple table setups (reduce visual stress)
Hearing (Auditory)	Sounds of chewing, crunching, cutlery, or a noisy dining room; background sounds in the environment	Distress at noisy mealtimes, covering ears, avoiding group meals; distraction or overstimulation from appliances or chatter	Reduce background noise, use calm settings, allow ear defenders if needed; gentle verbal prompts or cues to support attention
Proprioception and Motor	Awareness of jaw movement, chewing strength, using utensils; overall body grounding before/during meals	Difficulty chewing certain foods, trouble cutting food, messy self feeding	Provide adaptive cutlery, practice jaw/mouth exercises, offer finger foods for independence; use deep pressure or movement-based input before meals to promote sensory regulation and reduce anxiety, enabling improved attention and participation during mealtimes.
Interoception	Internal signals of hunger, fullness, thirst; recognising body states during mealtimes	Difficulty recognising when hungry or full, overeating or undereating	Use visual supports (e.g., "I'm hungry" cards); create structured meal routines; consistent language cues (e.g., "This is our lunch feeling") to anchor awareness; support with portion sizes

Sensory Activities:

Integrate short activities (like gentle squeezes, stretching, or swing movements) before mealtime to help regulate. These help “tune in” the system for more positive mealtime engagement.

Therapeutic Tools:

Weighted lap pads or noise-dampening headphones can provide calming input and reduce distractions when needed.

Environment Adjustments:

Calm lighting and uncluttered spaces support visual ease. Consistent mealtime routines add predictability and reduce anxiety.

Play-with-a-Purpose:

Integrate fun, food-related sensory play - like exploring textures or smells - to build comfort in relaxed, non-pressured ways.

Reflective Food Journalling:

Keep simple logs or notes about how foods feel or smell, textures, or reactions. This can support caregivers and professionals in noticing patterns and building richer, strengths-based understandings.

User Guide and General Advice

This guide is designed to make cooking fun and accessible for everyone! We've included helpful tips, and colourful visuals to support you. The recipe book includes a balanced diet with all the necessary nutrients. This includes proteins, carbohydrates, healthy fats, vitamins, and minerals. Let's get cooking!

Safety First!
Fire and Heat Safety

- Never leave cooking food unattended, especially when using the hobs
- Keep flammable items (hand towels, tea towels) away from the hob and oven
- Turn pot handles inward to prevent knocking them over or catching them in an item of clothing
- Use oven gloves when handling saucepans or taking items in and out of the oven
- If a grease fire starts, do NOT use water — cover the pan with a lid or use a damp towel to smother the flames

Knife and Utensil Safety

- Always cut away from your body and use a chopping board
- Keep knives sharp — blunt knives can slip and cause injury
- Never leave knives in sinks where they can't be seen. Store knives safely, preferably in a block or drawer with guards

Food Safety

- Cook food to the right internal temperature (e.g., chicken to 75 °C for 30 seconds)
- Don't leave perishable food out for more than 2 hours
- Always check expiration dates and signs of spoilage. Ensure any leftover rice is cooled immediately before storing in the fridge to avoid bacterial growth

Cleanliness and Hygiene

- Wash your hands before and after handling food, especially raw meat, poultry and eggs
- Sanitise surfaces and wash utensils in hot soapy water after contact with raw meat, poultry, or eggs
- Ensure refrigerated food is kept at 5 °C or below to prevent spoilage and bacterial growth
- Use separate cutting boards for raw meat, cooked meat and vegetables to avoid cross-contamination

General Tips

- Keep a fire extinguisher nearby and know how to use it
- Wear appropriate clothing, including an apron (avoid loose sleeves)
- Keep the kitchen floor dry and clutter-free to prevent slips and trips

1

Start with Small, Realistic Changes

- Replace one unhealthy item at a time (e.g., swap sugary drinks for water or low-sugar alternatives)
- Focus on adding healthy foods rather than just taking things away

2

Educate, Don't Lecture

- Explain the benefits: more energy, better digestion, improved mood, long-term health
- Use simple visuals (e.g., Eatwell Guide) to show balanced meals
- Highlight how food affects health

3

Focus on Taste and Familiarity

- Make healthier versions of favourite meals (e.g., oven-baked chips instead of fried)
- Use herbs, spices, and seasoning to enhance flavour without relying on salt or fat

4

Get Everyone Involved

- Service users can be involved in the preparation and cooking of all meals
- Weigh out ingredients
- Peel and chop ingredients
- Read recipe instructions
- Offer tasting at every opportunity
- Setting the table
- Batch cooking
- Preparing the following days meals and snacks

5

Make Healthy Food More Accessible

- Keep fruit and healthy snacks visible and easily accessible for everyone

6

Healthy Swaps

Instead of...	Try...
White bread	Wholegrain bread
Sugary cereal	Porridge or oat based meals
Fizzy drinks	Water with cucumber or favourite fruits
Fried foods	Grilled or air-fried options
Creamy sauces	Tomato-based sauces

7

Don't Ban Foods – Use Moderation

- Allow treats occasionally, not daily, with healthy adjustments - make a Frappuccino with reduced sugar syrups (working to no syrup) rather than purchasing from a high street/chain coffee shop

8

Make it Social and Supportive

- Eat meals together when possible - role model healthy eating
- Praise progress

9

Monitor and Adjust

- Keep track of energy, appetite, digestion, and mood
- Weekly health checks - Weight, BMI. See our Health Tracker in the back of the book for more ideas

Allergens

The 14 Allergens Recognised by UK Law (FIR Regulation - Food Information for Consumers Regulation (EU) No. 1169/2011)

CELERY

- **Includes** celery stalks, leaves, seeds, and celeriac (root)
- **Often found in:** salads, soups, spice mixes, stock cubes

CEREALS CONTAINING GLUTEN

- **Includes** wheat, barley, rye, and oats
- **Often found in:** bread, pasta, cakes, sauces, beer

CRUSTACEANS

- **Includes** prawns, crabs, lobsters, and scampi
- **Often found in:** seafood dishes, fish sauce, stock cubes

EGGS

- **Often found in:** cakes, mayonnaise, quiche, pasta, some meat products

FISH

- **Often found in:** sauces, salad dressings, stock cubes, Worcestershire sauce

LUPIN

- **Includes** lupin seeds and flour (used in some baked goods)
- **Often found in:** bread, pastries, pasta (particularly gluten free products)

MILK

- **Includes** cow's milk and products like cheese, butter, cream, and yoghurt
- **Often found in:** chocolate, sauces, bakery items

MOLLUSCS

- **Includes** mussels, snails, squid, and oysters
- **Often found in:** seafood dishes, sauces (e.g., oyster sauce), fish stews

MUSTARD

- **Includes** mustard seeds, powder, and liquid forms
- **Often found in:** sauces, marinades, salad dressings, meat products

NUTS

- **Includes** almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, and macadamias
- **Often found in:** nut butters, desserts, sauces, oils, pesto

PEANUTS

- Technically legumes, but treated as a major allergen
- **Often found in:** peanut butter, snacks, sauces, baked goods

SESAME SEEDS

- **Often found in:** bread, tahini, hummus, crackers, stir-fries

SOYA (SOY)

- **Includes** soya beans and products like tofu, soy sauce

LECITHIN

- **Often found in:** processed foods, meat substitutes, desserts

SULPHUR DIOXIDE (SULPHITES)

- Used as a preservative
- **Often found in:** dried fruits, wine, soft drinks, pickles

FOOD SAFETY RESPONSIBILITIES (FOR BUSINESSES AND HOME COOKS)

- **Prevent cross-contamination:** Use separate utensils and prep areas when possible
- **Read all ingredient labels:** Even trace amounts can cause severe reactions
- **Train staff:** Everyone involved in food prep and service should know allergen safety
- Keep allergen-free meals away from other food during prep and serving
- Use a different colour set of utensils for all allergens

Hydration

Staying Well and Keeping Hydrated. Why Hydration Is Important?

WATER PLAYS A KEY ROLE IN:

- Regulating body temperature
- Supporting digestion and nutrient absorption
- Lubricating joints
- Removing waste via urine, sweat, and bowel movements
- Keeping skin healthy
- Supporting focus, mood, and energy

HOW MUCH WATER DO YOU NEED?

The NHS recommends:

- 6–8 glasses of fluids a day (1.5 to 2 litres)
- This includes water, milk, and sugar-free drinks (tea/coffee in moderation)

You may need more if:

- You're active
- It's hot or humid
- You're pregnant or breastfeeding
- You're unwell or recovering from illness (especially with vomiting, diarrhoea, or fever)

GOOD SOURCES OF HYDRATION

- Plain water – best and most accessible
- Flavoured water (sugar-free)
- Milk
- Herbal teas
- Fruit and vegetables like watermelon, cucumber, oranges, and strawberries
- Soups and broths

SIGNS OF DEHYDRATION

- Dark yellow urine
- Headaches or dizziness
- Dry mouth or lips
- Tiredness or low concentration
- Fewer trips to the toilet
- Muscle cramps

TIPS TO STAY WELL AND HYDRATED

- Carry a reusable water bottle and sip throughout the day
- Drink a glass of water with every meal
- Choose water over fizzy or sugary drinks
- Add some healthy additions to water to help flavour if necessary; cucumber, lemon, orange segments
- Increase fluid intake when exercising or during hot weather



Portion Guidance

Each recipe is designed as a single portion for an average adult living in a residential care setting. We recognise that no one is truly “average”, and energy and nutrient needs vary according to age, sex, activity level and health status.

The standardised portions for each recipe (shown in the Ingredients section) are intended to help carers provide consistent, balanced meals while allowing for individual adjustments where needed.

Portion Size Tips

Follow each recipe, but do remember: Our hands (of you and each person you support) can be a helpful portion guide:

Two cupped hands = vegetables and/or salad

One closed fist = starchy carbohydrates (e.g. cooked rice or pasta or a baked potato)

One Palm = protein (e.g. cooked meat or fish or beans or lentils)

One Thumb tip = oil/spread

At lunch and dinner:

Half the plate should be vegetables and/or salad

One quarter of the plate should be starchy carbohydrates

One quarter of the plate should be a protein food

Using smaller plates and bowls can help everyone get used to the right portion sizes

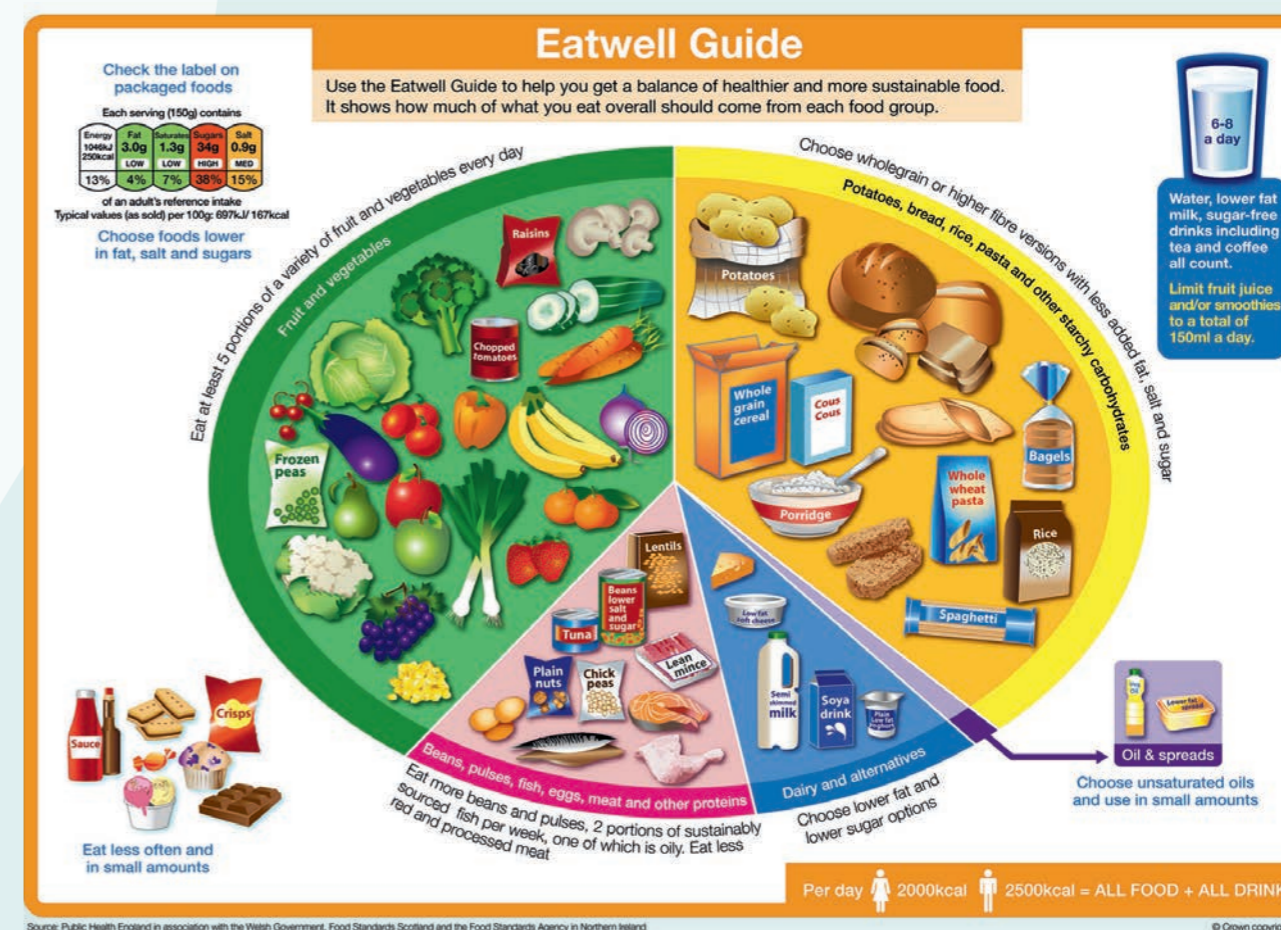
The Eatwell Guide outlines key messages and examples across the main food groups to show how different foods fit together for balanced, everyday eating.

It aims to show us how much of what we eat over a stretch of time (e.g. a day or a week) should come from each food group.

It shows us that Good Food must include:

Balance • Variety • Sustainability • Portion Control • Moderation (of some foods)

Our recipes are designed to reflect the core principles of the Eatwell Guide, supporting balanced proportions of food groups for everyday health.



ADDITIONAL HEALTHY EATING TIPS

- Limit added sugar, salt, and saturated fat
- Read food labels to make informed choices - refer to the traffic light system
- Plan meals to reduce food waste and improve nutrition

Budgeting



1. INDIVIDUAL NEEDS

- Specific number of individuals
- Special diets: diabetic, low-sodium, vegetarian, texture-modified, allergy-friendly
- Meal frequency: 3 main meals plus snacks and drinks.

2. SET A WEEKLY OR MONTHLY BUDGET

- Adjust for inflation, local prices, and resident health needs
- Use cash, a prepaid card, or a shopping app to stay within limits.
- Try budgeting apps like Yolt, Emma, or Money Dashboard

3. PLAN MENUS IN ADVANCE IN 4-6 WEEK CYCLES

- Reduces waste and improves buying power

Include:

- Seasonal ingredients
- Nutritional variety
- Themed or cultural meal days
- Rotate meals to prevent menu fatigue

4. SMART SHOPPING TIPS

- Buy in bulk: Rice, pasta, oats, flour, and tinned goods are all cheaper in bulk
- Use wholesalers: Brakes, Makro, Costco, or local suppliers for better unit prices
- Buy in-season produce to lower fresh food costs
- Use loyalty schemes or supplier discounts - all the major supermarkets offer loyalty cards; ensure you are signed up to them to receive many discounts
- Supermarket own-label or value ranges are often just as good as branded items at a much lower price
- Freeze leftovers, extra portions, bread, meat, and reduced items to take advantage of savings
- Buy frozen fish, veg and fruit – they're nutritious, affordable, and long-lasting
- Look for yellow sticker/reduced items - shop in the early evening or before store closing for reduced-price items.
- Use the shelf label to check the price per 100g/100ml, not just the pack price - you will notice a big difference in value for money

5. MINIMISE WASTE

- Monitor leftover food daily
- Use leftovers safely (e.g., for soups or blended meals)
- Label and date all stored food
- Rotate stock using FIFO: First In, First Out

6. TRACK AND REVIEW

- Maintain a food spending log
- Review monthly: check cost per meal/day per user
- Adjust menus or suppliers if spending increases

GOOD FOOD
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Breakfast



Greek Yoghurt with Granola and Fruit



Prep Time
5 minutes

Cook Time
No cooking!

Ingredients

150g plain Greek yoghurt
30g granola
(choose low-sugar if possible)
50g mixed berries
(fresh or frozen)
1 teaspoon honey
(optional)

Equipment Needed

Spoon
Bowl
Teaspoon

Instructions

- Scoop the yoghurt into a bowl.
- Add the granola on top of the yoghurt.
- Place the berries on top.
- Drizzle with honey if you like a little sweetness.

Fun Activity

- Encourage with pouring, slicing and layering.



- You can use any fruit you like—apples, blackberries, blueberries, raspberries, strawberries, grapes, or even tinned fruit (in juice, not syrup).
- Try to choose granola that is lower in sugar and fat.
- Pre-mash the fruit for a softer texture.

Overnight Oats



Prep Time
5 minutes

Cook Time
No cooking!
4 hours or
overnight
chilling

Ingredients

45g rolled oats
120ml milk
(any kind—dairy, almond, soya, etc.)
1 teaspoon honey
or maple syrup
(optional, for sweetness)
20g chopped fruit
(like banana, berries, or apple)
A pinch of cinnamon
(optional)

Equipment Needed

Jar or a container with lid
Measuring jug
Teaspoon

Instructions

- Get a jar or container with a lid.
- Add oats and milk to the jar.
- Stir in honey and cinnamon.
- Add the fruit on top or mix it in.
- Put the lid on and place the jar in the fridge overnight (or at least 4 hours).
- In the morning, open the jar and give it a stir.
- Enjoy cold, or warm it up if you like.

Fun Activity

- Encourage measuring and pouring, it's a great way to build confidence and routine.
- This is a great activity the night before.



- You can prepare several jars at once for the week.
- Try different toppings like chopped nuts, seeds, or raisins.
- For a gritty texture use jumbo oats instead.

Scrambled Eggs with Tomatoes and Spinach



Prep Time
5 minutes

Cook Time
10 minutes

Ingredients

2 medium eggs
1 slice of wholemeal bread
1 small handful of baby spinach (about 30g)
4–5 cherry tomatoes (or 1 small tomato, chopped)
1 teaspoon butter or a little cooking oil
Salt and pepper (optional)

Equipment Needed

Small frying pan
Bowl
Fork
Toaster or grill
Spatula
Knife

Instructions

- Crack the eggs into a bowl. Use a fork to beat them until the yolks and whites are mixed.
- Toast the bread in a toaster or under the grill.
- Heat the pan on medium heat. Add the butter or a little oil.
- Add the tomatoes to the pan. Cook for 2–3 minutes, stirring gently.
- Add the spinach to the pan. Stir until it wilts (softens), about 1 minute.
- Pour in the eggs. Stir slowly with a spatula until the eggs are cooked but still soft - about 2–3 minutes.
- Put the toast on a plate. Spoon the scrambled eggs, spinach, and tomatoes on top.
- Add a pinch of salt and pepper if you like.



Fun Activity

- Encourage cracking and mixing the eggs.



TOP TIPS

- You can use pre-washed baby spinach to save time.
- Cook eggs on a low heat so they stay soft and don't burn.
- Encourage doing one step at a time.
- Use a soft untoasted bread to keep the texture soft.

Smoothie and Toast



Prep Time
5 minutes

Cook Time
5 minutes

Ingredients

1 ripe banana
1 handful of fresh spinach (about 30g)
75g strawberries (fresh or frozen)
1 tablespoon peanut butter
120ml milk (dairy or plant based, like oat or almond)
2–3 ice cubes (optional, for a cold smoothie)
1 slice of wholemeal bread
1 teaspoon butter

Equipment Needed

Blender
Measuring jug/spoon
Knife (for buttering toast)
Toaster or grill

Instructions

- Peel the banana and break it into chunks.
- Wash the spinach and strawberries (if using fresh strawberries, remove the green tops).
- Put the banana, spinach, strawberries, peanut butter, and milk into the blender.
- Add ice cubes if you want it cold.
- Put the lid on the blender and blend until smooth (about 30 seconds).
- Pour into a glass and enjoy!
- Put the bread in the toaster or grill. Once ready, spread 1 teaspoon of butter across to serve.



TOP TIPS

- If the texture is too thick, add a little more milk and blend again.
- You can swap peanut butter for almond butter or sunflower seed butter if needed.
- Use frozen fruit to make it thicker and colder without needing ice.



Fun Activity

Porridge with Cinnamon and Apple



Prep Time
5 minutes

Cook Time
4-5 minutes

Ingredients

45g oats
240ml milk
½ teaspoon ground cinnamon
1 small cooked, blended apple (puree)

Equipment Needed

Small saucepan
Spoon
Measuring spoon
Bowl

Instructions

- Pour the oats and milk into a small saucepan.
- Add the cinnamon and stir.
- Heat gently on the stove, stirring often, for about 5–7 minutes until the porridge thickens.
- Turn off the heat and stir in the apple purée.
- Spoon into a bowl and enjoy warm.

Fun Activity

- Encourage stirring the porridge and choosing their toppings (like raisins or a sprinkle of nuts, if safe to eat).



TOP TIPS

- Make your own apple purée by cooking chopped apple (no skin) in a little water until soft, then mashing or blending it - this can be made in advance and stored in the fridge in an airtight container for up to 3 days.
- For a gritty texture use jumbo oats instead.

American Pancakes

2 servings - makes 4-6 small pancakes



Prep Time
5 minutes

Cook Time
10 minutes

Ingredients

1 medium egg
100ml milk (any kind – dairy, soya, almond, etc.)
75g plain or wholemeal flour
1 teaspoon baking powder
1 small banana (mashed) – for natural sweetness
½ teaspoon cinnamon (optional)
A little oil or butter for the pan
1 tablespoon Greek yoghurt

Equipment Needed

Mixing bowl
Whisk or fork
Frying pan
Spatula
Measuring spoons and cup

Instructions

- Mash the banana in a bowl with a fork.
- Add the egg and milk to the bowl and whisk together.
- Stir in the flour, baking powder, and cinnamon until the mixture is smooth.
- Heat a frying pan on medium heat and add a small bit of oil or butter.
- Spoon the batter into the pan (about 1–2 tablespoons per pancake).
- Cook for 2–3 minutes until bubbles appear on the surface.
- Flip the pancake carefully and cook the other side for 1–2 minutes.
- Repeat with the rest of the batter.
- Serve warm with Greek yoghurt.



TOP TIPS

- Make smaller pancakes - they're easier to flip and portion.
- You can prepare the batter in advance and keep it in the fridge for up to 24 hours.
- Spare pancakes can be frozen and popped into the toaster for a quick breakfast when needed.



Fun Activity

Chocolate Overnight Oats



Prep Time
5 minutes

Cook Time
No cooking!
4 hours
in the fridge
or overnight

Ingredients

45g oats
120ml milk (any kind – dairy, almond, soya, etc.)
1 teaspoon honey or maple syrup (optional, for sweetness)
2 teaspoons cocoa powder
1 teaspoon dark chocolate drops (optional)
1 teaspoon desiccated coconut (optional)

Equipment Needed

Measuring spoon
Bowl
Whisk
Spatula
Jar or container with lid

Instructions

- Whisk the milk, honey and cocoa powder together in a medium bowl.
- Add the oats and stir to combine.
- Top with the chocolate drops and coconut if using.
- Put the lid on and place the jar in the fridge overnight (or at least 4 hours).
- In the morning, open the jar and serve.

Fun Activity

- Encourage measuring, whisking and pouring, it's a great way to build confidence and routine.
- This is a great activity the night before.



- You can prepare several jars at once for the week.
- Add ½ mashed banana for extra sweetness if desired, and it will keep the texture soft.
- For a gritty texture use jumbo oats instead.

Poached Eggs on Toast



Prep Time
5 minutes

Cook Time
10 minutes

Ingredients

2 medium eggs
1 slice of wholemeal bread
1 teaspoon of butter for spreading
Salt and pepper (optional)

Equipment Needed

Small saucepan
Bowl
Slotted spoon (spoon with holes in)
Regular spoon
Cup or mug
Toaster or grill

Instructions

- Fill the pan with water (about 5 cm deep).
- Put the pan on a medium heat and wait until the water is just bubbling (small bubbles, not boiling hard).
- Break one egg into a small cup or mug.
- Gently tip the egg into the water.
- Do the same with the second egg.
- Cook for 3–4 minutes until the white is set but the yellow yolk is still soft.
- While the eggs are cooking, put the bread in the toaster. Toast until golden, then spread with butter.
- Use the slotted spoon to lift each egg out of the water. Let the water drain off.
- Put both eggs on the toast.



- Crack the egg gently on the side of the cup, then open it slowly so the yolk doesn't break.
- If cracking the egg into a cup or mug is too difficult, simply put the egg in boiling water, time for 5 minutes, remove it into a bowl of cold water, then peel and pop on top of the toast.
- Use a soft untoasted bread to keep the texture soft.



Fun Activity

Breakfast Burrito



Prep Time
5 minutes

Cook Time
10 minutes

Ingredients

- 2 eggs
- A handful of fresh spinach leaves (about 30g)
- ½ avocado
- 1 tortilla wrap (large, soft)
- 1 teaspoon of butter for cooking
- A pinch of salt and pepper (optional)

Equipment Needed

- A Frying pan
- A Spatula
- A Fork and bowl (for beating eggs)
- A Small knife
- Chopping board

Instructions

- Wash the spinach under cold water.
- Cut the avocado in half (Remove the stone carefully with a spoon - don't use sharp knives).
- Scoop out the avocado flesh with a spoon and slice it.
- Crack the eggs into a bowl. Add a pinch of salt and pepper if you like.
- Beat the eggs with a fork until mixed.
- Put the frying pan on the hob, medium heat and add the oil.
- Add the spinach to the pan and cook for about 1 minute until it softens.
- Pour in the eggs over the spinach. Stir slowly with the spatula until the eggs are soft and cooked (about 2–3 minutes).
- Put the tortilla wrap on a plate (you can warm the wrap in a microwave for 10 seconds to make it softer).
- Spoon the scrambled eggs and spinach onto the middle of the tortilla.
- Add the avocado slices on top.
- Fold the burrito:
Fold the bottom edge up over the filling.
Fold the two sides in and roll it up tightly.



TOP TIPS

- Add red pepper slices for more crunch.



Fun Activity

Banana Pancakes



Prep Time
5 minutes

Cook Time
10 minutes

Ingredients

- 1 ripe banana (soft and yellow with brown spots)
- 1 egg
- 2 tablespoons self-raising flour
- ½ teaspoon of cinnamon for sweetness (optional)
- 1 teaspoon of butter (for frying)

Equipment Needed

- Medium mixing bowl
- Fork (for mashing)
- Whisk or fork (for mixing)
- Measuring spoons
- Non-stick frying pan
- Spatula

Instructions

- Peel the banana and put it into the mixing bowl. Mash with a fork until smooth (small lumps are fine).
- Crack the egg into the bowl with the mashed banana and whisk together until combined.
- Add the flour (and cinnamon if using) and stir until smooth (the batter should be thick but pourable. Add a little milk if too thick).
- Heat the frying pan over medium heat and add the teaspoon of butter.
- Spoon 2 tablespoons of batter into the pan for each pancake.
- Cook for 1–2 minutes until small bubbles appear on the surface and the edges look set.
- Flip carefully with the spatula and cook for another 1–2 minutes until golden.
- Makes 2 - 3 pancakes depending on the size.



TOP TIPS

- Encourage mashing the banana and mixing the eggs.
- These can be made in advance, frozen, then popped into the toaster on mornings when time is tight.



Fun Activity

Porridge with Pear, Cinnamon and Peanut Butter



Prep Time
5 minutes

Cook Time
5 minutes

Ingredients

45g porridge oats
250ml milk or water
(or a mix of both)
1 ripe pear
½ teaspoon ground cinnamon
1 tablespoon peanut butter
(smooth or crunchy)

Equipment Needed

Small saucepan
Wooden spoon or spatula
Sharp knife
(staff use if in care setting)
Chopping board
Spoon
Bowl

Instructions

- Put the oats into the saucepan and add the milk or water.
- Place the pan on the hob over a medium heat.
- **Safety tip: Stay with the pan - porridge can stick or bubble over.**
- Stir gently with the wooden spoon as it heats.
- Simmer for 4–5 minutes, stirring often, until the porridge is thick and creamy.
- While the porridge cooks, wash the pear under cold water and cut the pear into slices or small chunks.
- Spoon the cooked porridge into a bowl.
- Add the pear slices on top of the porridge, sprinkle the cinnamon evenly over the top and add a spoonful of peanut butter in the middle.



- Encourage choosing different topping and 'dressing' the porridge.
- The pear can be swapped with an apple or any berries if preferred. This can add crunch if needed.
- Top with seeds if peanut butter is not an option (flaxseed, chia and sunflower).
- Use a crunchy peanut butter for more texture.

Breakfast Smoothie and Toast



Prep Time
5 minutes

Cook Time
5 minutes

Ingredients

1 ripe mango (or 200g frozen mango pieces)
75g Greek yoghurt (about 2 heaped tablespoons)
2 tablespoons porridge oats
150ml milk (water can also be used)
1 slice wholemeal bread
1 teaspoon butter

Equipment Needed

Blender (jug or stick blender)
Knife
Chopping board
Spoon
Measuring jug
Scales
Glass for serving
Toaster or grill
Knife (for spreading the butter)

Instructions

- Prepare the mango:
- If using fresh mango, cut off the skin and remove the stone (remember the stone in the middle is quite large, care should be taken with knives).
- If using frozen mango, measure it out - no chopping needed.
- Put the mango pieces into the blender.
- Add the Greek yoghurt and oats.
- Pour in the milk (or water).
- Put the lid on the blender securely and blitz for 30–60 seconds until smooth and creamy.
- Put the bread into the toaster, when ready spread with butter and serve the smoothie and toast together.



Fun Activity

- Encourage measuring and adding ingredients to the blender.



- Frozen fruit is just as good as fresh and makes the smoothie cold and refreshing without needing ice.
- For a softer texture, soak the oats in the milk for 10 minutes before blending.

Waffle with Berries and Yoghurt

(makes 4-6 waffle pancakes)



Prep Time
5 minutes

Cook Time
10 minutes

Ingredients

250g plain flour
2 teaspoons baking powder
2 large eggs
300ml milk
75g butter, melted
Handful of frozen or fresh berries
30g natural yoghurt

Equipment Needed

Waffle maker
Mixing bowl
Whisk or fork
Measuring cups or scales
Spoon or ladle
(for pouring batter)
Heatproof spatula or tongs
Heatproof brush or kitchen paper

Instructions

- Plug in and preheat the waffle maker.
- In the mixing bowl, put the flour and baking powder and stir before cracking in the eggs.
- Pour in the milk and add the melted butter (let the melted butter cool slightly before adding so it doesn't cook the eggs).
- Whisk everything together until smooth and lump free.
- Lightly grease the waffle plates with a little butter (use a heatproof brush or kitchen paper).
- Pour the batter into the centre of the waffle maker - about 120ml for each waffle.
- **Safety tip: Don't overfill, or it will spill out.**
- Close the waffle maker and cook for about 4–5 minutes, or until golden brown.
- Carefully remove the waffle using a heatproof spatula or tongs.
- Serve hot with your choice of berries and natural yoghurt.



- Batter can be made in advance and kept in the fridge for up to 24 hours.
- You can freeze cooked waffles and reheat them in the toaster.
- For softer waffles, cook for less time; for crispier waffles, cook a little longer.



Fun Activity

Peanut Butter and Banana on Toast



Prep Time
5 minutes

Cook Time
5 minutes

Ingredients

2 slices of wholemeal bread
2 tablespoons peanut butter (smooth or crunchy)
1 sliced banana

Equipment Needed

Toaster or grill
Butter knife or table knife
Plate

Instructions

- Put the bread into the toaster (or under the grill).
- Toast the bread until golden brown.
- Place the toast on a plate.
- Spread the peanut butter evenly over the toast using a knife.
- Add sliced banana and eat while warm.



- If the peanut butter is hard to spread, stir it first or warm it slightly in the microwave for a few seconds.
- Slice as finger food if needed to promote independence at meal times.



Grilled Chicken Salad

Ingredients

- 1 boneless chicken breast
 - 1 tablespoon olive oil for cooking
 - A pinch of salt and pepper
 - 2 handfuls mixed salad leaves (lettuce, spinach, rocket)
 - 4 cherry tomatoes (halved)
 - ½ cucumber (sliced)
 - ½ avocado (sliced)
- Serve with a dressing of
1 tablespoon of olive oil mixed
with ½ squeezed lemon or
1 tablespoon mayonnaise

Equipment Needed

- Grill or frying pan
- Toaster
- Tongs or spatula
- Chopping board
- Sharp knife
- Mixing bowl



- Chicken can be cooked ahead of time, cooled, and stored in the fridge for up to 2 days.
- For extra flavour, marinate the chicken in lemon juice and herbs before cooking.



Prep Time
10 minutes

Cook Time
15 minutes

Instructions

- Place the chicken breast on a chopping board.
- **Safety tip for raw chicken - wash hands, knives, and boards straight after use.**
- Brush chicken with olive oil and sprinkle with salt and pepper.
- Heat the grill pan (or frying pan) over medium heat and place chicken in the pan (the pan should sizzle when the chicken goes in).
- Cook for 5–6 minutes on one side without moving it, turn the chicken using tongs or a spatula, then cook for another 5–6 minutes.
- **Check the chicken is fully cooked: it should be white all the way through, with no pink.**
- Check the thickest part with a knife or use a kitchen thermometer and ensure the temperature reaches 75°C for 30 seconds.
- Remove chicken from the pan and let it rest for 2–3 minutes. Cut the chicken into slices and set aside.
- Wash the salad leaves, tomatoes, and cucumber under cold water and arrange the salad leaves on a plate with tomatoes, cucumber, and avocado.
- Place the chicken slices on top of the salad and drizzle with dressing or mayonnaise.
- Place the pitta bread in the toaster or under the grill to warm and serve with the chicken salad.



Fun Activity

Turkey Wrap



Prep Time
10 minutes

Cook Time
No cooking!

Ingredients

1 large tortilla wholemeal wrap
3–4 deli turkey breast slices
A handful of salad leaves
(lettuce, spinach, or mixed)
2–3 slices tomato and cucumber
1 tbsp hummus
½ sliced red pepper
1 medium size carrot cut
into batons

Equipment Needed

Butter knife or table knife
Spoon
Plate
Measuring spoon
Chopping board

Instructions

- Lay the tortilla wrap flat on a plate.
- Spread the hummus evenly over the wrap.
- Place the turkey slices in the middle of the wrap.
- Add the salad leaves on top of the turkey.
- Add tomato and cucumber slices.
- Fold the wrap:
 - Fold the bottom edge up over the filling.
 - Fold the two sides in.
 - Roll up tightly.
- Cut in half if you like, and eat with the carrot and red pepper on the side.



- You can warm the wrap in the microwave for 10 seconds to make it softer.
- To increase the flavour, sprinkle a pinch of paprika over the hummus when spread on the wrap.
- Encourage peeling and cutting the carrots and slicing the red peppers.



Fun Activity

Tuna Salad Wrap



Prep Time
10 minutes

Cook Time
No cooking!

Ingredients

1 large wholemeal tortilla
1 can of tuna in spring water,
(drained)
2 tablespoons Greek yoghurt
1 teaspoon Dijon mustard
1 tablespoon finely diced celery
1 tablespoon finely diced
red onion
1 teaspoon lemon juice
1 pinch black pepper
1 large handful of fresh lettuce
and spinach leaves
½ cucumber cut into sticks
2 tablespoons hummus

Equipment Needed

Sharp knife (for dicing
vegetables)
Spoon
Mixing bowl
Wooden spoon
Measuring spoons
Tin opener
Plate

Instructions

- In a medium bowl, combine the drained tuna, Greek yoghurt, Dijon mustard, celery, red onion, lemon juice, and pepper. Mix until well combined.
- Lay the tortilla flat on a plate, place the lettuce and spinach in the centre, then spoon the tuna salad on top.
- Fold in the sides of the tortilla and roll tightly from the bottom up.
- Serve with cucumber sticks and hummus for a dip.



- This tuna crunch can easily be adapted to a salad and served with a warm toasted pitta bread instead of a wrap.



Fun Activity

Cheese and Ham Quesadilla



Prep Time
5 minutes

Cook Time
5 minutes

Ingredients

- 1 large wholemeal tortilla
- 50g grated cheese (cheddar, mozzarella, or a mix)
- 2–3 slices cooked ham, chopped or torn into pieces
- 1 teaspoon butter for cooking (optional, for crispier tortilla)

Equipment Needed

- Grater
- Frying pan
- Plate

Instructions

- Place the tortilla on a plate and sprinkle half the cheese over one half of it.
- Spread the ham evenly over the cheese layer.
- Sprinkle the remaining cheese on top of the ham (this helps the quesadilla stick together when melted).
- Heat a frying pan over medium heat. Add the butter (if a crispy quesadilla is required).
- Place the tortilla in the pan, folded in half over the filling.
- Cook for 2–3 minutes on each side until the tortilla is golden and the cheese is melted.
- Remove from heat, slice into wedges, and enjoy warm.



- Add sliced tomatoes, spinach, or a pinch of chilli flakes inside before cooking for extra flavour.
- Serve as 'finger food' once cooled to increase independence at meal times.
- This recipe can easily be adapted by adding a side salad. Encourage a salad to be created and plated up while meal is cooking. Adding spinach, lettuce or tomatoes goes well with this.



Fun Activity

Pasta Salad



Prep Time
10 minutes

Cook Time
10 minutes

Ingredients

- 50g pasta (rigatoni, penne, or bow-tie work best)
- 20g cherry tomatoes, halved
- 20g cucumber, diced
- ½ red pepper, diced
- ¼ red onion, finely chopped
- 1 medium carrot, grated
- Handful of baby spinach, chopped
- 20g feta cheese
- 10g black olives, sliced
- 1 tablespoon mayonnaise

Equipment Needed

- Saucepan
- Wooden spoon
- Hand blender
- Measuring spoons

Instructions

- Boil pasta according to package directions until al dente. Drain and rinse under cold water to stop cooking.
- In a large bowl, combine pasta, tomatoes, cucumber, pepper, onion, spinach, carrots, cheese, and olives.
- Stir through the mayonnaise and mix well to combine.



- Chill in the fridge for at least 30 minutes for best flavour.
- If preferred, can be served warm.



Fun Activity

Chicken Nuggets



Prep Time
10 minutes

Cook Time
15 minutes

Ingredients

1 chicken breast
3-4 tablespoons of plain flour
1 egg
1 tablespoon mixed herbs
Salt and pepper to taste
Light spray oil
100g any breadcrumbs. (use up stale bread if required, or golden breadcrumbs, polenta or panko breadcrumbs)
5 chopped tomatoes
½ sliced cucumber to serve

Equipment Needed

3 separate bowls for flour, egg and breadcrumbs
Tongs
Baking tray
Food processor if making own breadcrumbs

Instructions

- Preheat the oven to 190°C (180°C fan) and get a baking tray out.
- Cut the chicken into the shapes / sizes you want (you can do strips, goujons, nuggets or make them really small like popcorn chicken).
- If using bread, whizz in a food processor or blender for a few seconds until it becomes breadcrumbs.
- Add some salt and pepper and a sprinkling of mixed herbs to whichever crumb you have chosen.
- Put the flour in one bowl, the egg in another and the herby breadcrumbs in another.
- Dip the chicken into the flour, the egg and then finally coat in the breadcrumbs.
- Place the chicken onto the baking tray and repeat for all the other chicken pieces. Spray or drizzle really lightly with a bit of oil (this is optional but does make them go lovely and golden).
- Bake for approx 10-18 minutes (depending on the size of the chicken you have chosen) or until the nuggets are nicely golden. Cut into one strip to check the chicken is thoroughly cooked.
- Serve with chopped cherry tomatoes and cucumber.



Fun Activity

Stuffed Peppers



Prep Time
10 minutes

Cook Time
30 minutes

Ingredients

1 large red pepper
60g couscous
Chicken stock (or veg stock cube)
½ small onion, finely chopped
1 clove garlic, minced
½ courgette, diced
½ carrot, grated
4-5 cherry tomatoes, halved
½ can chickpeas (cooked or canned, rinsed and drained)
1 tablespoon olive oil
½ teaspoon cumin
½ teaspoon paprika
½ teaspoon chilli flakes (optional)
Salt and pepper to taste
Handful of cubed feta cheese for topping

Equipment Needed

Knife
Baking tray
Kettle
Measuring jug
Fork
Medium size saucepan

Instructions

- Preheat the oven to 190°C (180°C fan) and put a baking tray out ready for use.
- Cut the pepper in half and remove the seeds.
- Drizzle lightly with olive oil, season with salt, and roast cut side-up on a baking tray for 15 minutes while you prepare the filling.
- When cooked, remove from the oven and set to one side.
- Boil the kettle and fill a measuring jug to 500ml, add in one chicken stock cube, stir with a fork to dissolve. Pour in the couscous and cover with cling film or a plate until the stock has evaporated (about 10-15 mins).
- Heat 1 tablespoon olive oil in a saucepan over a medium heat, add the onion and garlic and cook until soft, then add the courgette, carrot, chickpeas, and spices. Cook for 5-6 minutes until tender.
- Stir in cherry tomatoes, cook for another 2 minutes, then mix in the couscous from the jug.
- Check the seasoning with salt and pepper.
- Fill roasted peppers with couscous mixture, top with crumbled feta (if using).
- Return stuffed peppers to oven and bake for 15-20 minutes until peppers are tender and filling is heated through.



Fun Activity

Fish Fingers



Prep Time
10 minutes

Cook Time
15 minutes

Ingredients

1 cod loin, or any white fish (fresh or frozen). Salmon can also be used
3-4 tablespoons of plain flour
1 egg
1 tablespoon mixed herbs
Salt and pepper to taste
Light spray oil
100g any breadcrumbs (use up stale bread if required, or golden breadcrumbs, polenta or panko breadcrumbs)

Equipment Needed

3 separate bowls for flour, egg and breadcrumbs
Tongs
Baking tray
Food processor if making own breadcrumbs

Instructions

- Preheat the oven to 190°C (180°C fan) and get a baking tray out.
- Cut the fish into strips around 2cm wide.
- If using bread whizz in a food processor or blender for a few seconds until it becomes breadcrumbs.
- Add some salt and pepper and a sprinkling of mixed herbs to whichever crumb you have chosen.
- Put the flour in one bowl, the egg in another and the herby breadcrumbs in another.
- Dip the fish into the flour, the egg and then finally coat in the breadcrumbs.
- Place the fish onto the baking tray and repeat for all the other strips.
- Bake for approx 10-15 minutes or until the fingers are nicely golden. Cut into one strip to check the fish is thoroughly cooked.
- Serve with carrot sticks and hummus.



Fun Activity

Toasted Tuna Pesto Sandwich



Prep Time
10 minutes

Cook Time
5 minutes

Ingredients

Small can of tuna in spring water (drained)
1 big spoonful of pesto (green or red)
2 slices of wholemeal bread
1 slice of cheese (optional)
½ large tomato, sliced
Small handful of spinach or salad leaves
1 teaspoon butter

Equipment Needed

Tin opener
Small bowl for mixing
Spoon and fork
Frying pan
Spatula/flat utensil to flip the sandwich

Instructions

- Open the tuna tin and drain the liquid.
- In a bowl mix the tuna and pesto with a spoon.
- Lay out one slice of bread and spread the tuna mix.
- Add extras: put tomato slices, cheese, and spinach on top. Encourage choice and trying different foods.
- Put the other slice of bread on top to make a sandwich.
- Spread butter on the outside of the bread and cook in a frying pan over a medium heat.
- Cook for 2 minutes on each side, flipping in-between.
- Bread should be golden brown, cut in half and eat warm.



TOP TIPS

- Use a non-stick pan to avoid sticking.
- If knife use is tricky, skip slicing the tomato and use baby tomatoes instead.
- If safety around the hob is a concern, a toaster press/sandwich maker is simpler and safer than pan-toasting.



Fun Activity

Vegetable and Cheese Pizza



Prep Time
5 minutes

Cook Time
5 minutes

Ingredients

- 1 flatbread (tortilla, or pita work too)
- 2 spoonfuls of passata
- 20g grated mozzarella cheese
- Toppings of your choice (e.g. sliced mushrooms, peppers, onion, olives)
- Pinch of dried basil or oregano

Equipment Needed

- Baking tray
- Spoon
- Frying pan if using the top tips
- Flat utensil to flip the sandwich

Instructions

- Heat oven to 200°C (180°C fan) / 400°F / Gas 6.
- Place the flatbread on a baking tray.
- Spread the passata over the flatbread with a spoon, then sprinkle cheese evenly on top.
- Add toppings of your choice.
- Sprinkle herbs (oregano or basil).
- Bake in the oven for 8–10 minutes until cheese is melted and golden.
- Cut into slices and serve warm.



Fun Activity

- Create a “Pizza Bar” where toppings can be prepped in small bowls and chosen individually to decorate the pizza.



TOP TIPS

- For extra crispiness, brush the edges of the flatbread with olive oil before baking.
- You can also make these in a frying pan with a lid if you don't want to use the oven.
- Different toppings will provide different textures.

Buffalo Chicken Salad Wrap



Prep Time
5 minutes

Cook Time
5 minutes

Ingredients

- 1 large wholemeal wrap
- ½ cooked chicken breast, shredded,
- 1 tablespoon buffalo sauce (shop bought or homemade recipe in helpful hints below)
- 1 tablespoon Greek yogurt
- ½ carrot, grated
- ¼ cucumber, chopped
- 1 handful lettuce or spinach
- A squeeze of lemon juice
- Salt and pepper to taste

Equipment Needed

- Baking tray
- 2 forks
- Knife
- Grater
- Chopping board
- Measuring spoons
- Mixing bowl

Instructions

- In a bowl, combine shredded chicken with buffalo sauce and Greek yogurt. Stir until coated.
- Lay a tortilla flat on a plate.
- Put lettuce down first, then add the buffalo chicken mixture. Top with carrot and cucumber.
- Fold the sides in, then roll tightly from the bottom up.
- Cut in half and enjoy!



TOP TIPS

- Bake the chicken for 20 minutes at 180°C (check cooked through before removing from the oven). To shred, place a fork in each hand and pull apart with the grain of the chicken. This will give you fine shreds.
- To make the buffalo sauce from scratch in a saucepan over a medium heat, put 2 tablespoons of any hot sauce, 1 tablespoon butter, melted, 1 tablespoon honey, ½ teaspoon garlic powder and ½ teaspoon paprika (this sauce can be made in advance and kept in a jar/pot with a lid in the fridge for up to 5 days).



Fun Activity

Egg Salad Sandwich



Prep Time
5 minutes

Cook Time
8 minutes

Ingredients

2 hard-boiled eggs
1 tablespoon Greek yoghurt
1 teaspoon mustard (optional, adds tang)
1 tablespoon fresh chives or spring onion, chopped (optional)
Salt and black pepper, to taste
2 slices wholemeal bread
Lettuce leaves or spinach
½ cucumber cut into sticks
2 tablespoons hummus

Equipment Needed

Medium saucepan
Spoon
Small bowl
Fork
Chopping board
Knife

Instructions

- Half fill a medium size saucepan with water, place on the hob over a high heat and leave to boil.
- When boiling, use a spoon and carefully place two eggs into the water and cook for 8 minutes.
- Remove from the heat and carefully place the cooked eggs in a bowl of cold water.
- When the eggs are cool, peel off the shells, empty the bowl of water, put the eggs back in and mash with a fork.
- To make the filling, add the Greek yoghurt to the eggs and mustard (if using) and mix well with a little salt and pepper.
- Take two slices of bread, spoon the egg mixture on one, top with the lettuce and then put the other slice of bread on top and cut in half.
- Serve with cucumber sticks and hummus for a dip.



- Pre-boil the eggs ahead of time, so they're ready to mash.
- Put ingredients in small bowls so it's clear what goes in and encourage mixing and mashing of ingredients.



Fun Activity

Cheese and Tomato Omelette



Prep Time
5 minutes

Cook Time
5 minutes

Ingredients

2 eggs
1 small tomato, chopped
Small handful of grated cheese
1 teaspoon oil or butter
A pinch of salt and pepper
1 toasted pitta bread

Equipment Needed

Small bowl
Whisk/fork
Frying pan
Spatula
Toaster
Knife

Instructions

- Crack two eggs into a bowl and whisk with a whisker or a fork and add a pinch of salt and pepper.
- Put a little oil or butter in a frying pan, over a medium heat.
- Pour egg mix into the pan and let it cook for 1–2 minutes (don't stir).
- Sprinkle tomato and cheese on top.
- Use a spatula to fold the omelette texture, serve in half.
- Cook for 1–2 more minutes until cheese melts.
- Slide onto a plate.
- Place the pitta into a toaster, slice into strips when warm and serve with the omelette.



- A non-stick pan makes cooking safer and easier.
- Can also be made in the microwave (scrambled omelette style) if cooking with a hob isn't safe.
- To add crunchy texture-serve with a side salad.



Fun Activity

Tomato Soup



Prep Time
5 minutes

Cook Time
10 minutes

Ingredients

1 tin chopped tomatoes
 ¼ chicken stock cube
 1 drop cider vinegar (*literally pour a drop onto a spoon*)
 1 teaspoon sugar
 Salt & pepper
 2 tablespoons double cream (optional)

Equipment Needed

Saucepan
 Hand blender
 Spatula
 Teaspoon
 Tablespoon
 Knife
 Bowl

Instructions

- Set a saucepan over a medium heat and add the tin of tomatoes, stock cube, cider vinegar and sugar and stir with a spatula for around 3-4 minutes.
- Remove from the heat, season with salt & pepper and blend until smooth using a hand blender.
- Add the double cream and return to the heat for 2 minutes, stirring continuously.



- Use a timer for each cooking stage.
- Measure ingredients before starting to reduce overwhelm.
- Sensory needs:
 - Blend longer for a smoother texture.
 - Leave out cream if preferred.
- Safety reminders:
 - Hot soup can splash — blend slowly.
 - Ask for help when moving the saucepan.

Grilled Cheese Sandwich



Prep Time
5 minutes

Cook Time
10 minutes

Ingredients

(Makes 1 sandwich)

2 slices of wholemeal bread
 1–2 slices of cheese (cheddar works well)
 1 teaspoon butter

Equipment Needed

Frying pan
 Spatula
 Butter knife
 Plate

Instructions

- Put the bread on a plate.
- Spread butter on one side of each slice
- Put one slice down, butter side facing the plate.
- Add the cheese on top.
- Place the second slice on top, butter side facing up.
- Turn the hob to medium heat.
- Put the sandwich into the pan.
- Cook for about 2–3 minutes until golden brown.
- Use the spatula to carefully flip it over.
- Cook on this side for another 2-3 minutes.
- The cheese should be melted.



- Use visual timers or phone timers for each side.
- Pre-slice cheese and butter beforehand to reduce stress.
- Non-stick pans make flipping easier.
- Encourage checking:
 - Offer choices (type of cheese, shape of cut) to support independence.
 - Air-fryer option: 180°C for about 6–8 minutes, flip halfway

Baked Salmon with Rice and Broccoli



Prep Time
10 minutes

Cook Time
15 minutes

Ingredients

- 1 salmon fillet (fresh or frozen)
- 40g rice (weigh uncooked) or ½ packet microwave rice)
- 3-4 broccoli florets (fresh or frozen)
- 1 teaspoon oil or butter
- A squeeze of lemon (optional)
- Salt and pepper

Equipment Needed

- Baking tray
- Tin foil
- Microwave
- Medium size saucepan (for the rice)
- Kettle
- Cooking spoon
- Fork
- Steamer
- Colander

Instructions

- Preheat oven to 200°C (180°C fan) / 400°F / Gas Mark 6.
- Place a sheet of tin foil on a baking tray, lay the salmon on top and wrap the tin foil to create a parcel. Bake for 12–15 minutes (until cooked through - carefully open the tin foil to release the steam and avoid any burns).
- If using packet rice: microwave for 2 minutes.
- If using uncooked rice: in a saucepan melt the butter over a medium heat and add a pinch of salt and pepper. Add in the rice and stir for 1-2 minutes to incorporate the flavoured butter.
- Add in 2 cups of boiling water (be careful to avoid the steam), stir once then place the saucepan lid on and leave to cook for approximately 10 minutes (or until the water has evaporated).
- When the rice is cooked, turn off the heat and leave on the hob for a further 5 minutes to steam, then remove the lid and fluff up the rice with a fork.
- To steam the broccoli: fill a saucepan half way with water and bring to the boil, place the broccoli in the steamer section (if there is not a steamer attachment, place the broccoli in a colander and sit on top of the boiling water - make sure the water doesn't rise into the steamer section or colander).
- Cover the colander with a lid and steam for 7 minutes until soft. For a softer texture cook for longer or mash.

Tomato Pasta



Prep Time
10 minutes

Cook Time
10 minutes

Ingredients

50g pasta (any shape) weigh uncooked
1 teaspoon butter or oil
½ tin chopped tomatoes
½ onion, diced
1 garlic clove, chopped
Small handful of the following vegetables (fresh or frozen):
peas
sweetcorn
carrots
broccoli
mushrooms
peppers
courgette
(aim to choose at least 3)

Instructions

- Half fill a saucepan with water and bring to the boil. When boiling, add the pasta, reduce the heat and leave to cook for approximately 8 minutes (until soft).
- Meanwhile, heat the oil in the frying pan over a medium heat and gently cook the onion and garlic until soft.
- Add the fresh or frozen vegetables and continue to stir until slightly coloured and soft, add in the tinned tomatoes and stir thoroughly.
- Take one ladle of the pasta water and put into the frying pan to loosen the mixture slightly.
- Drain the pasta then add all of the pasta into the frying pan and coat all of the pasta in the sauce.

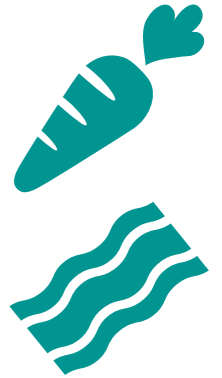


- If using fresh vegetables these can be prepared in advance (during the day if an activity is needed).
- Add as many vegetables as possible to make this dish very nutritious. This is a great activity to promote choice and encourage independence.

Equipment Needed

Saucepan
Knife
Tin opener
Garlic crusher
Chopping board
Frying pan
Ladle
Colander

Crunchy Chicken and Wedges



Prep Time
10 minutes

Cook Time
40 minutes

Ingredients

3 chicken drumsticks or thighs (skin on works best)
20g plain flour
1 teaspoon paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon mixed herbs
½ teaspoon salt
½ teaspoon black pepper
½ teaspoon chilli powder (optional, for spice)
1 egg
1 tablespoon milk
1 tablespoon oil (for baking) or cooking spray
2 medium size potatoes (Maris Piper work well) cut into wedges

Instructions

- Preheat the oven to 200°C (180°C fan) / 400°F / Gas Mark 6.
- Beat the egg with milk in a bowl.
- In another bowl, mix flour, spices, salt and pepper.
- Dip chicken into the egg mix (ensure well coated, this is what gives an extra crispy finish to the chicken).
- Roll chicken in flour mix until coated.
- Place on a baking tray.
- Drizzle or spray with oil.
- Bake in oven for 35–40 minutes until crispy and fully cooked.
- On the second baking tray, lay the wedges with space between them.
- Sprinkle with garlic powder, salt and pepper and a cooking spray and cook along with the chicken for 35-40 minutes.



- Use chicken goujons or mini fillets instead of drumsticks for quicker cooking (20 minutes).
- Use shallow oven trays so it's easy to take food in/out safely.
- Pre-measure spices into small bowls before starting.

Equipment Needed

2 small bowls
2 baking trays
Measuring spoons



Fun Activity

Turkey Meatballs and Spaghetti



Prep Time
10 minutes

Cook Time
30 minutes

Ingredients

125g turkey mince
1 egg beaten
½ onion, finely chopped
1 garlic clove, crushed
½ 400g tin chopped tomatoes
1 teaspoon dried oregano
1 tablespoon olive oil
50g spaghetti
Basil leaves
(optional for decoration)

Equipment Needed

Mixing bowl
Fork
Baking tray
Saucepan for sauce
Saucepan for pasta
Colander

Instructions

- Preheat the oven to 180°C (160°C fan) / gas 4.
- Place the turkey mince into a bowl and break up with a fork. Add the beaten egg and oregano and then add salt and pepper to season.
- Roll the mince mixture into golf-ball-size meatballs.
- Spread the meatballs out on a large baking tray, they will brown better with space between them.
- Drizzle with a little oil, shake to coat, then cook for 20-30 minutes until browned.
- Heat oil in a saucepan over a medium heat and cook the onion and garlic for 1 minute, then tip in tinned tomatoes and oregano. Season with salt and pepper and simmer for 5-10 minutes.
- To cook the pasta, fill a saucepan half way with water and bring to the boil. When the water is boiling, add the spaghetti. As it cooks it will get soft and fall into the pan (reduce the heat to avoid the pan spilling over with boiling water).
- When the meatballs are cooked, serve on the spaghetti and pour the cooked sauce over the top. Add basil leaves to top to decorate.

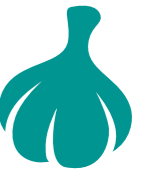


- If needed, keep the meatballs separate from the spaghetti.



Fun Activity

Beef Mince Chilli and Rice



Prep Time
10 minutes

Cook Time
30 minutes

Ingredients

125g beef mince
(lowest fat % as possible)
½ 400g tin chopped tomatoes
½ 400g tin kidney beans
(drained and rinsed)
½ onion (chopped small)
½ red pepper (chopped)
1 clove garlic (chopped small
or use 1 teaspoon garlic paste)
1 teaspoon chilli powder
(mild or medium, to taste)
1 teaspoon paprika (optional)
1 beef stock cube (dissolved
in 200ml hot water)
40g brown rice (weigh uncooked)
1 teaspoon butter
1 tablespoon oil

Equipment Needed

Saucepan
Fork
Frying pan
Cooking spoon
Kitchen knife
Cup

Instructions

- To cook the rice: in a saucepan melt the butter over a medium heat and add a pinch of salt and pepper. Add in the rice and stir for 1-2 minutes to incorporate the flavoured butter. Add in two cups of boiling water (be careful to avoid the steam), stir once then place the saucepan lid on and leave to cook for approximately 10 minutes (or until the water has evaporated).
- When the rice is cooked, turn off the heat and leave on the hob for a further 5 minutes to steam, then remove the lid and fluff up the rice with a fork.
- To cook the chilli: heat a frying pan with the oil over a medium heat and add the onion, garlic, and red pepper. Cook for 5 minutes until soft.
- Add the beef mince. Stir and cook until brown (no pink left). Stir in the chilli powder and paprika. Cook for 1 more minute.
- Add the chopped tomatoes and beef stock. Stir well and reduce the heat to a simmer for 15 minutes.
- Stir occasionally then add kidney beans. Cook for another 5 minutes.
- Serve the rice on the plate first, then place the chilli on top.



- Add more or less chilli based on how spicy you like food.
- Leftovers can be kept in the fridge (covered) for two days.

'Peri Peri Style' Chicken and Wedges



Prep Time
10 minutes

Cook Time
40 minutes

Ingredients

- 1 chicken breast (or 2 chicken thighs with skin removed, or 4 chicken wings)
- 2 tablespoons peri-peri marinade or sauce (buy from supermarket)
- 1 tablespoon cooking oil
- 2 medium size potatoes (Maris Piper work well) cut into wedges
- 1 teaspoon garlic powder
- Salt and pepper for seasoning

Equipment Needed

- Mixing bowl
- Measuring spoons
- 2 baking trays

Instructions

- Put chicken in a bowl and add two tablespoons of peri-peri marinade.
- Rub the marinade over the chicken with a spoon (or clean hands).
- Cover and leave in the fridge for at least 30 minutes (longer is even better).
- Pre-heat oven to 200°C (fan 180°C) / gas 6.
- Place the chicken on a baking tray and bake for 20–25 minutes until cooked through (no pink inside).
- On the second baking tray, lay the wedges with space between them. Sprinkle with garlic powder, salt and pepper and a cooking spray and cook along with the chicken for 35-40 minutes.

TOP TIPS

- For mild spice, use a lemon and herb marinade.
- For medium/hot, use medium or hot peri-peri sauce (this will depend on individual preference).
- Ensure hands are washed thoroughly before handling chicken.
- The chicken will have a deeper flavour the longer the marinade is - overnight is ideal.
- For more 'crunch' add a side salad!

Shepherds Pie with Sweet Potato



Prep Time
10 minutes

Cook Time
40 minutes

Ingredients

- 125g lamb mince (or beef mince if preferred)
- 2 medium sweet potatoes (peeled and chopped)
- 1 onion (chopped small)
- 1 carrot (chopped small)
- 1 clove garlic (chopped small, or 1 teaspoon garlic paste)
- 1 tablespoon tomato purée
- 1 tin (400g) chopped tomatoes or 200ml beef stock
- 1 tablespoon cooking oil
- Small knob of butter (for mashing)
- Splash of milk (optional, for mashing)
- Salt and pepper to taste
- Handful of frozen vegetables (ideally choose 3)

Equipment Needed

- Saucepan
- Colander
- Potato masher
- Frying pan
- Measuring spoons
- Measuring jug
- Oven proof dish

TOP TIPS

- You can make this ahead and keep it in the fridge for two days.
- You can also freeze it (before baking) for up to one month.

Instructions

Step 1: Cook the sweet potatoes

- Put sweet potato chunks into a saucepan.
- Cover with cold water.
- Bring to the boil, then simmer for 15 minutes until soft.
- Drain the water.
- Mash with butter (and milk if using). Set aside.

Step 2: Cook the mince filling

- Heat 1 tablespoon oil in a frying pan over a medium heat.
- Add onion, carrot, and garlic and cook for 5 minutes until soft.
- Add the lamb (beef) mince. Cook until brown (no pink left).
- Stir in the tomato purée.
- Add chopped tomatoes or beef stock along with the frozen vegetables.
- Simmer gently for 15 minutes, stirring now and then.

Step 3: Build the pie

- Heat oven to 200°C (fan 180°C) / gas 6.
- Put the mince mixture into an oven dish.
- Spoon the mashed sweet potato on top.
- Smooth the top with a fork.
- Place dish in the oven.
- Bake for 20 minutes until the top is slightly golden.



Fun Activity



Fun Activity

Chicken Traybake



Prep Time
10 minutes

Cook Time
45 minutes

Ingredients

4 chicken thighs or drumsticks (skin off, bone in for best flavour)
2 medium potatoes (cut into chunks)
1 red pepper (cut into chunks)
1 courgette (cut into chunks)
1 onion (cut into wedges)
2 tablespoons cooking oil
4-5 fresh rosemary springs and 1 teaspoon dried oregano
A little salt and pepper
½ lemon (squeezed)

Equipment Needed

Chopping board
Knife
Roasting dish
Measuring spoons

Instructions

- Preheat the oven on to 200°C (fan 180°C) / gas 6.
- Wash and cut potatoes, pepper, courgette, and onion.
- Put them in a big roasting tray.
- Add one tablespoon oil, herbs, salt, and pepper.
- Mix well so everything is coated.
- Place the chicken pieces on top of the vegetables.
- Drizzle with the other tablespoon of oil.
- Sprinkle with a little more herbs, salt, and pepper.
- Put tray in the oven.
- Cook for 40–45 minutes until:
 - Chicken is cooked through (no pink inside).
 - Vegetables are soft and golden.
- Squeeze the lemon juice over the dish before serving.



Fun Activity

- Create a “veggie station” where vegetables can be chosen individually to promote choice and help encourage trying new veggies.
- Use vegetables like carrots, broccoli, or sweet potato.

Pulled Pork (serves 4-6)



Prep Time
10 minutes

Cook Time
5 hours

Ingredients

1kg pork shoulder (boneless if possible)
1 onion (sliced)
2 cloves garlic (chopped small, or 2 teaspoon garlic paste)
200ml barbecue sauce (from a bottle)
1 teaspoon paprika (optional, for flavour)
A little salt and pepper
2 wholemeal rolls or wraps
2 handfuls mixed salad leaves (lettuce, spinach, rocket)
4 cherry tomatoes (halved)
½ cucumber (sliced)
½ avocado (sliced)

Equipment Needed

Chopping board
Knife
Roasting dish
Measuring spoons
2 forks
Mixing bowl



TOP TIPS

- You can also make this in a slow cooker: cook on LOW for 8 hours or HIGH for 5 hours. This is great for them busier days!
- This dish is great to be prepared at the start of the day to make for a quick serving at dinner time.
- You can freeze portions for another day.

Instructions

Step 1: Prepare the pork

- Heat oven to 160°C (fan 140°C) / gas 3.
- Put the sliced onion at the bottom of a big oven dish or roasting tray.
- Place the pork shoulder on top.
- Rub garlic, paprika, salt, and pepper onto the pork.

Step 2: Cook slowly

- Cover the dish tightly with foil.
- Put in the oven.
- Cook for 4–5 hours until the pork is very soft.

Step 3: Shred the pork

- Take pork out of oven (be careful, hot!).
- Use two forks to pull the meat apart into shreds and put into a bowl.
- Mix in the barbecue sauce.
- Stir well so all the pork is coated.

Step 4: Make the salad

- Chop the salad leaves, along with all of the salad ingredients.

Step 5: Serve

- Serve in bread rolls or wraps, and salad.



Fun Activity

Turkey Burgers

(makes 4 burgers)



Prep Time
10 minutes

Cook Time
40 minutes

Ingredients

500g turkey mince
1 small onion
(chopped very small)
1 clove garlic (chopped small
or 1 teaspoon garlic paste)
1 teaspoon dried herbs (like
oregano or mixed herbs)
1 egg
A little salt and pepper
1 tablespoon cooking oil
Wholemeal bun or Warburtons
Sandwich thins
2 medium size potatoes
(*Maris Piper* work well)
cut into wedges
1 teaspoon garlic powder
Salt and pepper for seasoning
Handful of salad leaves
(*spinach, rocket or lettuce*)
Slice of tomato and raw onion
(optional)

Equipment Needed

Mixing bowl
2 baking trays
Spoon

Instructions

- Heat oven to 200°C (*fan 180°C*) / gas 6.
- On a baking tray, lay the wedges with space between them. Sprinkle with garlic powder, salt and pepper and a cooking spray.
- Put turkey mince, onion, garlic, herbs, egg, salt, and pepper into the mixing bowl.
- Mix everything together with clean hands or a spoon.
- Divide mixture into four equal parts.
- Roll each part into a ball, then press flat into a burger shape.
- Place burgers on a second baking tray.
- Bake for 20–25 minutes, turning halfway.
- Put each burger in a bun/sandwich thin along with the salad.
- Serve with wedges.



- Turkey burgers are lower in fat than beef, so a healthy option.
- If time allows, the burger patties can be prepared in advance and placed in the fridge until ready for cooking.



Fun Activity

Lamb Meatball Bake



Prep Time
10 minutes

Cook Time
30 minutes

Ingredients

500g lamb mince
50g breadcrumbs
1 egg
12 pitted black olives, roughly
chopped
20g pine nuts, roughly chopped
Small bunch of parsley, finely
chopped, plus extra for garnish
2 jars red peppers (about 100g),
drained and roughly chopped
into small pieces
1 tablespoon olive oil
1 red onion, diced
1 x 400g tin of chopped
tomatoes
Salt and pepper
1 x 110g ball of mozzarella
Handful of salad leaves
(*spinach, rocket or lettuce*)
40g green beans
(*fresh or frozen*)

Equipment Needed

Mixing bowl
Frying pan
Chopping board
Knife
Large spoon
Saucepan
Colander
Measuring spoons
Measuring jug
Oven proof dish



- For a smoother texture, this can be served with mash and chopped up smaller.

Instructions

- Preheat the oven to 180°C (*fan 160°C*) / gas 4.
- Place the lamb mince into a bowl and add the breadcrumbs.
- Crack in the egg, olives, pine nuts, chopped parsley and red peppers.
- Using your hands, mix all of the ingredients together until the mixture is well combined.
- With damp hands, shape the mixture into twelve large balls and set aside.
- Heat the olive oil in a frying pan over a medium heat. Add in the red onion and fry, stirring regularly for 2 minutes. Tip in the chopped tomatoes along with a quarter tin of water. Season with salt and pepper and bring to the boil.
- Place the meatballs in the sauce and simmer for 10 minutes, then carefully flip them over with a large spoon. Break up the mozzarella and lay a little piece on top of each meat ball. Any remaining cheese can be scattered in the sauce.
- Transfer the pan into the oven and bake for 20 minutes, until the meatballs are fully cooked through and the cheese has melted and turned golden brown on top.
- To steam the green beans: fill a saucepan half way with water and bring to the boil. Place the beans in the steamer section (if there is not a steamer attachment, place the beans in a colander and sit on top of the boiling water - make sure the water doesn't rise into the colander). Cover the colander with a lid and steam for 7 minutes until soft.



Fun Activity

Vegetable Curry



Prep Time
10 minutes

Cook Time
20 minutes

Ingredients

1 onion (chopped small)
2 carrots (chopped into small pieces)
1 red pepper (chopped)
1 courgette (chopped)
1 tin (400g) chopped tomatoes
1 tin (400g) chickpeas (drained and rinsed)
1 tablespoon curry powder (mild or medium, to taste)
1 teaspoon garlic paste (or 1 clove chopped garlic)
1 tablespoon cooking oil
40g brown rice (weigh uncooked)
1 teaspoon butter
Salt and pepper

Equipment Needed

Saucepan
Frying pan
Chopping board
Knife
Measuring spoons
Spoon

Instructions

- To make the rice in a saucepan, melt the butter over a medium heat and add a pinch of salt and pepper. Add in the rice and stir for 1-2 minutes to incorporate the flavoured butter. Add in two cups of boiling water (be careful to avoid the steam), stir once then place the saucepan lid on and leave to cook for approximately 10 minutes (or until the water has evaporated).
- When the rice is cooked, turn off the heat and leave on the hob for a further 5 minutes to steam, then remove the lid and fluff up the rice with a fork.
- To make the curry, heat a tablespoon of oil in a large pan.
- Add onion and garlic. Cook for 5 minutes until soft.
- Add carrots, pepper, and courgette. Stir and cook for 5 minutes.
- Stir in curry powder. Cook for 1 minute.
- Add chopped tomatoes and chickpeas. Stir well.
- Simmer gently for 15 minutes, stirring now and then.
- To serve, spoon the rice onto the plates and add the curry on top.



- You can swap vegetables for whatever is preferred (potatoes, peas, cauliflower, spinach).
- The spice level can be changed for individual preference.
- If too thick, add a splash of water.
- Leftovers keep in the fridge (covered) for 2 days

Baked Cod with Lemon and Herbs

Ingredients

1 cod fillet (fresh or frozen)
5-6 new potatoes
1 carrot (cut into sticks)
1 courgette (cut into chunks)
1 red pepper (cut into chunks)
1 tablespoon cooking oil
1 teaspoon dried herbs (like mixed herbs or parsley)
A little salt and pepper
1 lemon

Equipment Needed

Saucepan
Roasting pan
Chopping board
Knife
Measuring spoons
Spoon
Colander



- You can swap cod for haddock or salmon if preferred
- Add peas or broccoli on the side for extra vegetables or crunch



Prep Time
10 minutes

Cook Time
20 minutes

Instructions

- Turn oven on to 200°C (fan 180°C) / gas 6.
- Step 1: Cook the potatoes**
- Put new potatoes into a saucepan.
- Cover with cold water.
- Bring to the boil, then simmer for 12–15 minutes until nearly soft.
- Drain and leave to one side.
- Step 2: Prepare the vegetables**
- Put carrot, courgette, and pepper in a roasting tray.
- Add a tablespoon of oil, herbs, salt, and pepper.
- Mix well.
- Add the drained potatoes to the tray too.
- Step 3: Add the cod**
- Place the cod fillet on top of the vegetables in the tray.
- Sprinkle with a little salt, pepper, and herbs.
- Squeeze some lemon juice over the fish.
- Step 4: Bake**
- Put tray in the oven.
- Bake for 20 minutes, until:
The cod is white and flakes easily with a fork.
Vegetables are soft and slightly golden.
- Step 5: Serve**
- Take tray out carefully (it's hot!).
- Put some fish, potatoes, and vegetables on each plate.

Chicken Noodle Soup



Prep Time
10 minutes

Cook Time
25 minutes

Ingredients

- 1 chicken breast
- 2 spring onions, finely sliced
- 2-3 mushrooms, sliced
- 1 teaspoon piece of fresh ginger, finely chopped
- 1 garlic clove, finely chopped
- 2 teaspoons soy sauce
- 2 tablespoons of sweetcorn
- 900ml chicken or vegetable stock
- 50g of rice or wheat noodles (weigh uncooked)

Equipment Needed

- Saucepan
- Measuring jug
- Chopping board
- 2 forks
- Ladle

Instructions

- Pour the stock into a pan and add the chicken, ginger and garlic.
- Bring to the boil, then reduce the heat, partly cover and simmer for 20 minutes, until the chicken is tender.
- Remove the chicken to a board and shred into bite-size pieces using two forks.
- To shred the chicken successfully, pull the chicken with the grain of the meat.
- Return the chicken to the stock with the noodles, sweetcorn, mushrooms, half the spring onions and the soy sauce.
- Simmer for 3-4 minutes until the noodles are tender.
- Ladle into a bowl and scatter over the remaining spring onions and herbs.



- This recipe is a great alternative to a 'pot noodle'.



Fun Activity

GOOD FOOD
GOOD MOVES

Snacks



Dates with Peanut Butter and Dark Chocolate (makes 10)



Prep Time
10 minutes

Cook Time
30 minutes

Ingredients

10 large dates
3 tablespoons peanut butter
(smooth or crunchy)
100g dark chocolate
(a small bar)

Equipment Needed

Knife
Chopping board
Measuring spoon
Microwaveable bowl
Baking tray

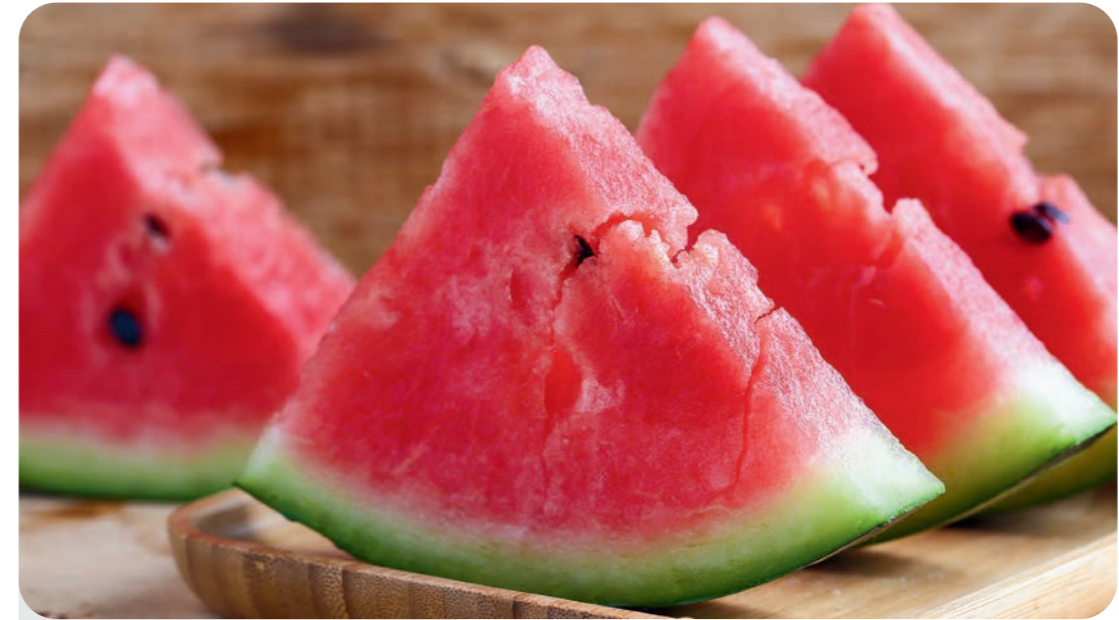
Instructions

- Use a small knife to carefully cut a slit down each date.
- Remove the stone, if there is one.
- Open each date a little, like a pocket.
- Use a teaspoon to fill each date with a little peanut butter.
- Squeeze the date closed around the filling.
- Break the chocolate into pieces.
- Put the chocolate pieces in a microwave-safe bowl.
- Microwave in 20-second bursts, stirring in between, until melted and smooth. (Or melt gently in a bowl over a pan of hot water).
- Use a fork to dip each peanut butter date into the melted chocolate.
- Place on a plate or tray lined with baking paper.
- Put the tray in the fridge for 30 minutes until chocolate is set.



- Store in a sealed container in the fridge for up to one week.
- You can swap peanut butter for almond or cashew butter.
- This snack should be consumed within 3-4 days.

Watermelon Slices



Prep Time
10 Minutes

Cook Time
No cooking!

Ingredients

Fresh watermelon, sliced
Handful of nuts

Equipment Needed

Knife
Chopping board

Instructions

- Wash the outside of the watermelon with cold water.
- Place the watermelon on a chopping board.
- Hold it steady with one hand.
- Use the big knife to carefully cut the watermelon straight down the middle into two halves.
- Take one half. Cut it in half again, now you have two quarters.
- Do the same with the other half - now you have four big pieces.
- Take one quarter.
- Slice it into triangle-shaped wedges.
- Repeat with the other quarters.
- Serve with a handful of mixed nuts.



- Always cut on a chopping board (not in your hand).
- Hold the watermelon steady so it doesn't roll.
- This snack should be one slice of watermelon.
- If needed present food in clear separate section to reduce visual stress. This is a great 'Finger food' snack.

Carrot Sticks and Hummus



Prep Time
10 minutes

Cook Time
No cooking!

Ingredients

1 carrot, peeled and cut into sticks
 1 tub of supermarket hummus or, make your own!
Make your own:
 1 400g tin chickpeas (drained and rinsed)
 1 tablespoon olive oil
 1 clove garlic (or 1 teaspoon garlic paste)
 2 tablespoons lemon juice (fresh or from a bottle)
 2 tablespoons tahini (sesame seed paste)
 2–3 tablespoons water (to make it smooth)
 A little salt and pepper

Equipment Needed

Knife
 Peeler
 Chopping board
 Can opener
 Colander
 Food processor or blender

Instructions

- Open the tin of chickpeas.
- Drain off the liquid and rinse with cold water.
- Put chickpeas into a food processor (or blender).
- Add garlic, lemon juice, olive oil, and tahini.
- Blend until smooth.
- Add 2–3 tablespoons water, a little at a time, and blend again.
- Keep going until it's creamy.
- Add a pinch of salt and pepper.
- Blend one last time.
- Spoon into a bowl.



- Keep in the fridge, covered, for up to three days.
- You can add paprika or roasted red pepper for extra flavour which is great for those seeking more taste.
- 2 tablespoons of hummus is the regular serving size.

Pineapple and Cinnamon



Prep Time
5 Minutes

Cook Time
5 Minutes

Ingredients

1 tin of pineapple rings (in juice not syrup)
 1 teaspoon cinnamon

Equipment Needed

Can opener
 Grill
 Measuring spoon

Instructions

- Remove two rings of pineapple from the tin and place under the grill under a medium heat.
- Flip the pineapple to ensure both sides are light brown.
- Remove from the heat and sprinkle with cinnamon.



- Place the remaining pineapple in an air tight container and store in the fridge for up to five days
- For a softer texture - cook for longer or mash after grilling!

Cottage Cheese Berry Bowl



Prep Time
5 minutes

Cook Time
No cooking!

Ingredients

- 100g cottage cheese
- A handful of fresh berries (strawberries, blueberries, raspberries, or mixed)
- 1 teaspoon honey or maple syrup (optional, for sweetness)
- 1 tablespoon nuts or seeds

Equipment Needed

- Mixing bowl
- Spoon

Instructions

- Put the cottage cheese into a bowl.
- Wash the berries under cold water.
- If using strawberries, cut them into small pieces.
- Put the berries on top of the cottage cheese.
- Drizzle honey or syrup if you like it sweeter.
- Sprinkle nuts or seeds if you want crunch.
- Mix everything together with a spoon.
- Eat straight away.



- You can also add sliced banana or apple.
- For extra flavour, sprinkle a little cinnamon on top.
- For more crunch add nuts or seeds.

Red Pepper Sticks and Grapes



Prep Time
5 Minutes

Cook Time
No cooking!

Ingredients

- ½ red pepper
- Handful of green or red grapes

Equipment Needed

- Knife
- Chopping board

Instructions

- Rinse the red pepper under cold water.
- Put the pepper on its side on the chopping board.
- Carefully cut off the stalk end (top) and the bottom end.
- Stand the pepper upright (like a cup).
- Cut down one side to open it up.
- Pull out the middle part with the seeds.
- Throw the seeds away.
- Lay the pepper skin-side down on the chopping board so it lies flat.
- Use the knife to cut the pepper into strips.
- Wash the grapes under cold water.
- Remove from the stalk and place in a bowl with the red pepper.



Fun Activity

- This is a great fun activity to practice chopping skills!
- Always cut on a chopping board, not in your hand.
- Keep fingers tucked in ("claw grip") when holding the pepper.
- Take your time - no rush.

Carrot Cake Muffins

(makes 12 muffins)



Prep Time
10 minutes

Cook Time
25 minutes

Ingredients

2 medium carrots (grated)
1 ripe banana (mashed)
2 eggs
100ml milk
50ml oil (like sunflower or vegetable oil)
150g plain flour
1 teaspoon baking powder
1 teaspoon cinnamon
50g raisins (or chopped dates)

Equipment Needed

Grater
Fork
Measuring jug
Scales
Measuring spoons
Muffin tray
Mixing bowl
Hand whisk
12 Muffin cases

Instructions

- Turn oven on to 180°C (fan 160°C) / gas 4.
- Put muffin cases in a muffin tray (or lightly oil the tray).
- Peel and grate the carrots and put to one side.
- In a big bowl, mash the banana with a fork.
- Add the eggs, milk, and oil.
- Whisk together with a fork or whisk.
- Add the flour, baking powder, and cinnamon to the bowl.
- Stir gently until mixed.
- Stir in the grated carrots and raisins.
- Spoon the mixture evenly into muffin cases (about $\frac{3}{4}$ full).
- Bake for 20–25 minutes until muffins are golden and firm.
- Check with a skewer or knife - it should come out clean.
- Leave muffins to cool for 10 minutes.
- Eat warm or cold.



- Keep muffins in an airtight box for three days, or freeze for later.
- You can add chopped nuts for more crunch.
- Use apple purée instead of banana if you prefer.
- One muffin is one snack.

Sliced Apple with Peanut Butter and Rice Cake



Prep Time
5 Minutes

Cook Time
No cooking!

Ingredients

1 rice cake
1 apple
1–2 teaspoons peanut butter (smooth or crunchy)

Equipment Needed

Knife
Chopping board

Instructions

- Wash the apple under cold water.
- Put it on the chopping board.
- Carefully cut the apple into quarters (4 pieces).
- Cut out the core (the middle with seeds).
- Slice the apple into thin pieces.
- Take one rice cake.
- Use a knife to spread peanut butter on top.
- Place apple slices on top of the peanut butter.
- Serve on a plate and eat straight away.



Fun Activity

- Decorating the rice cake is a great way to promote creativity, choice and fun in the kitchen!



- You can sprinkle cinnamon on top for extra flavour.
- Swap peanut butter for almond butter, cashew butter, or cream cheese if preferred.
- Best eaten fresh (rice cakes go soft if left too long).

Yoghurt Pot



Prep Time
5 minutes

Cook Time
No cooking!

Ingredients

100g Greek yoghurt
2 squares of dark chocolate (20g)
Handful of fresh berries

Equipment Needed

Knife
Chopping board
Bowl

Instructions

- Pour the yoghurt into a bowl.
- Break up 20g of dark chocolate and mix into the bowl.
- Wash the berries in cold water.
- Using a knife and the bridge method (thumb and forefinger holding the fruit) cut in half lengthways.
- Add to the mix and mix together.



Fun Activity

- Fun kitchen activity with no cooking or baking.



TOP TIPS

- Serve food at preferred temperature and slowly expand range as tolerated.

Greek Yoghurt with Peach



Prep Time
5 Minutes

Cook Time
15 Minutes

Ingredients

1 ripe peach
100g Greek yoghurt
1 teaspoon honey or maple syrup (optional)
A sprinkle of cinnamon

Equipment Needed

Knife
Chopping board
Oven proof dish

Instructions

- Wash the peach.
- Cut it in half carefully with a knife.
- Twist and remove the stone.
- Heat oven to 180°C (fan 160°C) / gas 4.
- Place peach halves in an oven dish.
- Bake for 15 minutes until soft.
- Spoon Greek yoghurt into a bowl.
- Place the warm peach halves on top.
- Drizzle with honey or syrup if you like.
- Sprinkle cinnamon for extra flavour.



TOP TIPS

- You can also use nectarines or plums in the same way.
- For extra crunch, sprinkle with one tablespoon of seeds.

Banana and Mixed Nuts



Prep Time
5 minutes

Cook Time
No cooking!

Ingredients

1 banana
Handful of mixed nuts
(unsalted)

Equipment Needed

Knife
Chopping board

Instructions

- Peel the banana and cut into bitesize pieces if desired.
- Eat with a handful of unsalted mixed nuts for texture.



- Modify textures such as blending or chopping and offer 'safe' textures alongside new foods.
- Provide small and gradual sensory exposure to increase comfort.

Flapjacks

(makes 16 squares)



Fun Activity

- Fun kitchen activity.



Prep Time
5 Minutes

Cook Time
25 Minutes

Ingredients

2 ripe bananas (mashed)
200g rolled oats
50g raisins (or other dried fruit
like apricots or cranberries)
2 tablespoons honey
(or maple syrup)
2 tablespoons peanut butter
(or any nut butter, optional)
1 teaspoon cinnamon

Equipment Needed

Fork
Spoon
Mixing bowl
Square baking tin

Instructions

- Turn oven on to 180°C (fan 160°C) / gas 4.
- Line a small baking tin with baking paper.
- Peel the bananas.
- Put them in a big bowl.
- Mash with a fork until smooth.
- Add oats, raisins, honey, peanut butter, and cinnamon to the mashed banana.
- Stir until everything is mixed together.
- Spoon the mixture into the baking tin.
- Press it down flat with the back of a spoon.
- Bake in the oven for 20–25 minutes until golden.
- Take out of the oven carefully (hot!).
- Leave to cool for 10–15 minutes.
- Cut into squares or bars.



- Keep in an airtight container for up to three days, or freeze for later.
- You can add chopped nuts or seeds for crunch.
- Use grated apple instead of banana if you prefer.
- One square is one snack.

Popcorn



Fun Activity

- Fun kitchen activity.



Prep Time
5 minutes

Cook Time
10 Minutes

Ingredients

- 3 tablespoons popcorn kernels (sold in bags in the supermarket)
- 2 teaspoons butter
- 1 teaspoon cinnamon

Equipment Needed

- Large saucepan with a lid

Instructions

- Put the saucepan on the hob.
- Add the butter.
- Heat on medium heat for 1–2 minutes.
- Put the popcorn kernels into the pan.
- Shake the pan gently so the kernels are covered in butter.
- Put the lid on the pan.
- After a minute or two, the kernels will start to pop!
- Keep the lid on and listen.
- Gently shake the pan now and then so they don't burn.
- When the popping slows down (about 2–3 seconds between pops), turn off the heat.
- Carefully take off the lid (watch for hot steam!).
- Pour the popcorn into a big bowl.



TOP TIPS

- Don't leave the pan unattended while popping.
- Make sure the lid stays on until the popping slows down.
- Eat straight away for the best crunch.
- This is a noisy recipe, if needed use ear defenders to reduce the noise.

Yoghurt Bark with Berries



Fun Activity

- Fun kitchen activity.



Prep Time
5 Minutes

Cook Time
3-4 hours,
freezing time

Ingredients

- 400g Greek yoghurt (about 8 big spoons)
- 2 tablespoons honey or maple syrup (optional, for sweetness)
- A handful of fresh berries (strawberries, blueberries, raspberries, or mixed)
- A small handful of nuts or seeds (optional, for crunch)

Equipment Needed

- Baking tray
- Baking paper

Instructions

- Line a baking tray with baking paper.
- Put the yoghurt into a bowl.
- Add honey or syrup if you like it sweeter.
- Stir well.
- Pour the yoghurt onto the tray.
- Spread it out evenly (about 1cm thick).
- Sprinkle berries, nuts, or seeds on top.
- Gently press them into the yoghurt so they stick.
- Put the tray in the freezer for 3–4 hours, until completely solid.
- Take the tray out of the freezer.
- Lift out the frozen yoghurt using the baking paper.
- Break it into chunks (like bark).
- Eat straight away.
- Keep leftovers in a freezer bag or box for up to one month.



TOP TIPS

- You can also add banana slices or granola on top before freezing.
- 100g is a snack size portion.
- Set up a 'decoration station' full of fruits which can be added to the yoghurt. This encourages choice, creativity and encourages trying new fruits.

Two Week Meal Planner

Day	Breakfast	Page	Lunch	Page	Dinner	Page	Snacks	Page
WEEK ONE					WEEK ONE			
1	Greek Yoghurt with granola and fruit	18	Grilled Chicken Salad	33	Baked Salmon, Rice and Broccoli	49	Dates with peanut butter & dark chocolate	64
2	Overnight oats	19	Turkey Wrap	34	Tomato Pasta	50	Watermelon & Nuts	65
3	Scrambled eggs, tomatoes and spinach	20	Tuna salad wrap	35	Crispy Chicken	51	Carrot sticks and hummus	66
4	Smoothie & Toast	21	Cheese and ham quesadilla	36	Turkey Meatballs and spaghetti	52	Pineapple with cinnamon	67
5	Porridge with cinnamon and puréed apple	22	Pasta Salad	37	Beef Mince Chilli and Rice	53	Cottage cheese berry bowl	68
6	American Pancakes	23	Chicken Nuggets	38	Peri-peri Chicken	54	Red pepper sticks & grapes	69
7	Chocolate Overnight Oats	24	Stuffed Red Pepper	39	Shepherds Pie	55	Carrot cake muffins	70
WEEK TWO					WEEK TWO			
8	Poached egg on toast	25	Fish Finger Baguette	40	Chicken Traybake	56	Sliced apple with peanut butter and rice cake	71
9	Breakfast burrito	26	Tuna pesto toasted sandwich	41	Pulled Pork	57	Yoghurt, 2-3 squares of dark chocolate & grapes	72
10	Banana Pancakes	27	Vegetable and mozzarella pizza	42	Turkey Burgers	58	Greek Yoghurt & Peach	73
11	Porridge with pear, cinnamon and peanut butter	28	Buffalo chicken salad wrap	43	Lamb Meatball Traybake	59	Banana & nuts	74
12	Breakfast smoothie and toast	29	Egg salad sandwich	44	Vegetable curry	60	Flapjacks	75
13	Waffle topped with berries	30	Cheese and tomato omelette	45	Baked Cod with lemon and herbs	61	Popcorn	76
14	Peanut Butter on Toast	31	Tomato soup and grilled cheese sandwich	46/47	Chicken Noodle Soup	62	Frozen yoghurt bark with blueberries	77

References

Sensory Integration Education Network

Express Yourself Therapy - <https://expressyourselftherapy.com>

Carolina Therapy Connection - <https://carolinatherapyconnection.com>

The Tree Top - <https://thetreetop.com>

NHS - [Managing weight with a learning disability](#)

Sensory Activities:

Integrate short activities (like gentle squeezes, stretching, or swing movements) before mealtime to help regulate. These help “tune in” the system for more positive mealtime engagement.

Therapeutic Tools:

Weighted lap pads or noise-dampening headphones can provide calming input and reduce distractions when needed.

Environment Adjustments:

Calm lighting and uncluttered spaces support visual ease. Consistent mealtime routines add predictability and reduce anxiety.

Play-with-a-Purpose:

Integrate fun, food-related sensory play - like exploring textures or smells - to build comfort in relaxed, non-pressured ways.

Reflective Food Journalling:

Keep simple logs or notes about how foods feel or smell, textures, or reactions. This can support caregivers and professionals in noticing patterns and building richer, strengths-based understandings.

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Notes





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