Tips for toddlers

By the time kids are 1 year old, they can eat most of the foods that the family eats!

Learning to eat new foods

Kids need to learn how new foods taste, feel and smell.
• Some foods taste sour like lemon or sweet like grapes.
• Some foods feel hard like apples, cold like yoghurt, or soft like banana.
• Kids may need to try a new food many times before eating it. If they don’t like a new food the first time, try it again another time.

Offer a new food:
• With a favourite food.
• With other foods that your kid already enjoys eating.
• When other kids and adults are eating that food.

Tips for families:
• Kids have small stomachs. Remember to give kids smaller serves than adults and don’t force them to finish the meal if they are full.
• Give kids time to eat.
• Eat together at the family dinner table.
• Turn the TV, computer, phone and radio off while eating.
• Use kid friendly bowls with edges, small plates and kid size cutlery.
• Learning to eat can be messy and fun!

Fussy eating

Kids may refuse to eat when they:
• Have too much food on their plate.
• Have filled up on drinks or junk food.
• Want to feed themselves.
• Are too tired.
• Don’t feel well.

Be patient! Keep on giving your kid healthy foods. They will not starve themselves.

Things not to do:
• Don’t give kids adult size servings.
• Don’t force your kids to eat or finish the food on their plate.
• Don’t give your kids drinks or snacks before a meal.
• Don’t feed your kids junk food and sweet drinks.
• Don’t use junk food or sugary drinks to reward them or keep them quiet.
Toddler Breakfasts

Toast with avocado

Serves 4 | Prep time: 10 mins

Ingredients:
- 8 slices of wholegrain bread
- 2 avocados

Step 1
Halve the avocado, remove seed and scoop contents into a bowl.

Step 2
Mash the avocado using a fork.

Step 3
Toast the bread.

Step 4
Top the toast with smashed avocado.

Step 5
Place on plate and serve.
**Fruit porridge**

Serves 4 | Prep time: 10 mins | Cooking time: 20 mins

**Porridge ingredients:**
- 1 ¾ cup rolled oats
- 2 ½ cups water or low fat milk

**Stewed fruit ingredients:**
- 3 cups sliced fruit of choice, eg apples, pears, peaches, berries
- 1 tbsp water

**Step 1:** Pour the milk/water and oats into a large saucepan over medium heat.

**Step 2:** Stir until bubbling and until desired consistency.

**Step 3:** Slice up fruit.

**Step 4:** Add fruit and water to saucepan over medium heat with lid on for 5 mins. Remove lid and cook for another 2 mins.

**Step 5:** Divide porridge and fruit into 4 bowls and serve.

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**Wheat biscuit with peaches**

Serves 4 | Prep time: 5 mins

**Ingredients:**
- 8 wheat biscuits
- 2 cups tinned peaches
- 4 cups low fat milk

**Step 1:** Divide wheat biscuits into four bowls.

**Step 2:** Open tinned peach and place contents in a bowl.

**Step 3:** Pour milk over wheat biscuits.

**Step 4:** Divide peaches between bowls.

**Step 5:** Serve breakfast.
Toddler Meals

[Image of a plate with egg dish]
Veggie fried rice

Ingredients:
- 2 cups cooked brown or basmati rice
- 4 eggs
- 1 head broccoli, cut into bite sized pieces
- 1 onion, diced
- 2 cups frozen peas, corn and carrot mix
- 2 tbsp olive oil
- 2 tbsp soy sauce

Serves 4 | Prep time: 10 mins | Cook time: 15 mins

Step 1
Whisk eggs in a small bowl until bubbly.

Step 2
Coat frypan lightly with oil over medium heat and pour egg mix into frypan.

Step 3
Flip egg after 3 mins. It should look like an omelette.

Step 4
Remove from pan and place omelette on plate. Cut into bite-sized pieces and set aside.

Step 5
Heat oil in pan and cook the onions for 2 mins.

Step 6
Add the broccoli and frozen vegetables and cook until vegetables are soft.

Step 7
Add the rice and soy sauce to the pan and stir to combine.

Step 8
Add strips of omelette and stir into fried rice.

Step 9
Place on dinner plate and serve.
**Tuna bake**

_Serves 4  |  Prep time: 15 mins  |  Cook time: 35 mins_

**Ingredients:**
- 2 cups of dry penne pasta
- 1 head of broccoli, cut into florets
- 1 cup frozen peas
- 425g tin of tuna in springwater, drained
- ¼ cup flour
- 1 tbsp minced garlic
- 1 tbsp olive oil
- 2 cups low fat milk
- 1 cup low fat grated cheese

**Step 1**
Prepare ingredients.  
Cut broccoli into florets.

**Step 2**
Cook pasta in large saucepan of boiling water.

**Step 3**
Add the broccoli to the pasta in the last 3 mins of cooking.

**Step 4**
Drain the water and put to side.

**Step 5**
Put a pan on medium heat, pour in the olive oil, flour and garlic until mixture thickens.

**Step 6**
Add the milk slowly and stir for 10 minutes or until mixture has thickened.

**Step 7**
Add the vegetables, tuna, peas and cheese and mix well.

**Step 8**
Pour mixture into an ovenproof dish and cook for 25 minutes or until golden.

**Step 9**
Serve from the dish.
Rice paper rolls

Serves 4 | Prep time: 30 mins

Ingredients:
- Rice vermicelli noodles
- 1 medium carrot, grated
- 1 small zucchini, grated
- 1 tbsp soy sauce
- 1 tbsp fresh lemon juice
- 8 round (16cm diameter) rice paper sheets

Step 1
Put noodles in a heatproof bowl and cover with boiling water for 5 mins. Drain.

Step 2
Place carrot and zucchini in a microwave safe bowl, cover with 2 tbs water and cook for 3-5 mins until they are soft.

Step 3
Remove vegetables from microwave. Add noodles and soy sauce and stir.

Step 4
Soak a rice paper sheet in a dish of warm water for 10 seconds.

Step 5
Drain rice paper on paper towel, then put onto a clean surface.

Step 6
Put a spoonful noodle mixture into the middle of the rice paper sheets.

Step 7
Fold in the sides and begin to roll.

Step 8
Repeat with remaining rice paper sheets and noodle mixture. Serve immediately.
Cheesy broccoli bake

Serves 4 | Pre time: 15 mins | Cook time: 35 mins

Ingredients:
- 1 cauliflower, cut into florets
- 1 head of broccoli, cut into florets
- ¼ cup of water
- ¼ cup melted butter
- ⅓ cup flour
- 2 cups low fat milk
- 1 cup low fat grated cheddar cheese
- 1 tbsp of herbs (dried or fresh)

Step 1
Prepare ingredients. Cut the broccoli and cauliflower into florets.

Step 2
Put the broccoli and cauliflower in a large microwave safe bowl. Cover with water and cook in the microwave for 7 minutes.

Step 3
Drain the water from bowl and place the veggies in a large oven dish.

Step 4
In a saucepan, melt the butter over a medium heat. Stir in the flour and mix well.

Step 5
Add milk to the pan slowly and whisk mixture at the same time. Once thick add cheese and herbs.

Step 6
Stir the cheesy mixture into the baking dish.

Step 7
Sprinkle with cheese.

Step 8
Cook for 20 minutes and serve.
Vegetable frittata

Serves 8  |  Prep time: 15 mins  |  Cook time: 45 mins

Ingredients:
- 2 zucchinis, grated
- 1 large carrot, grated
- 1 ½ cups chopped spinach (fresh or frozen)
- 10 eggs
- 1 cup low fat milk
- 1 ¼ cups low fat cheddar cheese
- 1 garlic

Step 1
Prepare the spinach, dice the capsicum and grate the zucchini and carrot

Step 2
In a large bowl, whisk eggs and milk

Step 3
Stir in zucchini, spinach, carrot, diced capsicum, cheese and garlic

Step 4
Pour mixture into a large oven dish lined with baking powder

Step 5
Cook in the oven for 45 minutes or until a skewer inserted into the middle of the mixture comes out clean

Alternatively, to cook faster, use a tray of muffin liners and pour mixture into cups and cook for 20-30 minutes
Toddler Snacks

Ingredients:
- Corn
- Lettuce
- Sweet Potato
- Strawberry
- Pear
- Lemon
- Apple

Toddler Snacks Good Start Recipe Book
**Cucumber rounds**

**Serves 4 | Prep time: 10 mins**

**Ingredients:**
- 1 medium cucumber
- Cottage cheese
- Corn kernels
- Carrot, grated
- Cherry tomatoes, cut in halves

**Step 1:** Cut cucumber into 1cm-thick slices.

**Step 2:** Slice cherry tomatoes in half.

**Step 3:** Grate carrots and drain corn kernels

**Step 4:** Assemble ingredients onto cucumber slices.

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**Avocado dip**

**Makes 1 ½ Cups | Prep time: 15 mins**

**Ingredients:**
- 2 large avocados, chopped
- 1 small tomato, chopped
- 2 tbsps lime juice

**Step 1:** Cut avocado in half and empty into bowl.

**Step 2:** Dice tomato

**Step 3:** Cut lime in half.

**Step 4:** Use a fork to mash the avocado until it is almost smooth. Add tomato and squeeze in lime juice. Stir to combine.

**Step 5:** Serve with chopped up vegetables such as carrot, capsicum and celery.
**Cheese dip**

Serves 4  |  Prep time: 5 mins

**Ingredients:**
- 250g cottage cheese
- 1 small cucumber
- 225g sliced beetroot (small tin)

**Step 1**
Cut up cucumber and beetroot into small cubes.

**Step 2**
Place cottage cheese into a bowl and add cucumber and beetroot.

**Step 3**
Mix ingredients together.

**Step 4**
Serve with chopped up vegetables such as celery, carrot and capsicum.

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**Fruit salad and yoghurt**

Serves 4  |  Prep time: 15 mins

**Ingredients:**
- 2 cups natural yoghurt
- 2 medium bananas
- 2 medium pears
- 2 medium apples

**Step 1**
Slice bananas and pears into bite size pieces.

**Step 2**
Slice apples into bite size pieces.

**Step 3**
Mix sliced fruit into bowl and top with ½ cup of yoghurt.
Sandwich sushi

Serves 4 | Prep time: 15 mins

Ingredients:

- 8 slices wholemeal bread
- 3 tbsps cream cheese
- 2 small cans of tuna in springwater, drained
- 1 avocado, sliced
- 1 carrot, grated

Step 1
Place bread on a flat surface and cut off the crusts.

Step 2
Flatten each slice of bread with a rolling pin or can/jar.

Step 3
Spread each slice with cream cheese.

Step 4
Place drained tuna, sliced avocado and grated carrot on each slice of flattened bread.

Step 5
Roll up bread and cut in half.

Step 6
Arrange on serving plate.
Ham and cheese muffins

Makes 12 | Prep time: 20 mins | Cooking Time: 25 mins

Ingredients:

- 1 ½ cups self-raising flour
- 1 cup grated low fat cheese
- 1 cup low fat milk
- 2 eggs
- ¾ cup cottage cheese
- ¼ cup olive oil
- ¼ cup diced ham
- 1 small can of corn kernels
- 1 cup fresh spinach leaves, chopped

**Step 1**
Whisk the eggs, and mix in milk and cottage cheese.

**Step 2**
In another bowl, combine flour and grated cheese. Pour the egg mixture into the flour mixture.

**Step 3**
Add olive oil and mix.

**Step 4**
Add ham, corn and spinach and mix well.

**Step 5**
Divide the mixture into the muffin tray.

**Step 6**
Bake for 25 mins in a preheated oven 200deg (fan forced) until muffins are golden brown.
Acknowledgements

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