

you've got this!

Let's Cook Yummy Food!

PARENT TIP: Cultivate healthy eating as part of your family's lifestyle. You can influence your child to have positive eating habits by preparing healthy meals together and sharing meals as often as you can.

ACTIVITY

Decide on a recipe together and write down the list of ingredients you need. Bring your shopping list to the supermarket and be sure to look for ingredients with the Healthier Choice Symbol (HCS).



Need some inspiration?

Check out these healthy recipes!
Scan the QR code for the full recipe.



Breakfast



Easy Egg Cups

<https://go.gov.sg/egg-cups-act2>

Vegetarian 

Lunch



Chicken Oat Balls with Macaroni Soup

<https://go.gov.sg/chicken-oat-ball-act2>

Dinner



Nasi Kuning

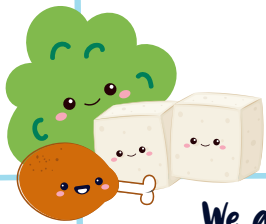
<https://go.gov.sg/nasi-kuning-act2>



Mini Speedy Pizzas

<https://go.gov.sg/mini-pizza-act2>





Our Shopping List

We are making



1

2

3

4

5

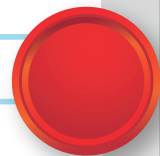
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TIPS to prepare a healthier meal!



Choose healthier products

Buy groceries with the Healthier Choice Symbol (HCS) as they are healthier as compared to other products of the same range.



Plan your meal using the My Healthy Plate guide to achieve a balanced diet

Include all the food groups in the right proportions, the Quarter, Quarter, Half way!



Use healthier cooking methods

Try healthier cooking methods such as boiling, grilling, roasting, baking, stir-frying and steaming instead of deep-frying.



Scan here to download more activity sheets!
<https://go.gov.sg/first-influencer-act2>



Scan here to submit your feedback!
<https://go.gov.sg/first-influencer-fbf-2>