



Toad Hall
Children's Nursery

Food & Nutrition News



BY KAYLEIGH,
HEAD CHEF

Welcome!

Welcome to the Summer 2025 edition of our Food and Nutrition newsletter, a roundup of the latest news from the Toad Hall kitchen.

In this edition, you'll find a range of Food and Nutrition updates, resources and information on:

- Food Safety
- Summer Food Play Ideas
- Recipe of the Month

Staying Hydrated

We have been experiencing some extremely hot weather this summer so far. Here are some tips for keeping cool!

- Infuse water with cucumber, mint or citrus fruits for extra flavour.
- Snack on water-rich fruits like melons and oranges.
- Water is still the best way to stay cool and hydrated. Keep a water bottle handy at all times.

Food Safety - Choking Hazards

Summer is the perfect time for picnics, barbeques, and tasty outdoor meals – but it's also important to keep food safety in mind, especially for little ones.

Some popular summer food likes grapes, cherry tomatoes and sausages can be choking hazards if not cut properly. Because of the round shape and size, they can block a child's airway if swallowed whole. To keep things safe, simply slice grapes and cherry tomatoes into quarters and cut sausages into thin strips instead of round pieces.

Whether you're at a garden BBQ or packing a lunch for the park, always keep an eye on young children while they eat, encouraging them to sit down and take their time chewing. A little extra care means everyone can enjoy summer meals safely and stress-free!



Summer Food Play

Make your own smoothie station

Set up a smoothie bar where children can choose ingredients such as, bananas, berries, spinach, yoghurt, milk, and honey. Learn all about food groups and portion balance while playing mixologist!



Build your own Rainbow Snack

Red – strawberries or cherry tomatoes
Orange – satsuma or carrots
Yellow – pineapple or yellow bell pepper
Green – kiwi or cucumber
Blue/ Purple – blueberries or grapes
Serve with yoghurt or houmous
Learn about: food groups and nutrients

Recipe of the Month

Jerk Chicken with Wholemeal Rice and Veggies

Ingredients

Serves 4

Chicken (red tractor) (diced) - 300 g or mixed beans - 300 kg

Cajun spice - 3 tsp

Tomato puree - 20 g

Smoked paprika - 3 tsp

Cinnamon - 1 tsp

Onions (diced) - 1 whole

Garlic- 1 clove

Ginger - 1 tsp

Soft brown sugar - 20 g

Lime Juice - 25ml

Thyme - 3 tsp

Rice - 360 g

Peas - 100 g



Method

- 1.Heat oven to 180'C. With a stick blender whizz together the onion, thyme, garlic, spices and tomato puree. Stir in the lime juice and a splash of water.
- 2.Coat the chicken in the paste and roast in the oven until golden brown and cooked through.
- 3.Bring a pot of water to the boil and cook the rice. Adding the peas for the last 10 minutes. Bring to a boil.
4. Serve the chicken with the vegetable rice