

FAMILY FLAVOURS

Recipes to cook together



DEAR FOOD LOVER,

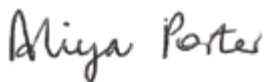
Cooking with my children is an activity I do a lot. From sitting in their highchair spreading passata for pizza, to cutting herbs with scissors, to making their own pastry – they have learnt a lot over the years! Not only do they enjoy cooking, but it is also such an important skill for them to have. I want them to grow up being able to cook for their friends and family; and enjoy making healthy food for themselves.

That's why I've worked with World Cancer Research Fund to create seven fantastic new recipes that are not only tried-and-tested family favourites, but also have tips on where and how to get children involved in the process.

As a mum of three as well as a Registered Nutritionist, life is hectic so not only do I want my food to be nutritionally balanced, but it has to work around the family too. These recipes will provide your children aged 2 upwards with healthy, balanced meals – and add to their 5 A DAY. Children under 2 years old have different nutritional needs, so these recipes may not be suitable for them.

Let's get the whole family cooking.

Best wishes,

A handwritten signature in dark ink that reads "Aliya Porter". The script is cursive and fluid, with the first name "Aliya" and the last name "Porter" clearly distinguishable.

Aliya Porter

Registered Nutritionist and mum of three

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Our nutrition information is calculated by our registered nutritionists and is based on products that contain the lowest possible amount of fat, sugar and salt. Use this information as a guide, as it may vary depending on the products you buy. If you adjust the recipes, the nutrition information will no longer be accurate.

When shopping, choose foods without added sugar and salt, and opt for low and reduced-fat, low sugar and reduced-salt versions, where possible.

LET'S GET CHILDREN IN THE KITCHEN

Teaching children how to cook is a valuable life skill, and the earlier they start, the better. Getting them involved can build healthy habits that last a lifetime.



It's normal to feel a bit uneasy about children in the kitchen, but it doesn't need to be stressful. Start with simple tasks like planning meals or tasting food. Children are often more open to trying foods they've helped make, which can lead to less fussy eating.

Tasks children can do in the kitchen

Children can get involved with tasks like washing fruit and veg, tearing herbs, mixing ingredients, cracking eggs or helping coat food in flour, egg and breadcrumbs.



With a bit of adult help, they can try peeling, chopping, using a box grater or blending. Measuring with jugs, scales or spoons is a great way to build confidence too.



Other child-friendly tasks include draining tins, using a sieve, brushing with a pastry brush, decorating dishes or setting the table. These activities help children feel involved, capable and safe in the kitchen.



Keep an eye out for the handy helper sticker throughout the cookbook – it shows where children can safely join in and help with the recipe.



Discover more child-friendly recipes and cooking skills in Eat Move Learn – a healthy living hub for children aged 7-11: wcrf.org/eat-move-learn



HEALTHY EATING AS A FAMILY

Children learn a lot by watching adults, so one of the best ways to encourage healthy eating is to lead by example. Sharing meals together is a great way to show what a balanced diet looks like.

Portion sizes for children

Young children need smaller portions than adults – just right for their smaller tummies. A useful tip is to use their hand as a guide: a portion of protein (like chicken or fish) should be about the size of their palm, and starchy food (like a baked potato) about the size of their fist. Start with small portions and offer more if needed.

5 A DAY portions

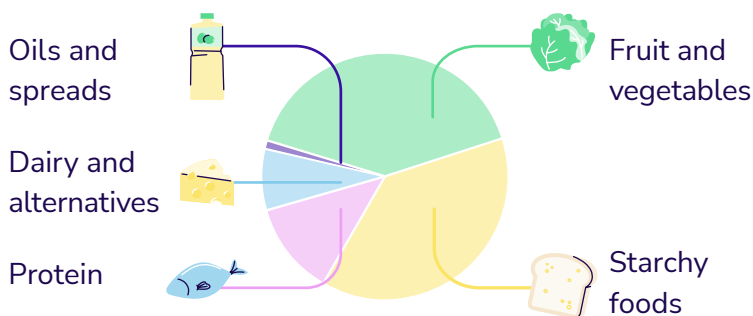
Every recipe in this cookbook includes at least one portion of fruit or veg – even desserts. A child's portion is roughly what fits in their palm – a handful of berries, a medium fruit or a couple of spoonfuls of veg or pulses. Aim for a rainbow of colours to get a mix of nutrients.



Download our 5 A DAY guide for children at:
wcrf.org/5ADAY-children



Just like adults, children need a balance of different foods to stay healthy. This means eating a variety from each food group in the right amounts. It is also important not to eat too much 'fast food' and other processed food high in fat, salt or sugar.



Dairy and alternatives

(milk, cheese and yoghurt).

Children over 1 years old can have full-fat or semi-skimmed milk. After 5, they can follow a healthy diet with low-fat dairy. Dairy-free alternatives like soya, oat and nut milks can be used, but ensure they are unsweetened and fortified with calcium, iodine, vitamin D and vitamin B12.

Oils and spreads

(in small amounts).

Fruit and vegetables

(fresh, frozen, tinned and dried).

Starchy foods

(bread, pasta, rice, potatoes, cereals). For children over age 5, wholegrain and higher fibre options are better. For children between 2 and 5 years old, wholegrain options can be used but not at every meal.

Protein

(pulses, nuts, tofu, eggs, fish, chicken and meat).

BEEF AND LENTIL BURRITOS

INGREDIENTS (serves 4):

1 tbsp vegetable oil
1 large onion, chopped
2 tbsp ground cumin
3 tbsp paprika
4 cloves garlic, finely diced
250g 5% fat beef mince
1 red pepper, chopped
80g dried red lentils
1 large red chilli, finely chopped
80g white rice
400g can chopped tomatoes
400g can kidney beans, drained and rinsed
2 tbsp lime juice
1 tbsp oregano
100–200ml water
1 medium avocado
1 tbsp lime juice
1 tsp ground cumin
1 medium tomato, diced
4 wholemeal wraps
100g iceberg lettuce, shredded
1 red onion, thinly sliced

METHOD

1. Heat the oil in a large non-stick pan over medium heat.
2. Add the onions and cook for about 6 minutes until soft and starting to brown. Stir in the spices and garlic and cook for 2 more minutes.
3. Add the mince and cook until browned, then stir in the red pepper and cook for 1 minute.
4. Mix in the lentils, chilli and rice and cook for 3 minutes, stirring regularly.
5. Add the chopped tomatoes, beans, lime juice, oregano and 100ml water. Bring to the boil, then reduce to a simmer. Cover and cook for 20–25 minutes, stirring occasionally to prevent sticking. Add up to 100ml more water if needed.
6. Meanwhile, make the guacamole: mash the avocado, then mix in lime juice, cumin and diced tomato.
7. Warm the wraps in the microwave for 1 minute, just before serving.
8. Place a piece of foil on each plate, then a wrap on top. Spoon a quarter of the mixture into the centre, top with lettuce, red onion and guacamole. Fold in the sides, roll from the bottom and use the foil to help roll and secure one end.

5 A DAY
4

Fibre
21.5g

Protein
41.2g

Calories
571

Fat
18.2g

Sugar
14.6g

Salt
0.9g

Nutrition information (per serving)



Children can help weigh out the ingredients, juice the lime, mash the avocado, empty tins, rinse the beans and cut the peppers with a child-safe knife.

VEGETABLE NOODLE STIR FRY

INGREDIENTS (serves 4):

2 tbsp light soy sauce

2 tbsp lime juice

1 tbsp sesame oil

Black pepper (to taste)

½ tsp chilli flakes or

1 small red chilli, finely
chopped

3 tsp vegetable oil

8 medium eggs, beaten

2 tbsp curry powder

1 medium onion, sliced

4 cloves garlic, finely
diced

40g ginger, grated

1 red pepper, sliced

½ sweetheart cabbage,
sliced

A bunch of spring onions,
roughly chopped

300g beansprouts

3 x 62g nests of dried
wholemeal rice noodles,
prepared according
to pack instructions
and cooled – or 300g
precooked rice noodles

METHOD

1. Make the sauce by mixing soy sauce, lime juice, sesame oil, black pepper and chilli flakes in a bowl. If using fresh chilli, add it later with the beansprouts.
2. Heat 1 tsp oil in a wok or deep frying pan over medium heat.
3. Add the beaten eggs. Once it starts to set, break it up and cook until fully solid (about 2–3 minutes). Remove and set aside.
4. Heat the remaining oil, add curry powder and cook for 1 minute. Add onion, garlic and ginger and cook for 2 minutes.
5. Add red pepper and cook for 1 minute, stirring regularly. Add cabbage and cook for another 2 minutes.
6. Add spring onions, beansprouts and cooked egg. Stir and cook for 1 minute.
7. Add noodles and sauce. Mix well and heat through.

5 A DAY
2

Fibre
7.5g

Protein
25.9g

Calories
511

Fat
22.8g

Sugar
9.7g

Salt
1.08g

Nutrition information (per serving)



Children can help to choose which rainbow vegetables to use, weigh out the ingredients, break and beat the eggs, juice the lime, make the sauce, rinse the noodles in cold water (if using dried noodles) and cut the peppers with a child-safe knife.

CHEESY VEGETABLE PASTA BAKE

INGREDIENTS (serves 4):

200g carrot, peeled and diced

400g wholemeal fusilli

25g plain flour

300ml semi-skimmed milk

1 tsp Dijon mustard

90g reduced-fat cheddar cheese, grated

25g parmesan cheese, finely grated

250g sweetcorn (tinned and drained, or frozen)

200g frozen peas

Black pepper (to taste)

30g wholemeal breadcrumbs

2 medium tomatoes, thinly sliced

METHOD

1. Boil the carrots until soft. Drain, reserving 1 tablespoon of the water. Mash the carrots with the water and set aside.
2. Cook the pasta according to the packet instructions.
3. Meanwhile, mix the flour with 2 tbsp of milk until smooth. Gradually add the rest of the milk, stirring to remove lumps.
4. Pour the milk mixture into a pan and heat gently, whisking constantly.
5. When the sauce thickens, stir in the mustard, most of the cheddar, parmesan, vegetables, black pepper and 2 tbsp of pasta water. Mix until hot and combined.
6. Drain the pasta and stir in the sauce.
7. Transfer to an ovenproof dish, top with breadcrumbs, tomatoes and remaining cheddar. Grill under a medium heat for 5 minutes. Serve immediately.

5 A DAY
2

Fibre
14.9g

Protein
29.2g

Calories
621

Fat
12.6g

Sugar
17.6g

Salt
0.8g

Nutrition information (per serving)



Children can help with mashing the carrot, grating the cheese using a box grater with supervision, measuring out ingredients, mixing the flour and milk, and whisking the sauce.

PAPRIKA CHICKEN DRUMSTICKS WITH WEDGES AND CORN

INGREDIENTS (serves 4):

For the drumsticks:

2 tsp smoked paprika

2 tsp oregano

4 tsp lemon juice

3 tsb vegetable oil

4 cloves garlic, finely
diced

2 tsp ground cumin

½ teaspoon chilli powder

800g chicken drumsticks

For the wedges:

800g potatoes, washed
and cut into wedges
(leave the skins on)

1 tbsp vegetable oil

2 tsp smoked paprika

For the corn:

4 corn on the cob, washed

Black pepper (to taste)

METHOD

1. In a large bowl, mix the paprika, oregano, lemon juice, oil, garlic, cumin and chilli powder to make the chicken marinade.
2. Remove the drumstick skins by pulling them down from the top and cutting them off at the narrow end with scissors.
3. Add the chicken to the marinade and mix with your hands. Wash hands thoroughly, cover the bowl and chill for at least 1 hour (up to 24).
4. Preheat the oven to 200°C/180°C fan.
5. For the wedges, put the cut potatoes in a bowl, add the oil and coat them with your hands.
6. Spread the potatoes on a non-stick baking tray, sprinkle with smoked paprika and set aside.
7. Wrap each corn cob in foil with a pinch of black pepper, sealing the ends to make parcels.
8. Once marinated, place the drumsticks on a baking tray lined with baking paper, leaving space for the corn parcels.
9. Put the chicken and potatoes in the oven. After 10 minutes, add the corn parcels. Cook for another 30 minutes until the wedges are tender and golden and the chicken is cooked through.

5 A DAY
1

Fibre
13.9g

Protein
64g

Calories
611

Fat
16.8g

Sugar
6.3g

Salt
0.9g

Nutrition information (per serving)



Children can help weigh out ingredients, mix the marinade and cover the chicken in it, wrap the sweetcorn in foil, and sprinkle the paprika on the wedges.

EASY GREEN PASTA SAUCE

INGREDIENTS (serves 4):

- 400g wholemeal fusilli
- 85g unsalted cashew nuts
- 160g broccoli cut into 2cm pieces – stalk and florets
- 200g courgette cut into 4cm pieces
- 120g frozen peas (defrosted)
- 40g baby leaf spinach
- 4 cloves garlic, peeled
- 40g parmesan cheese, finely grated (or other hard cheese)
- Black pepper (to taste)
- 2 tbsp vegetable oil
- 4 tbsp lemon juice

METHOD

1. Cook the pasta according to the packet instructions.
2. Blend the cashews, vegetables, garlic, parmesan and black pepper for 30 seconds. Scrape down the sides, then blend again. Add the oil and lemon juice and blend to a pesto-like paste.
3. Drain the pasta, reserving 6 tbsp of the water. Return the pasta to the pot and add the sauce.
4. Stir in the reserved water and heat gently for a couple of minutes, stirring until warmed through. Serve immediately.

5 A DAY 1	Fibre 12.3g	Protein 24.4g	Calories 610	Fat 22g	Sugar 6.5g	Salt 0.2g
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Nutrition information (per serving)



Children can help with measuring out ingredients, putting all the ingredients into the food processor (with supervision), and mixing the sauce in with the pasta (with supervision).

VEGGIE BURGER WITH SLAW

INGREDIENTS (serves 4):

For the burgers:

400g butternut squash,
peeled, and diced into
2cm x 2cm cubes

60g quinoa

100g chestnut
mushrooms, finely
chopped

60g ground almonds

40g sundried tomatoes,
finely chopped

1 tsp garlic granules

1 large egg, beaten

Black pepper (to taste)

For the coleslaw:

160g white cabbage,
finely sliced

130g carrots, peeled and
grated

30g red onion finely sliced

4 tbsp low fat plain
yoghurt

1 tsp white wine vinegar

Black pepper (to taste)

To serve:

4 wholemeal buns

Handful of baby leaf
spinach

METHOD

1. Boil the butternut squash for 20 minutes until soft. Drain, mash and set aside.
2. Meanwhile, cook the quinoa with 180ml water. Cover, bring to the boil, then simmer for 20 minutes. Turn off the heat, leave for 10 minutes, then fluff with a fork and set aside.
3. In a bowl, mix all burger ingredients including the squash and quinoa. Divide into 4 portions and shape into patties.
4. Chill the burgers in the fridge for 30 minutes or longer to firm up.
5. Preheat the oven to 200°C/180°C fan.
6. Dust a non-stick tray with flour and place the burgers on it. Dust the tops with flour. If not using a non-stick tray, line with baking paper and dust that instead. Bake for 20 minutes.
7. Meanwhile, mix all coleslaw ingredients in a bowl.
8. Once the burgers are ready, serve in a bun with the coleslaw.

5 A DAY
2

Fibre
8.6g

Protein
15.1g

Calories
419

Fat
18.3g

Sugar
11.3g

Salt
0.96g

Nutrition information (per serving)



Children can help with measuring out ingredients, cutting the sundried tomatoes with scissors (with supervision), cutting the mushrooms (with supervision), breaking and beating the eggs, mashing the butternut squash and making the burger patties.

PEACH, PEAR AND PARSNIP UPSIDE DOWN CAKE

INGREDIENTS (serves 4):

225g (drained weight)
peach slices canned
in juice

200g (drained weight)
pears canned in juice

225g parsnips, grated

85g sultanas

225g self-raising flour

2 tsp baking powder

¼ tsp bicarbonate
of soda

2 tsp mixed spice

100ml vegetable oil

3 large eggs, beaten

1 tsp vanilla extract

METHOD

1. Preheat the oven to 200°C/180°C fan.
2. Grease and line a 20cm round cake tin.
3. Drain the canned peaches and arrange them in a windmill or circle pattern in the tin, spaced but evenly distributed.
4. Drain the canned pears and mash the pears in a bowl with a fork.
5. Mix the mashed pear with all remaining ingredients using a wooden spoon until combined.
6. Spoon the mixture over the peaches to cover evenly. Bake for 35 minutes until golden.
7. Before removing from the oven, line a baking tray with baking paper.
8. Take the cake out of the oven and immediately turn it onto a lined baking tray so the peaches are on top. Remove the paper from the cake and return to the oven for 15 minutes until the top is cooked through.
9. Cool on a wire rack before serving.

5 A DAY
1

Fibre
3.5g

Protein
6.9g

Calories
323

Fat
15.6g

Sugar
13.3g

Salt
0.7g

Nutrition information (per serving)



Children can help with measuring out ingredients, grating the parsnip (with supervision), opening tins and draining off the juice, mashing the pear, greasing and lining the cake tin, placing the peaches in the cake tin, breaking and beating the eggs, mixing the cake mixture and putting the cake mixture into the tin.

CANCER PREVENTION RECOMMENDATIONS



Be a healthy weight



Be physically active



Eat a diet rich in wholegrains, vegetables, fruit and beans



Limit consumption of 'fast foods' and other processed foods high in fat, starches or sugars



Limit consumption of red and processed meat



Limit consumption of sugar-sweetened drinks



Limit alcohol consumption



Do not use supplements for cancer prevention



For mothers: breastfeed your baby, if you can



After a cancer diagnosis: follow our Recommendations, if you can

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

To read our full Recommendations visit: wcrf.org/10ways

ABOUT WORLD CANCER RESEARCH FUND

World Cancer Research Fund examines how diet, weight and physical activity affect your risk of developing and surviving cancer. As part of an international network of charities, we have been funding life-saving research, influencing global public health policy and educating the public since 1982.

While society continues searching for a cure, our prevention and survival work is helping people live longer, happier and healthier lives – free from the devastating effects of cancer.

How can you help?

Will you help us build a world where fewer people every day get preventable cancers? Our work is funded solely by charitable donations. Your support will help us continue providing easy-to-access health information to help people reduce their risk of cancer and live well with cancer.

wcrf.org/donate



For any enquiries or to request the information in large print, please contact us:

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