

New products,
healthy tips
and easy
recipes

BY ROBIN STEVENSON

MY FIRST SWEET AND SOUR PORK

◆ RECIPE

For 18–36 months

Makes 2 portions

2 tbsp	ketchup
1½ tsp	soy sauce
2 tbsp	pineapple juice (from the can)
1 tsp	cornstarch
1 tbsp	sunflower oil
½ cup	ground pork (or chicken)
2	scallions, thinly sliced
¼	red bell pepper, diced
1	canned pineapple ring, diced
2 tbsp	canned corn, drained

1 Mix together the ketchup, soy sauce, pineapple juice, cornstarch, and 4 tbsp water in a small bowl. Set this sauce mixture aside.

2 Heat the sunflower oil in a wok and stir-fry the pork or chicken for 3 minutes, breaking it up well as you cook. **3** Add the scallions and red pepper and cook until the vegetables are soft and the pork is browned, about 3 minutes longer. Add the pineapple, corn and sauce mixture and cook until the sauce is bubbling and thickened, 1–2 minutes. Serve with rice.

NUTRIENTS PER SERVING (1 toddler portion): 174 calories, 11 g fat, 13 mg calcium, 480 mg sodium, 12 g carbohydrates, 1 g fibre, 7 g protein. Excellent source of vitamin C.



family
tested

GOOD ENOUGH TO EAT ◆ ADVICE

We asked best-selling British cookbook author, children's nutrition expert and mom of three Annabel Karmel to answer your biggest picky-eater questions

WHICH SHOULD I SERVE FIRST TO MY BABY, SWEET OR SAVOURY? "I like to start with root vegetables, and I quickly move on to fruits and go back to the vegetables. What I don't do is give cereals for weeks on end. I think the more variety they get when they're young, the better, because they are quite good in the first year eating and beyond one year they can become quite difficult."

FOOD BATTLES WITH FUSSY EATERS: "Focus on the positive, so if they do take a tiny, tiny amount of something, you praise them and

you try to ignore the negative behaviour (tears, whining). So you try to pretend you don't care even though you do care. If you have to put yourself in a room and scream later, do it out of sight of the child so they know that their bad behaviour isn't giving them any attention. Once you do that they quickly stop making a fuss. It's quite hard to do because you are emotionally attached to your child, but it is the best thing to do. Keep on giving them things you think they will eat. If they don't eat it, you just take it away and say, 'You're obviously not hungry.' You don't go

