

معاً نعود
TOGETHER WE RETURN

هيئة الشارقة للتعليم الخاص
SHARJAH PRIVATE EDUCATION AUTHORITY



Health Promotion
النشأة الصحية

إدارة التثقيف الصحي - Health Promotion Dept.
المجلس الأعلى لشؤون الأسرة بالشارقة SCFA - Shj



Recipes for Healthy School Meals

English



The Health Promotion Department of the Supreme Council for Family Affairs has launched a series of awareness and educating publications in light of Covid 19 targetting students, parents, administrative and teaching staff which included tips and measurements to prevent the spread of Covid 19 virus

التثقيف الصحي
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المجلس الأعلى لشؤون الأسرة
Supreme Council For Family Affairs

Recipes for Healthy School Meals

prepared and produced by

Health Promotion Department

in Supreme Council for Family Affairs in Sharjah

In cooperation with Sharjah Private Education Authority

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Energy balls



| Ingredients: | Preparation: |
|------------------------------|--|
| Dates Coconut Mix nuts | Take out the date seed mix the dates with coconuts and nuts after mixing them well, form them into balls |

Cheese and honey sandwich



| Ingredients: | Preparation: |
|--|--|
| whole wheat sliced bread Low fat cheese slice Sliced cucumber Honey | Add cheese to the toast, and then add honey Add cucumber slices It can be heated or left as it is |

Labneh and vegetables sandwich



| Ingredients: | Preparation: |
|---|--|
| whole wheat sliced bread Labneh Tomatoes Lettuce Black pepper Green onion leaves | Add labneh to the bread slices Chop tomatoes, lettuce leaves and green onion leaves Add vegetables to the bread Add a pinch of black pepper |

Avocado cheese sandwiches



| Ingredients: | Preparation: |
|--|--|
| <p>2 slices of bread</p> <p>Large hanging basil, chopped</p> <p>1 avocado, sliced</p> <p>1 tomato, sliced,</p> <p>1 tablespoon of olive oil</p> <p>1 tablespoon lemon juice</p> <p>1/8 Kilo goat cheese</p> <p>1/2 small spoon of black pepper</p> | <p>Cheese spread over bread slices</p> <p>Basil is spread over the cheese</p> <p>Then add the avocado slices</p> <p>Add tomato slices.</p> <p>Add lemon juice and black pepper</p> |

Fruit sticks



| Ingredients: | Preparation: |
|---|--|
| Half an apple 2 strawberries Half a mango Grapes | Chop the fruits Place them on a stick |

Thyme sandwiches

(Zaatar)



| Ingredients: | Preparation: |
|---|---|
| 1 teaspoon of olive oil 2 teaspoons of thyme 2 slices of bread Sliced cucumber | Toast the sliced bread Brush the bread with olive oil. Add the thyme, then add the cucumber |

Carrots and cucumber chopped

with dipping sauce



| Ingredients: | Preparation: |
|--------------|---------------------------------------|
| Carrots | Cut the Carrots and cucumbers |
| Cucumber | Place the hummus in a small container |
| Hummus | for dipping |

Peanut butter and banana slices



| Ingredients: | Preparation: |
|---|--|
| Whole wheat sliced bread Peanut Butter 1 banana | Toast the bread Spread Peanut butter on toast Cut the bananas in circles place the banana slices on the toast |

Pancake with cinnamon and oats



| Ingredients: | Preparation: |
|--|--|
| <p>banana 2 eggs 1 tablespoon of cinnamon 2 tablespoons of oats 1 teaspoon of butter 1 teaspoon of vanilla</p> | <p>Mash the banana in a plate and add 2 eggs, 1 tablespoon of cinnamon and the vanilla. Add the oats and stir until combined well. Heat the butter on low heat then use it to grease a baking tray. Place the mixture on the tray. Place in the oven for 3 minutes and then serve.</p> |

Oat and coconut biscuits

Ingredients:

100 grams of butter at room temperature

1 egg

50 grams of ripe banana, mashed

1 teaspoon of vanilla

100g brown sugar

½ 1 teaspoon grated orange peel

100 grams of whole wheat flour

¼ 1 teaspoon salt

1 teaspoon baking powder

100 grams of oats

25g dried coconut

50 grams of chopped walnuts

75g raisins or chocolate chips



preparation in next page

Oat and coconut biscuits



Preparation:

Preheat the oven to 180 ◊ C

Mix the butter and sugar together, until they form a smooth and fluffy mixture

Add banana, vanilla and eggs gradually, and beat well

Add orange peels and mix with a wooden spoon until the mixture is combined well

In a large bowl, combine flour, salt, baking powder, oats, coconut, walnuts and raisins or chocolate chips

Stir the dry ingredients into the wet mixture and mix well until you have a thick dough. Line the baking tray with parchment paper

Scoop a spoonful of dough, place it on the tray and press it down gently. Leave a space of 5 cm between the pieces.

Bake the biscuit for 15 to 20 minutes, until the face is slightly brown. Leaves to cool and then serve



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