

Recipe Development of snack recipes for children
- Snacks of the Season (Årstidernas mellis)

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Background

The starting point of the recipes of "Snacks of the Season" has been that they should inspire to eat more fruits and vegetables in snacks with ingredients in season, and that they should be in line with the Nordic Nutrition Recommendations, such as replacing white flour with whole wheat flour.

Methods

All recipes were tested by about 200 children in a project called the Children's best table where children aged 6-12 years worked with food as a theme to increase knowledge and interest in food, environment and health. The recipes are step-by-step, meaning that there is only one step, or action, per step. Each recipe also has an advice that shows how the recipe can be changed next time. Moreover, all the recipes have facts about health, the environment and culture for those who want to know a little bit more.

Results

The result shows that the recipes have been inspiring and easy to follow. The children have dared to try fruits and vegetables in new ways, such as pears and swedes in muffins. When reading the recipes some children stated that there were ingredients that they did not like, such as mushrooms. However, when they had prepared the snacks they ate all of it, even that which they had claimed not to like.

Conclusion

We can inspire children to eat more fruit and vegetables if they are allowed to make their snacks themselves.