

# Super “tips” on Super foods for Super kids.



## The value of Oily Fish

*Mr Willow says:*

“Recent research now shows the overwhelming evidence that a child's diet in the early years influences behaviour, growth and development and educational attainment! Oily fish provides some of the essential micronutrients so important for the development of young child's brain and nervous system”.

*Top Food Tip:* “Why not try making some tasty fish cakes with some “oily” fish such as tuna, salmon, mackerel or sardines. If you use fresh fish take great care to remove all the bones. For younger children we suggest using tinned fish since the bones are very soft and do not present a problem”.



minutes until brown and crispy. Serve with a tasty small leafed salad or fresh vegetables. (Recipes are available [www.willow-cottage.com](http://www.willow-cottage.com))

*Tasty fish cakes:* Finely chop an onion, a clove of garlic and one or two peppers. Cook gently in a pan with 2 tablespoons (or glugs) of olive oil. Drain a tin of sardines (or other oily fish) remove any bones and add the flesh, to the onion mix add some mashed/roughly chopped potato, and a finely chopped tomato. Season and mix well. Spoon out “apple” sized portions, flatten to about 1 cm thick and roll/pat on some plain flour, dip in a beaten egg and then roll in breadcrumbs. Fry lightly in some olive or sunflower oil for about 3-4 minutes each side, or place on a Teflon liner on a baking tray and place in a hot oven 180°C for approximately 30 - 40

