



# FOOD FUN FOR THE CHRISTMAS HOLIDAYS

Christmas is a time for BBQs, beach days, and bonding with loved ones, but how can you keep your kids' nutrition going in a fun way during the holiday season? Here are some ideas to whip up for your kids to have some festive foodie fun!

# FOOD FUN FOR THE CHRISTMAS HOLIDAYS



## 1. VEGEMITE CHRISTMAS TREES

---

Kickstart your Christmas festivities with a dose of Australian tradition. Using a Christmas cookie cutter, cut tree shapes out of whole-grain bread before toasting it. When toasted, decorate with Vegemite and yellow and red cherry tomatoes as 'ornaments'.



## 2. SURF'S UP SANTA SNACK

---

Aussie summers call for beach days, so make Santa's snack a refreshing one. Encourage your kids to leave out a plate of sliced mango, watermelon, and a tall glass of cold water for Old Saint Nick. It's a hydrating treat for the man in the big red suit.



## 3. AUSSIE PAVLOVA DELIGHT

---

Pavlova, with its fluffy meringue and fresh fruit toppings, is an Aussie Christmas favourite. Get your kids involved with DIY toppings for individual mini pavlovas using low-fat Greek yogurt and a mix of berries and passionfruit. It's a delightful and healthier spin on a classic.



## 4. HEALTHY BBQ CELEBRATIONS

---

Christmas in Australia often means a barbecue in the backyard. Serve up lean meats like kangaroo or chicken, and load up the barbie with a variety of colourful veggies. Encourage your kids to get involved in the grilling process and teach them about balanced meals.

# FOOD FUN FOR THE CHRISTMAS HOLIDAYS



## 5. BEACH CRICKET BONANZA

---

After the feast, head to the beach for a game of beach cricket. It's a fantastic way to keep some fun physical activity into the routine as a family. Plus, it's quintessentially Aussie!



## 6. CREATE A FRUIT 'RIPPER' PARFAIT

---

Gather a mix of tropical fruits like mango, pineapple, and passionfruit. Have your kids layer these fruits with low-fat yogurt and a sprinkle of granola to create a fruity and refreshing Christmas dessert.



## 7. PICNIC IN THE PARK

---

Take your Christmas celebration to the local park for a picnic. Prepare a basket filled with a mix of healthy snacks like veggie sticks, fruit skewers, and sandwiches with whole-grain bread. Enjoy your meal outdoors while enjoying some sunshine and activity.



## 8. AUSSIE-FLAVOURED MOCKTAILS

---

Make festive mocktails for the kids using fresh fruit juices like orange, pineapple, and passionfruit. Add some sparkling water, a twist of lime, and a cute umbrella. It's a non-alcoholic, delicious way to celebrate.

# FOOD FUN FOR THE CHRISTMAS HOLIDAYS



## 9. HEALTHY SWEET TREE DECORATIONS

---

Instead of the usual candy canes and chocolates on the Christmas tree, have your kids create decorations using dried fruits, nuts, and whole-grain cereal. It's a fun craft activity and a healthy alternative to traditional sweets.



## 10. WATER FUN WITH SANTA

---

In the scorching Aussie heat, staying hydrated is key. Encourage your kids to set up a special spot with cold water, and maybe some fresh fruit-infused water, for Santa to enjoy. Teach them about the importance of staying cool and hydrated during hot Aussie summers.

Encourage your kids to enjoy the traditions of an Aussie Christmas while learning about the importance of a balanced lifestyle.

Wishing you and your family a healthy and merry Aussie Christmas!



HAPPY HOLIDAYS!  
FROM THE TEAM AT ZOE

