

Holiday programs often feature theme days, which can be a great opportunity to provide healthy food choices and encourage children to try new foods. Here are some ideas for healthy food options on popular theme days.

Christmas

- Fruity Christmas Tree – [see recipe](#)
- No bake mini christmas puddings – [see recipe](#)
- Fruity trifle cups
- Santa Hat Brownies – [see recipe](#)



Australia Day

- Bushman rolls - savoury mince on a long roll – [see recipe](#)
- Cheese and herb damper

Superhero

- The Hulk – Green Smoothie with berries, banana and spinach
- A salad/fruit bar with different foods labelled with their ‘superpowers’. For example carrot – ‘Night Vision’, spinach – ‘Super Strength’

Under the Sea

- Star fish shaped sandwiches using a cookie cutter
- Nori seaweed used to make sushi - try tuna, cucumber and avocado
- Soft fish tacos – [see recipe](#)

Sport and Fitness

- Muesli energy balls – [see recipe](#)
- Super berry smoothie – [see recipe](#)



Italian

- Bolgnese or Homemade Pesto pasta
- Pazanella – Italian bread salad
- Homemade pizza – try bocconini and marinated vegetables like artichokes and capsium

French

- French style baguettes/rolls with lean meat and salad
- Vegetarian quiche and salad

Mexican

- Guacamole with vegie stick dippers
- Beef and bean burritos
- Chicken Fajitas – [see recipe](#)



Vietnamese

- Rice paper rolls – a great hands recipe for children to build their own
- Vermecilli rice noodle salad
- Bánh mì – Vietnamese sandwich