

Morning and afternoon tea ideas

Try to prepare easy snack ideas that include a variety of foods from the five food groups:

- grain (cereal) foods
- fruit
- vegetables
- dairy (milk, yoghurt, cheese and alternatives)
- lean meat and meat alternatives.

Snack ideas	Grain (cereal) foods	Fruit	Dairy	Vegetables	Meat or meat alternatives
Fresh or stewed fruit or fruit salad and yoghurt or custard		✓	✓		
Fruit smoothie - milk, fruit and yoghurt blended together		✓	✓		
Baked mini vegetable frittata and fruit		✓	✓	✓	✓
Raisin bread spread with cream cheese and a hot Milo®	✓		✓		
Homemade vegetable muffins and cheese	✓		✓	✓	
Homemade savoury scones and fruit	✓	✓	✓		
Pikelets topped with strawberries, bananas or stewed apple and yoghurt	✓	✓	✓		
Homemade fruit muffin and a smoothie	✓	✓	✓		
Banana bread or loaf and milkshakes	✓	✓	✓		
Creamed rice and tinned fruit	✓	✓	✓		

Snack ideas	Grain (cereal) foods	Fruit	Dairy	Vegetables	Meat or meat alternatives
Grilled cheese on toast and fruit	✓	✓	✓		
Crackers, cheese, tomato and cucumber slices	✓		✓	✓	
Dips, cheese, boiled eggs and pita bread platter Examples of dips: avocado (avocado mashed with plain yoghurt), hommus, beetroot (blitz beetroot with plain yoghurt)	✓		✓	✓	✓
Sandwiches: curried egg and lettuce	✓			✓	✓
peanut butter	✓		✓	✓	✓
cucumber, carrot and cheese	✓				