

Catchy Names for Healthy Foods

Naming foods, drinks and meal deals with catchy titles is a great way to get kids excited about the healthy choices. They could be general, fun titles, or they may reflect popular themes, such as movies, TV shows, celebrities, sports, special events or calendar dates. Below are some ideas to help get you started.

Snacks

- ✓ Crazy Carrot Sticks.
- ✓ Eskimo Cups = frozen fruit salad.
- ✓ Traffic Lights (cubes of watermelon, pineapple, kiwi or cantaloupe on icy pole sticks).
- ✓ Orange Octopus or Orange Slinky = peeled orange with skin wrapped back around it like tentacles.
- ✓ Bananas in Pyjamas = bananas wrapped in a piece of wholemeal bread with a drizzle of honey.

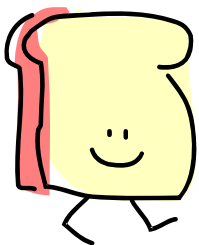


Smoothies

- ✓ Fruit Flurries
- ✓ Tooty Fruity Smoothie
- ✓ Tropical Sunrise Treat
- ✓ Strawberry Surprise Smoothie
- ✓ Super Strong Strawberry Smoothie
- ✓ Barney Banana Smoothie
- ✓ Milky Madness

Sandwiches

- ✓ Toasties
- ✓ Jaffle Jumbles
- ✓ Ravishing Rolls
- ✓ Lovely Lavashes
- ✓ Tiger Sandwiches
- ✓ Pita Pocket Rockets
- ✓ Pirate Pita Bread
- ✓ Rainbow sandwich = 3 bread slices layered with different fillings
- ✓ It's a wrap = salad wraps



Salads

- ✓ Mean Bean Salad
- ✓ Momma Mia Pasta Salad
- ✓ Wiggles Multicoloured Fruit Salad
- ✓ Crazy Coleslaw
- ✓ Wandering Waldorf Salad (diced green apple, celery, sultanas, low fat tasty cheese, walnuts in low fat mayonnaise dressing).





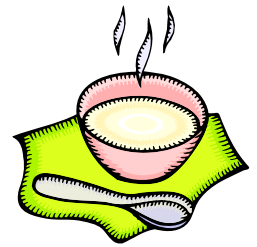
Hot Foods

- ✓ Stuffed Spuds
- ✓ The Superman Spud
- ✓ Mean Bean Soup
- ✓ Very Vegetable Pie
- ✓ Pumped Up Pumpkin Soup
- ✓ Popeye Soup = spinach and bacon soup
- ✓ Hercules Hawaiian Pizza
- ✓ Golden Gobbly = corn on the cob
- ✓ Hot Tubs = containers of hot foods
- ✓ Fishy Fingers served on a bed of seaweed (shredded lettuce).

Personalise your recipes

Ask school teachers or classes to submit healthy recipes named after the chef to include on the canteen menu. Students will want to try recipes if they know the chef!

- ✓ Mrs Smeeton's Vegetable Bake
- ✓ Year 3's Scrumptious Scones.



Movies, TV Shows & Celebrities

- ✓ Harry Potter's Magical Soup
- ✓ Buzz Lightyear Burger
- ✓ Tarzan's Terrifying Tacos
- ✓ Chicken Little Burger = chicken burger
- ✓ King Neptune Wrap = fish fingers + lettuce + low fat tartare + wrap
- ✓ Finding Nemo Salad = tuna salad
- ✓ Homer's Healthy Hamburger
- ✓ Shark Attack Sushi



Sports

- ✓ Olympic/Commonwealth Games themed menu (serve green and yellow foods) e.g. Green & Gold Specials may include spinach veggie lasagne, English muffin pizzas + tomato paste + green capsicum + low fat cheese, green apples, grapes.
- ✓ Thorpedo Roll (after swimmer Ian Thorpe) = chicken + lettuce + avocado roll.
- ✓ Finals Fever (name menu item after the winning AFL team).
- ✓ Buckley's Beef Burger (after AFL player Nathan Buckley).
- ✓ High Jump Ham sandwiches.
- ✓ Shot Put Salads.

Related fact sheets on the Go for your life website include:

- Resources
- Fun Descriptive Words
- Healthy Theme Day Ideas
- Calendar of events
- Canteen Survey Slips.

