



Together on food

Food Day 16th September 2020



Forældrenes Landsorganisation



B U P L



Miljø- og
Fødevarerministeriet
Fødevarestyrelsen



Komiteen for
Sundhedsoplysning

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FOA

Together on food

Food Day 16th September 2020

Today, your child celebrated Food Day 2020, along with thousands of other children in Denmark's daycare institutions.

Together with food professionals, catering staff and educators, today the children have been playing with – and preparing – the beautiful beetroot.

For lunch we had

- Beetroot burger patties
- Beetroot bread
- Beetroot cream

We celebrate Food Day 2020, because shared mealtimes have a meaningful impact on your child's well-being and curiosity about different food experiences.

If you would like to know more about what we made for Food Day, then drop by the kitchen.

Best wishes

The food professionals / catering staff at your child's daycare institution



Beetroot
colours

– Your child might
experience red
pee today.



Try the food from Food Day 2020

Beetroot burger patties

4 people

100 g cooked grain
 70 g hard cheese, e.g. Vesterhavstost,
 finely grated
 270 g beetroot, grated
 1 egg
 90 g bread crumbs
 35 g rolled oats
 70 g onion, chopped
 3 g garlic, chopped
 1 tsp. fresh/dried thyme, finely
 chopped
 0.5 tsp. coarse salt
 Pepper, freshly ground
 Rapeseed oil for frying

- Combine and stir the ingredients
- Shape into 40 g patties
- Pan-fry in oil until the surface is crisp and the patty is cooked through

Tip: Grains could be e.g. barley kernels, oats, wheat kernels or pearl barley.

Tip: If you are short on time, you can replace the cooked grains with rolled oats.

Tip: It is possible to replace the cheese with 70 g of finely chopped, roasted mushrooms, that have been briefly soaked in a little concentrated vegetable stock.

Tip: Bake the beetroot patties in the oven. Place the patties on an oiled baking sheet. Brush with a little oil on the surface of the patty – turn over after 10 min. and continue cooking for approx. 10 min.

Tip: Tip: Keep the patties warm in the oven until ready to serve.

Let children join in, they can

- Grate the beetroot
- Shape the patties



Beetroot cream

4 people

100 g beetroot, peeled, diced
50 g apple, in wedges
25 g sunflower seeds
3 g garlic, pressed
120 g tinned chickpeas
0.7 dl A38 neutral 1.5%
1.5 g salt
0.5 g pepper
0.3 dl lemon juice

- Bake beetroot and apple in the oven at 180°C for 25 min. until tender
- Roast sunflower seeds in the oven at 180°C until they are lightly golden
- Blend beetroot, apple, sunflower seeds, garlic, chickpeas and A38 to a creamy consistency.
- Season to taste with salt, pepper and lemon
- Refrigerate until ready to serve

Serve with whole grain bread and some chopped greens.



How to remove beetroot stains from clothing

Beetroot stains are relatively easy to remove, as long as they are still moist. Dried beetroot stains are not impossible to remove however, they simply need to go through the washing process a few more times. Here are some tips as to how:

- Moisten the clothing with the beetroot stains on
- Rub laundry detergent on the stains and let soak for a few hours
- Rinse the soap out of the clothing
- Wash the clothing at as high a temperature as it can withstand

Tip: Tip: If the stain still remains, then you can try moistening the stain with a sponge covered in glycerin soap. Let the clothing soak overnight and wash it the next day as you would normally.



AUGUST 2020

Together on food

Food Day 16th September 2020

On the 16th of September 2020, we celebrate Food Day 2020, when children in daycare institutions across the country prepare the day's lunch together with food professionals, catering staff and educators.

We do this because shared mealtimes at your child's daycare institution have a meaningful impact on their well-being and curiosity about different food experiences.

There are a number of organisations behind Food Day 2020, who all share a common purpose in focusing on children's food education and promoting healthy and tasty shared mealtimes in daycare institutions.

Read more about food recommendations for daycare institutions at altomkost.dk – search for daycare institutions.

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The Danish Diet and Nutrition Association

Union of Public Employees (FOA)