



# National Heart Week

## Information for parents



### A Healthy Heart is a Happy Heart

National Heart Week is an initiative of the National Heart Foundation which aims to promote heart health. It starts on the first Sunday in May and runs for one week.

Did you know that one Australian dies of cardiovascular disease every 12 minutes? This is why it is important to start looking after your heart from an early age.



**The key to a healthy heart is getting active and eating a balanced diet.**



### Get active

The Australian Guidelines recommend children aged 2-5 years are physically active for a minimum of 3 hours every day. Here are some ideas you can incorporate into your life to ensure you and your kids are active:

- Walk to and from work, school, your child's service and the shops where possible.
- Get outdoors! Go to a local park, for a family bike ride or walk to a friend's place.
- Join a local sporting club or competition (yourself and/or your child)
- As a family, take your pets for a walk or go to the park or beach .
- Find out what games your child is playing at their Service and encourage these games at home.



### Chicken and Apricot Rissoles Recipe

Enjoy this heart healthy recipe with all the family.

#### Ingredients:

- 4 slices wholegrain bread
- 500g premium lean chicken mince
- 1/3 cup finely chopped chives
- 1/2 cup dried apricots, diced
- 1/3 cup plain flour
- 1/3 cup reduced fat mayonnaise
- 1 red capsicum, cubed
- 1 Lebanese cucumber, halved lengthways, sliced
- 100g mixed salad greens
- Olive oil spray\*



\*Products available with the Heart Foundation Tick.

#### Method:

1. Tear bread into small pieces. Place in a food processor. Process for 30 seconds until fine breadcrumbs form. Transfer to a large bowl.
2. Add mince, 1/4 cup chives, apricots and mix well. Using 1/3 cup mixture at a time, shape into eight 2cm-thick rissoles. Place flour on a plate. Coat rissoles in flour, shaking off excess. Place on a plate. Cover and refrigerate for 30 minutes.
3. Meanwhile, combine mayonnaise and remaining chives in a bowl. Cover and refrigerate. Place capsicum, cucumber and salad greens in a bowl. Toss to combine.
4. Preheat a barbecue plate or chargrill on medium-low heat. Spray both sides of rissoles with oil. Cook, turning occasionally, for 12 to 15 minutes or until cooked through. Serve rissoles with chive mayonnaise and salad.

Recipe accessed at [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)