

MAKE THEIR MEALS COUNT

A guide to feeding your child (4–8-year-olds) over a day

Using healthy everyday foods, each day offers enough energy and nutrition for a 4–8-year-old boy or girl of average height, healthy weight and moderate activity.

SAMPLE DAY 1



Breakfast

Baked beans
Wholegrain toast
Reduced fat milk¹



Morning snack

Fruit²
Pikelets
Water



Lunch

Wholemeal chicken & lettuce sandwich
Cherry tomatoes
Water



Afternoon snack

Plain popcorn
Fruit
Carrot sticks
Reduced fat milk¹



Dinner

Fish cakes - using mashed potato & tinned fish (lemon wedges optional)
Corn cob and broccoli
Reduced fat yoghurt¹
Water

SAMPLE DAY 2



Breakfast

Wheatflake biscuits
Reduced fat milk¹
Water



Morning snack

Carrot²
Banana
Fruit bread
Reduced fat milk¹
Water



Lunch

Boiled egg
Wrap spread with hummus
Slices of capsicum
Snow peas
Water



Afternoon snack

Wholegrain crackers with reduced fat cheese¹
Sliced tomato
Celery sticks
Water



Dinner

Spaghetti bolognese
Carrot, capsicum, cucumber sticks
Fruit and reduced fat custard¹
Water





SAMPLE DAY 3



Breakfast

Raisin toast

Fruit

Reduced fat milk¹



Morning snack

Baked beans

Fruit²

Water

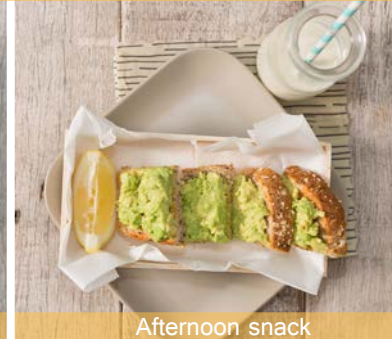


Lunch

Wholemeal cheese and Vegemite™ roll

Carrot, celery sticks

Water



Afternoon snack

Wholemeal toast with avocado

Reduced fat milk¹



Dinner

Chicken stirfry with vegetables

Rice

Water

SAMPLE DAY 4



Breakfast

Scrambled egg

Wholegrain toast

Reduced fat milk¹



Morning snack

Fruit²

Rice crackers

Cucumber sticks

Hummus

Water



Lunch

Pasta salad - cherry tomatoes, corn, capsicum, tuna, butter beans

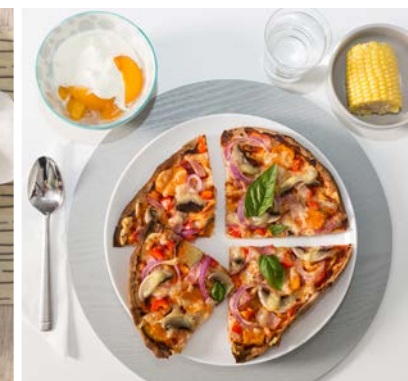
Water



Afternoon snack

Vegetable frittata

Reduced fat milk¹



Dinner

Homemade pizza - ham, cheese, capsicum, mushroom, sweet potato

Corn cob

Canned fruit & yoghurt

Water



CENTRAL COAST Health Promotion Service

¹Reduced fat milk, yoghurt and cheese is recommended for most people two years and over.

²For Crunch&Sip® fruit break at school.