

# 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 milk<sup>1</sup>



Morning snack

Fruit<sup>2</sup>

Pikelets

Water



Lunch

Wholemeal chicken & lettuce sandwich

Cherry tomatoes

Water



Afternoon snack

Plain popcorn

Fruit

Carrot sticks

Reduced fat milk<sup>1</sup>



Dinner

Fish cakes - using mashed potato & tinned fish (lemon wedges optional)

Corn cob and broccoli

Reduced fat yoghurt<sup>1</sup>

Water

## SAMPLE DAY 2



Breakfast

Wheatflake biscuits

Reduced fat milk<sup>1</sup>

Water



Morning snack

Carrot<sup>2</sup>

Banana

Fruit bread

Reduced fat milk<sup>1</sup>

Water



Lunch

Boiled egg

Wrap spread with hummus

Slices of capsicum

Snow peas

Water



Afternoon snack

Wholegrain crackers with reduced fat cheese<sup>1</sup>

Sliced tomato

Celery sticks

Water



Dinner

Spaghetti bolognese

Carrot, capsicum, cucumber sticks

Fruit and reduced fat custard<sup>1</sup>

Water







# SAMPLE DAY 3



Breakfast

Raisin toast

Fruit

Reduced fat milk<sup>1</sup>



Morning snack

Baked beans

Fruit<sup>2</sup>

Water

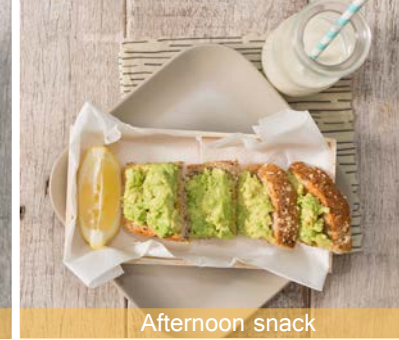


Lunch

Wholemeal cheese and Vegemite™ roll

Carrot, celery sticks

Water



Afternoon snack

Wholemeal toast with avocado

Reduced fat milk<sup>1</sup>



Dinner

Chicken stirfry with vegetables

Rice

Water

# SAMPLE DAY 4



Breakfast

Scrambled egg

Wholegrain toast

Reduced fat milk<sup>1</sup>



Morning snack

Fruit<sup>2</sup>

Rice crackers

Cucumber sticks

Hummus

Water



Lunch

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

Water



Afternoon snack

Vegetable frittata

Reduced fat milk<sup>1</sup>



Dinner

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

Corn cob

Canned fruit & yoghurt

Water



Transition to school

CENTRAL COAST Health Promotion Service

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

<sup>2</sup>For Crunch&Sip® fruit break at school.