

# LEAPS






learning eating active play sleep

## Daily Meal Plan

Children aged 4 to 8 years

The 2013 Australian Dietary Guidelines recommend the following dietary intake for healthy growth and development.



Food	Serves per day
Vegetables and legumes/beans 	4½
Fruit 	1½
Grain (cereal) foods 	4
Lean meat and poultry, fish, eggs, nuts and seeds and legumes/beans 	1½
Milk, yoghurt, cheese and/or alternatives 	1½ (girls) and 2 (boys)

- Children from 3 – 12 years can include 1 serve (7-10g) per day allowance of unsaturated spreads and oils or extra quantities of nuts and seeds
- If children are more active, taller or older (e.g. nearly 8 years of age) they may need more serves from the five food groups. The approximate number of additional serves from the five food groups or discretionary choices for boys is 0-2 ½ serves and for girls 0-1 serves

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## Daily Meal Plan

4 to 8 year age group



Here is an example meal plan for a child 4-8 years of age:

**Breakfast:** 250ml fruit smoothie – (reduced fat milk, fruit and yoghurt) + 1 slice wholegrain toast



**Morning Tea:** 1 English muffin with ½ a mashed or sliced banana



**Lunch:** 1 cup Hawaiian rice (rice, corn kernels, celery, pineapple pieces, spring onion, lean ham)



**Afternoon Tea:** ½ orange and 100g tub yoghurt (girls) OR 200g tub yoghurt (boys)



**Dinner:** 1 Taco served with Mexican mince, lettuce, tomato and cheese



### Important tips:

- Ensure water is available at all times throughout the day
- Seasonal fruit and vegetables are usually better quality, tastier and cheaper
- Encourage children to eat a variety from all of the food groups each day
- Limit the number of discretionary foods children eat
- If children are more active, taller or older, try and encourage any additional serves from the five food groups rather than the discretionary choices