

Child Meal Assessment Chart – 1 day

Meals	Cereals	Vegetables, legumes	Fruit	Milk, yoghurt, cheese	Lean meat, fish, poultry, nuts and seeds
Breakfast - - - -					
Snack - -					
Lunch - - - - -					
Snack - -					
Dinner - - - - - Supper - - -					
Total servings					
Total required					
Difference (over or under)					

Child, Example Servings

Age	Cereals (including breads, rice, pasta, noodles)	Vegetables, (including legumes)	Fruit	Milk, yoghurt, cheese	Lean meat, fish, poultry, nuts and seeds
4-7 years	5-7	2	1	2	½
8-11	6-9	3	1	2	1
Examples	<ul style="list-style-type: none"> ▪ 2 slices of bread ▪ 1 cup of porridge ▪ 1 medium bread roll ▪ 1 cup of breakfast cereal flakes ▪ 1 cup of cooked rice, pasta, noodles ▪ or ½ cup of muesli 	<ul style="list-style-type: none"> ▪ 1 medium potato or yam ▪ ½ medium sweet potato ▪ 1 medium parsnip ▪ ½ cup of cabbage, spinach, silverbeet, broccoli, cauliflower or brussels sprouts ▪ 1 cup of lettuce or salad ▪ ½ cup of broad beans, lentils, peas, green beans, zucchini, mushrooms, tomatoes, capsicum, cucumber, sweetcorn, turnips, swede, sprouts, celery eggplant etc. 	<ul style="list-style-type: none"> ▪ 1 piece medium sized fruit e.g. apple, orange, mango, mandarin, banana, pear, peach etc ▪ 2 pieces of smaller fruit e.g. apricots, kiwifruit, plums figs ▪ About 8 strawberries ▪ 1 cup of diced pieces or canned fruit ▪ ½ cup fruit juice ▪ ¼ medium melon (rockmelon, honeydew) ▪ Dried fruit e.g. 4 apricots ▪ 1 ½ tbslp sultanas ▪ About 20 grapes or cherries 	<ul style="list-style-type: none"> ▪ 250 ml glass or one cup of milk (can be fresh, longlife or reconstituted milk) ▪ ½ cup evaporated milk ▪ 40 g (2 slices of cheese ▪ 250 ml (1 cup) custard ▪ 200 g (1 small carton) of yoghurt, plain or fruit ▪ or, as an alternative try: ▪ A cup of calcium-fortified soy milk ▪ 1 cup of almonds ▪ ½ cup pink salmon with bones 	<ul style="list-style-type: none"> ▪ 65-100 gm cooked meat or chicken (e.g. ½ cup mince, 2 small chops or 2 slices roast meat) ▪ 80-100 g cooked fish fillet ▪ or as an alternative try: ▪ 2 small eggs ▪ 1/3rd of a cup cooked (dried) beans, lentils, chick peas, split peas or canned beans ▪ 1/3rd of a cup peanuts or almonds