



# Eating well for 5-11 year olds

## Practical guide





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Published by The Caroline Walker Trust, 2010.

This book includes a CD-ROM containing full-colour photos of breakfasts, meals, packed lunches, snacks and desserts for 5-11 year olds, with suggested portion sizes and recipes.

A set of printed A5 *Eating Well for 5-11 Year Olds: Food Photo Cards* is also available. The photo cards are printed versions of the materials provided on the CD-ROM above.

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***Eating Well for 5-11 Year Olds: Practical Guide*** (including accompanying CD-ROM)

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***Eating Well for 5-11 Year Olds: Practical Guide*** (including accompanying CD-ROM), plus set of printed ***Eating Well for 5-11 Year Olds: Food Photo Cards***

**This resource is provided for information only and individual advice on diet and health should always be sought from appropriate health professionals.**

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## The Caroline Walker Trust

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### Other publications by The Caroline Walker Trust

For details see [cwt.org.uk](http://cwt.org.uk)

### Reports

Eating Well for Under-5s in Child Care

Eating Well at School

Eating Well for Looked After Children and Young People

Eating Well: Children and Adults with Learning Disabilities

Eating Well for Older People

Eating Well for Older People with Dementia (Published by VOICES. Now out of print but available to download from the CWT website [www.cwt.org.uk](http://www.cwt.org.uk))

### Training materials

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**[www.cwt-chew.org.uk](http://www.cwt-chew.org.uk)**

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## Accompanying this book:

### CD-ROM Eating Well for 5-11 Year Olds

This CD-ROM contains a selection of full-colour photos of breakfasts, meals, packed lunches, snacks and desserts for 5-11 year olds, with suggested portion sizes and recipes. It also contains a PDF of this book.

## Also available:

### Eating Well for 5-11 Year Olds: Food Photo Cards

A set of printed A5 food photo cards, with full-colour photos of breakfasts, meals, packed lunches, snacks and desserts for 5-11 year olds, with suggested portion sizes and recipes. These photo cards are printed versions of the materials provided on the CD-ROM above.

# Introduction

**T**his resource shows the sorts of foods, and amounts of foods, that will meet the nutritional needs of children aged from 5 years to 11 years in the UK.

## Why have we produced this resource?

We want to provide a visual resource to illustrate what a good diet actually looks like for 5-11 year olds. Children need enough energy (calories) to grow and be active, and enough nutrients (protein, fat, carbohydrate, vitamins and minerals) to ensure that they remain healthy, fight infections, can be active and learn effectively. Experts have calculated the amounts of individual nutrients that they think children and young people in different age groups need. These are known as 'dietary reference values'. This resource gives information on how these dietary reference values for 5-11 year olds can be met in practice and the sorts of foods and amounts we should encourage children to eat.

## How can this resource be used?

This resource can be used:

- to help children aged 5 to 11 years to eat well
- to summarise the key principles of eating well for 5-11 year olds
- to show how the needs of 5-11 year olds can be met with a variety of foods and drinks, and
- to show typical portion sizes to aim at for 5-11 year olds for the key foods that we want to encourage them to eat.

## Who is it for?

This resource has been designed for all those who support children aged 5-11 to eat well. This includes those responsible for menu planning or preparing food for 5-11 year olds, child carers, social workers, teachers, family centre workers, dietitians, registered public health nutritionists and community food workers, as well as the parents of children.

## What does the resource contain?

It contains:

- a summary of the key principles of eating well for children aged 5 to 11 years
- a summary of how you can encourage children to eat well throughout the day
- some sample menus to show how children's energy and nutrient needs can be met
- photos of typical portion sizes of fruit and vegetables (which we want to encourage children to eat more of)
- photos of some example breakfasts, meals, packed lunches, snacks and desserts, to help show how children's nutritional needs can be met, and
- recipes of the dishes shown in the photos.

## How are the materials organised?

### **In this book**

**Eating well for 5-11 year olds**, on page 7, provides an outline of the key things to consider when helping 5-11 year olds to eat well.

The **Sample meals and snacks for 5-11 year olds**, on page 33, have been designed to show how the energy and nutrient needs of children aged 5-11 years can be met. Photos of a range of breakfasts, meals, packed lunches, snacks and desserts for this age group are provided on the accompanying CD-ROM (see the next page). This section gives a list of all those photos and also explains how the meals and snacks and the food photos were put together.

On page 41 there is information on **How to use the food photos**.

**Fruit and vegetables: portion sizes for 5-11 year olds**, on page 47, shows photos of suitable portion sizes for 5-11 year olds.

The **Additional information** section contains:

- *Food-based guidance* to help people think about the food they serve
- a list of *Good sources of vitamins and minerals*
- *Dietary reference values for 5-11 year olds*, and
- a *Resources* section with sources of further information.

## CD-ROM

The CD-ROM *Eating Well for 5-11 Year Olds*, included with this book, contains photos of a variety of breakfasts, meals, packed lunches, snacks and desserts. These have been put together to illustrate how you can help to provide good food for 5-11 year olds. With each photo there is information about portion sizes for this age group, as well as recipes for most of the dishes shown in the photos. The CD-ROM also contains a PDF of this book.

### Also available:

**Eating Well for 5-11 Year Olds: Food Photo Cards:** A set of printed A5 food photo cards is also available. This includes full-colour photos of breakfasts, meals, packed lunches, snacks and desserts for 5-11 year olds, with suggested portion sizes and recipes. These photo cards are printed versions of the materials provided on the CD-ROM above.



## For more information on eating well for children and young people

The Caroline Walker Trust (CWT) has produced a report which provides explanation and evidence for the recommendations we make in this photo resource about eating well for children and young people. *Eating Well at School* provides evidence-based and practical advice about how to encourage children and young people to eat well. This can be downloaded from [www.cwt.org.uk](http://www.cwt.org.uk). We strongly advise everyone to look at this report as well as using the information in this photo resource.

For additional information about eating well for children under the age of 5 years, see the CWT report *Eating Well for Under-5s in Child Care*, or the accompanying training materials or photo resource. Details of all these resources can be found on our website.



# Eating well for 5-11 year olds



## Principles of eating well

Eating well is fundamental to good health and well-being, but it should also be an enjoyable social experience. For children, eating and drinking well in childhood is essential for proper growth and development, but also for developing a love of good food and the development of social skills. Acquiring healthy eating and drinking patterns in childhood can promote good health and well-being in later life. The focus of eating well for children and young people should always be on the range of interesting and tasty food that can make up a healthy diet, rather than a focus on denying them certain foods and drinks.

## Children need a good appetite to eat well

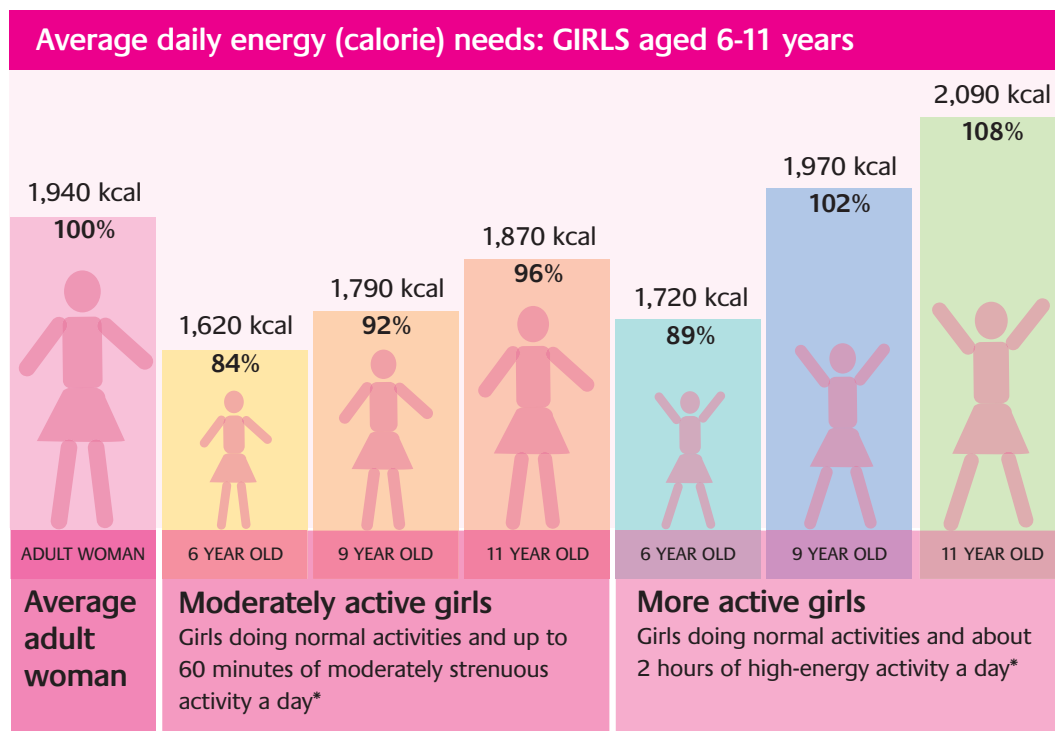
In order for children to eat well they need to be hungry at mealtimes, and the best way to ensure children are hungry is for them to be active. It is important to encourage children to be active throughout the day, with all children doing a minimum of 60 minutes' moderately strenuous activity a day (the sort of activity that makes your heart rate increase and makes you breathless). Advice on how to increase activity in children can be found at [www.nhs.uk/change4life](http://www.nhs.uk/change4life).

## Children are growing

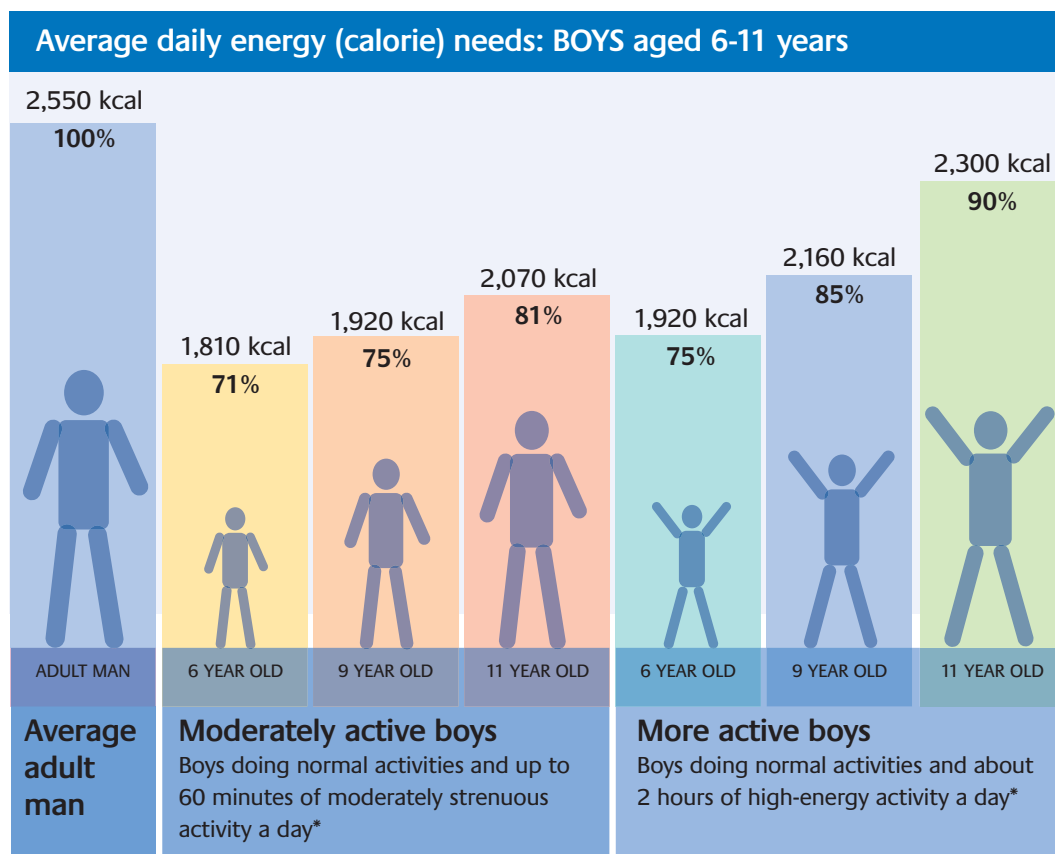
Children need energy (calories) to maintain their body functions and to be active – just as adults do. But they also need energy for growth – giving them relatively high energy needs for their size. The diagrams on the next page show the amount of energy needed by an average growing child at different ages, compared with the amount needed by an average adult man or woman. More active children will have greater energy needs, and 9-11 year old girls who are very active (doing 2 hours or more of high-energy activity a day) will need more energy than most adult women typically do.

# How much energy (calories) do children need?

The diagrams below show the average daily energy (calorie) needs of girls and boys aged 6-11 years. They also show what those energy needs are as a percentage of the energy needs of an average adult woman or man. For example, an active 11 year old girl needs 108% of the energy needs of an average adult woman.



The percentage figures indicate the energy (calorie) needs as a percentage of the energy needs of an average adult woman.



The percentage figures indicate the energy (calorie) needs as a percentage of the energy needs of an average adult man.

\* See page 78 for an explanation of how we have estimated energy needs.

## So if children need lots of energy (calories) – why are they getting fatter?

There is evidence that many children in the UK are getting too heavy for their age and height, and that this is happening for the same reasons that adults are getting fatter: they are eating and drinking too many calories every day and are not using up enough of these calories being active. If you take in more calories every day than you use up, over time you will lay down the excess energy as fat. It is usually having a little bit too much extra energy over time which, little by little, adds to up to people being overweight. People who gain weight do not necessarily eat huge amounts of food and calories every day: having even a little bit too much every day swings the balance from weight maintenance to weight gain.

## Why are children getting fatter?

Look at the different eating patterns for two 5 year old boys, and for two 9 year old girls, shown below and on the next page.

### EXAMPLE 1 Moderately active 5 year old boys Average daily energy (calorie) needs = 1,715kcal

#### Jordan, 5

##### Breakfast

Weet bisk (30g) with milk (150ml)  
Wholemeal toast (66g) with butter (5g)  
and jam (15g)  
Orange juice (150ml)

##### School snack

Satsuma (80g)

##### School lunch

Chicken stir-fry (165g)  
Noodles (120g)  
Rice pudding with sultanas (200g)  
Water (150ml)

##### After school

Plain popcorn (20g) with apple slices (80g)  
Milk (150ml)

##### Tea

Salmon fishcakes (120g)  
Rice and pepper salad (100g)  
Green salad (80g)  
Fruit kebabs (120g) with yoghurt (125g)  
Water (150ml)

##### Evening

Banana milkshake (200ml)

Energy intake  
from the food and  
drinks listed above  
**1,715kcal**

#### Adam, 5

##### Breakfast

Frosted cereal (30g) with milk (150ml)  
Apple juice (150ml)

##### School snack

Satsuma (80g)

##### Packed lunch

Cheese and ham roll (115g)  
Fruit leather snack (20g)  
Jaffa cakes (40g)  
Fruit-flavoured drink (200ml)

##### After school

Corn snacks (30g)  
Can of lemonade (330ml)

##### Tea

Chicken nuggets (64g) with chips (100g) and  
sweetcorn (80g)  
Sponge cake (65g) with custard (60g)  
Fruit squash (150ml)

##### Evening

Bag of chocolate buttons (32g)  
Glass of squash (200ml)

This is about 200kcal more  
than is needed for activity  
and normal body functions.

Nutrient requirements met (✓)  
or not met (✗):

|           |   |                                    |
|-----------|---|------------------------------------|
| Fibre     | ✗ | Only about 65% of requirements met |
| Protein   | ✓ |                                    |
| Iron      | ✓ |                                    |
| Zinc      | ✗ | Only about 74% of requirements met |
| Calcium   | ✓ |                                    |
| Vitamin A | ✗ | Only about 85% of requirements met |
| Vitamin C | ✓ |                                    |
| Folate    | ✓ |                                    |

Also, this type of eating pattern:

- provides too much **saturated fat** (126% of dietary reference value)
- provides too much of the sort of **sugars** that damage teeth (290% of the dietary reference value)
- provides too much **salt** (145% of average recommended amount)
- provides only 3 out of the recommended 5 portions of **fruit and vegetables**.

Energy intake  
from the food and  
drinks listed above  
**1,915kcal**

Nutrient requirements met (✓)  
or not met (✗):

|           |   |
|-----------|---|
| Fibre     | ✓ |
| Protein   | ✓ |
| Iron      | ✓ |
| Zinc      | ✓ |
| Calcium   | ✓ |
| Vitamin A | ✓ |
| Vitamin C | ✓ |
| Folate    | ✓ |

The foods listed above would also provide appropriate amounts of saturated fat, sugar and salt, and include more than 5 portions of fruit and vegetables.

**EXAMPLE 2 Moderately active 9 year old girls**  
Average daily energy (calorie) needs = 1,790kcal

**Anna, 9**

**Breakfast**

Scrambled egg on toast (115g)  
Grilled tomato (80g)  
Apple juice (150ml)

**School snack**

Apple (80g)

**School lunch**

Lasagne (300g)  
Peas (80g)  
Apple crumble (90g)

**After school**

Breadsticks (21g)  
Soft cheese (40g)  
Carrot sticks (80g)  
Glass of semi-skimmed milk (100ml)

**Tea**

Jacket potato (240g)  
Baked beans (90g)  
Mixed salad (80g)  
Low-fat fruit yoghurt (125g)  
Glass of water (150ml)

**Evening**

Satsuma (80g)

**Energy intake  
from the food and  
drinks listed above  
1,780kcal**

**Nutrient requirements met (✓)  
or not met (✗):**

|           |   |
|-----------|---|
| Fibre     | ✓ |
| Protein   | ✓ |
| Iron      | ✓ |
| Zinc      | ✓ |
| Calcium   | ✓ |
| Vitamin A | ✓ |
| Vitamin C | ✓ |
| Folate    | ✓ |

The foods listed above would also provide appropriate amounts of saturated fat, sugar and salt, and include more than 5 portions of fruit and vegetables.

**Joan, 9**

**Breakfast**

Coco pops (30g) with milk (150ml)  
Apple juice (150ml)

**School snack**

Apple (80g)

**Packed lunch**

Cheese and pickle sandwiches (125g)  
Jammy dodger biscuits (30g)  
Carton of blackcurrant drink (288ml)

**After school**

Chocolate bar (30g)  
Glass of apple juice (150ml)

**Tea**

Spaghetti hoops on toast (265g)  
Chocolate mousse (60g) with biscuits (30g)  
Glass of water (150ml)

**Evening**

Bag of crisps (25g)  
Can of cola (330ml)

This is about 200kcal more than is needed for activity and normal body functions.

**Energy intake  
from the food and  
drinks listed above  
1,980kcal**

**Nutrient requirements met (✓)  
or not met (✗):**

|           |   |                                    |
|-----------|---|------------------------------------|
| Fibre     | ✗ | Only about 57% of requirements met |
| Protein   | ✓ |                                    |
| Iron      | ✗ | Only about 85% of requirements met |
| Zinc      | ✗ | Only about 58% of requirements met |
| Calcium   | ✓ |                                    |
| Vitamin A | ✓ |                                    |
| Vitamin C | ✓ |                                    |
| Folate    | ✗ | Only about 95% of requirements met |

Also, this type of eating pattern:

- provides too much **saturated fat** (160% of dietary reference value)
- provides too much of the sort of **sugars** that damage teeth (300% of the dietary reference value)
- provides too much **salt** (150% of average recommended amount), and
- provides only 2 out of the recommended 5 portions of **fruit and vegetables**.

## Why soft drinks are frequently linked to having too many calories

If a child has 500ml of soft drink every day – for example, half a large bottle, or a small bottle or two large glasses of squash or fizzy drinks – they are likely to drink this without changing what they eat. This is because, after having a sweet drink, the person does not always feel as if he or she has eaten calories and it might not reduce their appetite for other meals and snacks. In one week, those drinks alone will provide about an extra 1,700kcal – which, for a 6-11 year old, would be enough extra energy (calories) for another whole day a week (see below).

However, although those drinks provide a whole day's worth of energy, they are unlikely to provide any other nutrients. So, by drinking soft drinks, children are likely to miss out on important nutrients and have too many calories.

We suggest that soft drinks are saved for special occasions and that children become used to quenching their thirst with water. See page 16 for more on drinks.

| MONDAY                    | TUESDAY                            | WEDNESDAY   | THURSDAY  | FRIDAY                       | SATURDAY  | SUNDAY  | TOTAL FOR THE WEEK = |
|---------------------------|------------------------------------|---|---|------------------------------|---|---|----------------------|
| 2 large glasses of squash | Half a large bottle of fizzy drink | 1 large glass of squash<br>1 large glass of fizzy drink | 1 can of fizzy drink<br>1 large glass of squash | 1 small bottle of soft drink | 1 large glass of fizzy drink<br>1 large glass of squash | 1 can of fizzy drink<br>1 large glass of squash |                      |
| 250kcal                   | 215kcal                            | 250kcal   | 260kcal   | 215kcal                      | 250kcal   | 260kcal   |                      |

**1,700kcal**  
equivalent to about  
one day's energy  
needs for a 6-11  
year old

## Children need to eat regular meals and snacks – and be hungry enough to eat them

It is easier for children to get all the food and nutrients they need in the day if they have a regular pattern of eating – for example, three meals a day with some nutritious snacks in between. The foods that are eaten at mealtimes usually contain a whole range of nutrients. Many of these nutrients may be present only in very small amounts in most foods typically eaten as snacks (such as crisps, biscuits, sweets or ice cream). In addition, many foods given to children as snacks are energy-dense – that is, they offer lots of calories in a small volume of food – so they don't satisfy the appetite but provide lots of calories without much nutritional back-up.

It is important that children are hungry at mealtimes so that they eat well. Snacks are an opportunity to offer additional nutrients during the day where food at mealtimes may not meet all someone's energy needs. Some examples of good snacks to offer are given on the next page. For more ideas for snacks, see the sample menus on page 39, and the food photos of snacks on the CD-ROM included with this book.

However, children who are very inactive may not need snacks between meals. If these children do have snacks, they may end up getting extra calories that they don't need.

Some children may prefer the 'little and often' approach to eating. These children may need to have 'mini-meals' and snacks which are varied, to ensure their nutrient requirements are met.

It is not a good idea for children to 'graze' on food throughout the day as this may blunt their appetite at meals. Also, if sweet foods and drinks are consumed frequently throughout the day, this can damage their teeth. If a child is ravenous before a meal, offer fruit or vegetable snacks, and water to drink, as it may be that the child feels hungry when they are in fact thirsty.

## Ideas for nutritious snacks

- Any type of bread (use a variety of white, brown, wholemeal, granary or crusty breads, including toast); crumpets, English muffins, bagels, pitta bread or sandwiches. Look for lower-salt (low-sodium) versions where available. Suitable fillings for sandwiches might be meat (for example, cold roast meats, chicken, ham, corned beef, meat paste), cheese, cottage cheese, fish paste, mashed pilchards or sardines, tuna, egg, houmous, roast vegetables, banana, salad or combinations of these.
- Dairy foods such as cheese or plain yoghurt with added fruit.
- Fresh fruit such as pears, apple slices, satsumas, banana, seedless grapes, slices of melon, mango, pineapple, kiwi, plums, or berries such as strawberries and raspberries. The fruit from canned fruit in juice can be added to yoghurt or fromage frais.
- Raw vegetables such as peeled carrots, sweet pepper, tomato, cucumber or celery, with dips such as houmous or Greek yoghurt with chives.
- Home-made plain popcorn.
- Plain biscuits such as crispbreads, oatcakes, breadsticks, cream crackers, matzos, rice waffles or melba toast.
- Dairy foods such as plain yoghurt with added fruit.

## Make time for breakfast

Children who miss breakfast may become hungry and tired in the morning if they have not had their energy needs met at breakfast time, and this may affect their concentration and performance at school or in other tasks. Most breakfast cereals are a good source of energy and fibre and are generally fortified with vitamins and minerals including iron. Breakfast cereals like puffed wheat, crisped rice, cornflakes and malted wheat are good breakfast choices, but avoid brands that are high in sugar and salt. The *Check the label* guide on the next page shows how to check labels to see if foods are high in sugar or salt. (See also page 68 for more about food labels.)

It is a good idea to offer a glass of 100% fruit juice with breakfast. Fruit juice is a good source of vitamin C, and vitamin C may help the body to absorb iron from cereal foods. For practical examples of nutritious breakfasts for children, see the sample menus on page 39, and the food photos of breakfasts on the CD-ROM included with this book.



## Check the label

Use this information to find out if a product is high or low in sugars, fats and salt. Compare these figures with the 'per 100g' figures on the food label.

| All measures per 100g | Low          | High           |
|-----------------------|--------------|----------------|
| Sugars                | 5g or less   | More than 15g  |
| Fat                   | 3g or less   | More than 20g  |
| Saturated fat         | 1.5g or less | More than 5g   |
| Salt                  | 0.3g or less | More than 1.5g |
| Sodium                | 0.1g or less | More than 0.6g |

## Drinks

If children are thirsty, the best drink to offer is **tap water**. Tap water can be chilled in the fridge if cold drinks are enjoyed and it is a good idea to fill child-friendly containers with water every day so that a drink is always available. Tap water is the most sustainable and the cheapest drink option for all and there is nothing mean about giving children water to drink.

**100% fruit juice** can be a good source of vitamin C, but it is also high in sugar, so it should be served with meals rather than with snacks.

Semi-skimmed **milk** can be served with snacks or between meals as this will not damage teeth. However, milk is a food as well as a drink, and 5-11 year olds will get all the calcium they need from 2-3 cups of milk a day (about 400-450ml of milk) as they will also get some calcium from other foods and drinks they have each day. If a child has lots of milk between meals, this can blunt their appetite and mean that they don't get enough other nutrients at meals. Some older children may prefer skimmed milk to drink or on cereals and, providing they are eating a variety of food as well, skimmed milk is acceptable for children over 5 years of age.

**Other drinks** – such as squash, carbonated drinks, fizzy drinks, regardless of whether they contain sugar or artificial sweeteners – can damage teeth and, if served, should only be served with meals. It is a good idea to limit the intakes of these drinks as children can become accustomed to very sweet tastes and it is easy to drink a lot of some of these soft drinks without realising that they add lots of extra calories – but no other nutrients – to the diet. See page 13.

## Variety is the spice of life

Eating a wide variety of foods will help to ensure that children consume adequate amounts of all nutrients. The Food Standards Agency has devised the *Eatwell plate* to make it easier to understand healthy eating. Foods are divided into five food groups:

- Bread, rice, potatoes, pasta and other starchy foods
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish, eggs, beans and other non-dairy sources of protein
- Foods and drinks high in fat and/or sugar.

The plate is a visual aid which encourages you to choose a wide variety of different foods from the first four groups every day. Foods in the fifth group – foods and drinks high in fat and/or sugar – are not essential to a healthy diet and should be eaten in small amounts.

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



## Eat more vegetables

Almost everyone would benefit from eating more vegetables every day. There is excellent evidence that eating more vegetables is associated with better health throughout people's lives.

From the age of 5 years, children should aim to have at least three different types of vegetable or salads every day at portions of 80g or more. A wide variety of fresh, dried, canned and frozen vegetables can be included in the diet. Examples of vegetable portion sizes are shown on pages 57-66.

Children may not be used to eating lots of vegetables – but there is lots of evidence that they like and enjoy these foods when they get used to having them. It helps if:

- vegetables are offered frequently and are cooked in a way that is enjoyed and makes them look appealing, and
- adults who eat with or around children are seen to enjoy a variety of vegetables and salads themselves.

Children should have at least 5 portions of a variety of fruit and vegetables every day.

## Eat more fruit

All children should have at least two different types of fruit a day. One of these can be a glass of 100% fruit juice and the other can be a piece of fresh fruit or a small portion of dried fruit. Examples of fruit portions are shown on pages 49-56.

For more information on eating more fruit and vegetables, visit [www.5aday.nhs.uk](http://www.5aday.nhs.uk)

### Children who say they don't like vegetables may be more willing to try:

- sweetcorn or baby corn cobs
- raw carrot sticks, slices of red and yellow peppers, or cherry tomatoes
- tomato sauce on pasta
- 'bubble and squeak' (green cabbage and mashed potato mixed together)
- stir-fry vegetables
- vegetable soup
- vegetable curry
- grated carrot in salads.

### Children who say they don't like fruit may be more willing to try:

- canned or fresh pineapple, peaches or fruit salad
- fruit smoothies (fruit liquidised together with other fruit, natural low-fat yoghurt or fruit juice), or fresh fruit milkshakes made with skimmed milk and fruit
- raisins or other dried fruit such as dates, apricots, pear or mango
- banana with ice cream or custard
- fresh fruit jellies or home-made lollies
- fruit kebabs
- frozen bananas.

## Eating more locally grown fruits and vegetables

We are able to grow a wide range of fruits and vegetables in the UK and it is better for the environment, and the economy, if we all try and eat foods that do not have to travel long distances. Also, it is better for the environment if fruits and vegetables are grown without the need for artificial heat, or for lots of added chemicals. Think about whether you can join a local box scheme which sources organic fruit and vegetables. These are often no more expensive than buying fruit and vegetables in supermarkets and will help to support your local community. Organic fruits and vegetables do not contain more nutrients than conventionally grown ones, but farmers who grow food organically make an important contribution to protecting wildlife and keeping the land and soil healthy.

## Eat more potatoes

Potatoes are an excellent source of nutrients and fibre, as well being a starchy, 'energy-giving' food. Potatoes grow well in the UK and can often be sourced locally. Potatoes are really versatile as an ingredient, are very good value for money and are easy to cook. Jacket potatoes with fillings such as mashed tuna fish or baked beans or low-fat soft cheese, and served with a salad or hot vegetable, can be a very quick, easy and nutritious meal for children.

## Ideas for fillings for baked potato

|  |   |
|--|---|
| Bacon and sweetcorn                            | Houmous and low-fat soft cheese                                       |
| Bacon, cherry tomatoes and parsley             | Low-fat soft cheese   |
| Baked beans                                    | Mashed tuna   |
| Baked beans with a few drops of chilli sauce   | Mashed tuna, grated carrot and chopped cherry tomatoes                |
| Cheddar cheese and chopped sunblushed tomatoes | Mozzarella, chopped tomato and basil                                  |
| Chicken and broccoli                           | Plain yoghurt mixed with coriander, chopped cucumber and spring onion |
| Chilli con carne                               | Roasted peppers   |
| Cottage cheese with chopped pineapple          | Scrambled egg with chopped tomatoes and red pepper                    |
| Cottage cheese with onion and chives           | Tomato salsa  |
| Grated cheese and tomato                       | Tuna and sweetcorn mayonnaise   |
| Ham and chopped pineapple                      |   |

## Salt

Salt (sodium chloride) is essential in the diet to maintain fluid balance. Having too much salt in the diet can raise blood pressure which can contribute to stroke and coronary heart disease in later life.

### Foods that have a lot of salt

Most of the salt we eat is in ready-made foods. The list below gives some examples of ready-made foods that have a lot of salt.

- Soups
- Bottled pasta sauces and other cooking sauces
- Sauces, spreads, pickles, chutneys and soy sauce
- Mayonnaise and salad cream
- Savoury ready meals
- Savoury snacks such as crisps, salted nuts, papadums and savoury biscuits
- Bread, rolls, garlic bread and flavoured breads
- Some breakfast cereals
- Meat pies and pasties, and canned meat products
- Some sweet foods such as buns, pastries and hot chocolate powder
- Smoked foods and smoked meats such as ham and bacon
- Fast food or take-aways such as pizza, burgers and Chinese and Indian take-away meals.

Current nutritional guidelines suggest that:

- children aged 4-6 years should have no more than 3g salt a day
- children aged 7-10 years should have no more than 5g salt a day
- children aged 11 years and over should have no more than 6g salt a day.

It is easier to reduce the amount of salt that children have if food is prepared from ingredients rather than buying ready-prepared foods. The menu plans on page 39 and the food photos on the CD-ROM included with this book give ideas for meals and snacks that provide lots of nutrients without lots of salt. For information on how to check if a packaged food is low in salt, see *Check the label* on page 16. There is also lots of advice on reducing salt in the diet on [www.salt.gov.uk](http://www.salt.gov.uk).

## How to add flavour to your cooking without using salt

- Cut down on the salt you add when cooking potatoes, pasta and rice. After a while you'll find you don't need to add any at all.
- Add fresh herbs to pasta dishes, vegetables and meat.
- Use tomato purée or balsamic vinegar as flavourings.
- Marinate meat and fish in advance to give them more flavour.
- Use garlic, ginger, chilli and lime in stir-fries.
- Make your own stock and gravy, instead of using cubes or granules. Or use low-salt bouillon.
- Roast vegetables such as red peppers, courgettes, fennel, squash and parsnips, to bring out their flavour.
- Squeeze lemon or lime juice onto fish and into casseroles and stews.
- Try using different types of onion – brown, red, white, spring onions or shallots.
- Make sauces using ripe, flavoursome tomatoes and garlic.
- Use black pepper instead of salt, to season foods like pasta or scrambled egg.
- Buy good-quality fresh ingredients as they will have more natural flavour.
- Add fruit to meat dishes to give a naturally sweet flavour – for example, pork and apricots.
- When making cheese dishes, use a small amount of strong cheese rather than a larger amount of milder cheese. Add a little mustard powder to bring out the cheese flavour.

## Sugars

Sugar is not just the white crystals we put in tea and coffee. There are two types of sugar.

- One type of sugar is found naturally in some foods such as vegetables, fruit and milk. This type of sugar is not harmful to our teeth.
- The other type of sugar is the sugar that is taken out of sugar beet or sugar cane, or out of fruit, and then put back, as sugar, into other foods and drinks. This type of sugar damages teeth. Also, many of the foods and drinks with this type of sugar tend to have lots of calories (which can contribute to overweight), but they have few other nutrients.

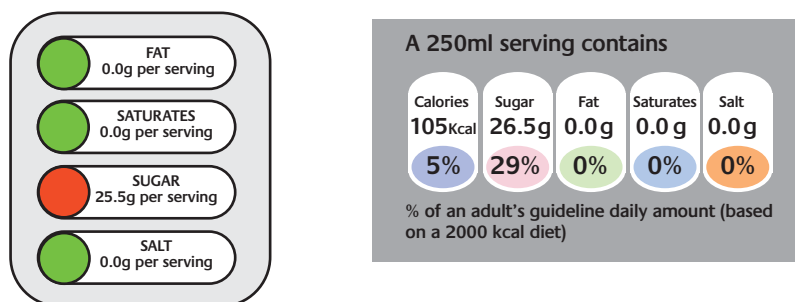
We don't need to add sugar to our food, or have sugary foods or drinks, as most of us can get all the energy (calories) we need from starchy foods such as potatoes, rice, beans or pasta. Our bodies break these foods down into glucose, which the body then uses to give us a steady supply of energy.

If someone's diet has a lot of sugar in it, they are more likely to become overweight or to have tooth decay. Most children in the UK eat too much sugar. It can be hard to avoid having lots of sugar as it is put into many common foods. See the box below.

| Foods and drinks that have a lot of sugar                     |                                       |
|---|---------------------------------------|
| <b>FOODS</b>  | <b>DRINKS</b>                         |
| Biscuits  | Soft drinks                           |
| Cereal bars and flapjacks                                     | Squashes                              |
| Cakes   | Fizzy drinks                          |
| Pastries  | Energy drinks                         |
| Fruit pies and pie fillings                                   | Some smoothies and fruit juice drinks |
| Puddings such as sponge puddings, cheesecake, mousse or tarts | Milkshakes                            |
| Sweetened breakfast cereals                                   |                                       |
| Sweetened yoghurts and fromage frais                          |                                       |
| Ice cream   |                                       |
| Sweets  |                                       |

## How to cut down on sugar

Some foods have traffic-light labels like the one on the left, below. Avoid any foods and drinks which have a red traffic light for sugar.



Some foods and drinks have a food label something like the one on the right, above, which tells you what percentage of a person's daily recommended maximum sugar intake that a portion of the food or drink contains. If a product has this sort of label, think about how much of it you might eat or drink. Avoid anything that will give you more than 10% of the recommended maximum intake of sugar in one food. For example:

- If a carton of drink says it contains 29% of your daily sugar intake, that is a lot.
- If a bar of chocolate says that 1 square will give you 5% of your daily sugar intake, and you think you might eat three of the 20 squares in the bar, that would be 15% of your daily sugar and that is a lot.

If the food doesn't have either of these two sorts of labels, you can usually find information about how much sugar there is, either in a portion or in 100g of the food, by looking at the *Nutrition information* on the pack. (See *Check the label* on page 16.) But it's not always easy to tell whether the sugar in the food is the type that can damage teeth. As a general rule, if a food says it has 15g of sugar or more per 100g, it is probably high in sugars that can damage teeth.



### Some ways of cutting down on sugar

- Have fewer sugary drinks and foods. Try to have them only at mealtimes.
- Try unsweetened fruit juice mixed with fizzy water at mealtimes.
- If children have sugar in tea or coffee, try to cut down on how much they have, until they don't have any at all.
- Instead of biscuits and cakes, try currant buns, scones, malt loaf or fruit bread.
- Add dried fruit or fruit purée to dishes to sweeten them, instead of adding sugar.
- Choose wholegrain breakfast cereals instead of cereals that are coated in honey or sugar.
- Add your own flavouring – such as chopped-up fruit, or a little honey – to natural yoghurt, instead of buying flavoured yoghurt which is often very sweet.
- Where you can, make your own food. Processed foods such as dried soups, sauces, dried rice dishes, ready meals, ready-made desserts and packaged cakes and biscuits often have much more sugar in them than you would use in a recipe yourself. And many of these dishes are simple and cheap to prepare.

## Looking after our bones

Children need to make sure they build strong bones when they are young so that they will have strong bones in later life. There are two nutrients that are very important for healthy bones: vitamin D and calcium.

### Vitamin D

Most people over the age of 5 years make vitamin D in their skin when it is exposed to summer sunlight. (The UV rays are strong enough to do this in most parts of the UK between April and September.) Although children who regularly go outside with some of their skin exposed\* should be able to make enough vitamin D for a whole year, some children may be at risk of vitamin D insufficiency:

- Children with darker skins will need more exposure to summer sunlight, as black skin makes vitamin D more slowly than white skin.
- If children wear concealing clothing when they are outside – for example, if they never have their shoulders or arms exposed to the sun – they may not be able to make enough vitamin D.
- Children who rarely go outside may not make enough vitamin D. They may not go outside because they are unable to do so because of a disability, because they are in a residential setting or because they choose to stay inside (for example, playing computer games for long periods).
- Children who do not eat meat and fish may have less dietary vitamin D. Although dietary vitamin D alone does not prevent vitamin D insufficiency, it can provide a useful additional source.

If there is any concern about a child's ability to make enough vitamin D, their parent or carer should talk to their GP as the child may need a dietary supplement. Anyone who has little access to sunlight (for example, because they have a disability) should always be considered for a vitamin D supplement. There is some vitamin D in a few foods, but it is unlikely that most people can get enough vitamin D from their diet alone.

### Calcium

It is also important to get adequate amounts of calcium from the diet. Calcium is important for growing bones. It has been shown that milk drinking may be beneficial in helping prevent bone problems in older age. Milk, cheese, yoghurt and fromage frais are the best sources of calcium, but other foods also contain some calcium. (See *Good sources of vitamins and minerals* on page 74.)

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\* Current Sun Smart guidance suggests that people should spend some time in the shade between 11am and 3pm when the sun is at its strongest and everyone should take care not to burn their skin. People with fairer skin are likely to need greater protection from the sun than people with darker skin, but all skin types can burn.

## To make sure bones are strong

- Activity is key – weight-bearing exercise (such as running, football or netball) every day helps develop strong bones.
- Make sure everyone spends plenty of time outside in the summer months with some of their skin exposed (for example, their hands, face and shoulders).
- Make sure children get adequate amounts of calcium.
- Children who drink large amounts of fizzy drinks, particularly cola drinks, may also be more prone to bone problems, since the phosphorus in these drinks makes it harder for the body to absorb calcium.

## Iron and zinc

There is considerable evidence that not getting enough **iron** in the diet has serious health consequences. Iron is needed for healthy blood, but low levels of iron are also associated with poor appetite, increased risk of infection and lower levels of activity and attainment.

**Zinc** is important for all sorts of body functions and is also known to play an important role in the immune system (protecting us from illness and infection), and in growth and development of children. Studies have shown that many children have too little zinc in the diet.

Good sources of iron and zinc include meat, fish such as tuna, sardines and pilchards, wholegrain cereals, peas, beans and lentils and eggs. For information on other foods which are good sources of iron and zinc, see pages 75-76.

## Vegetarian diets

A vegetarian diet can provide all the nutrients needed for good health. However, it is important not to assume that all vegetarian diets are healthy, as some people may remove meat from their diet without consuming suitable alternatives. Also, it is harder to consume sufficient iron and zinc if a good variety of foods is not eaten.

The body absorbs **iron** more easily from animal sources – such as meat – than from non-animal sources such as cereals or vegetables. This means that vegetarians have to take extra care to make sure that they get enough iron. For foods that are good sources of iron, see page 75.

Zinc intakes may also be lower among vegetarians. Eating a good variety of foods ensures that vegetarians have adequate zinc intakes. Sources of zinc include fortified breakfast cereals, tofu, nuts, peas, beans and lentils, sesame seeds and milk and cheese.

There is a wide range of vegetarian alternatives to meat foods available these days (vegetarian sausages, burgers, pies, cold 'meats' etc.) and these can sometimes be useful as part of a varied diet. However, don't rely on these foods as many are high in salt and may be high in fat, and it is important to use as many real foods as possible in a healthy diet rather than relying on processed alternatives.

Advice on vegetarian diets can be obtained from the Vegetarian Society (see page 79).

## Vegan diets

Vegans generally adopt a diet free of all animal products and will not eat milk, cheese, yoghurt or eggs as well as avoiding meat and fish. It is possible to eat well as a vegan, but care has to be taken and people should always seek advice on how to ensure that they get all the nutrients they need. Vegans need to ensure that they include sources of vitamin B<sub>12</sub> and riboflavin (see page 74) in their diet. Advice on vegan diets can be obtained from the Vegan Society (see page 79).

## School meals

Most of the UK has statutory standards for school food, which means that schools and school caterers aim to provide meals which meet the nutritional needs of growing children. Supporting your school by having school meals is important, as this will ensure that the service can provide the best meals possible to all, and encourages children to eat together and enjoy the important social aspects of mealtimes. It is very difficult to offer a good nutritious packed lunch every day that is as varied and cost-effective as a school lunch. For more information about school meals in England see [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk).

## Packed lunches

Children may take a packed lunch when they go to school or to another facility, or go on an outing. It is important that a packed lunch provides the same variety of foods and nutrients as the meal it might be replacing. A packed lunch should contain:

- A starchy food. For example, any sort of bread, pitta bread, chapatti, crispbreads, rice cakes, or wraps. Choose lower-salt breads where available.
- A meat, fish or alternative. Alternatives include, for example, egg, cheese, peanut butter, or houmous.
- One portion of vegetables. For example, raw vegetables or salad.
- One portion of fresh or dried fruit or fresh fruit juice.
- A drink. Water, milk or fresh fruit juice are good choices.

Additional snacks such as plain popcorn, breadsticks, unsalted nuts, pumpkin or sunflower seeds, rice crackers or pretzels could be added occasionally and a yoghurt or fromage frais provides a good source of calcium. For people who have higher energy needs, some more energy-dense foods may also be appropriate. See page 15 for more ideas for snack foods.

## Eating out and take-aways

Eating out in restaurants and snack bars and eating take-away foods at home have become common practices for many families. However, it is important to remember that the portion sizes of foods at most outlets are designed for adults and not for children, and it is easy for children to eat too many calories – and not enough other nutrients – when they are presented with large amounts of easy-to-eat, energy-dense foods. If you are eating in a restaurant that offers a variety of meals, avoid the children's menu which often offers only processed foods such as battered or breadcrumbed products and chips. Most caterers are happy to offer smaller portions of their dishes for children and it can be a good opportunity for children to try new foods.

Enjoying a wide variety of food, eating with others and taking part in special occasions are important for children, but if they eat out or eat take-aways regularly, consider some of the tips on the next page.

## Eating out and take-away tips

### Indian meals

*Good choices:* Tandoori chicken or other meat or fish (which is cooked in an oven), chicken or other meat or fish tikka (on a skewer without sauce), dry curries, vegetable curries, dahl, channa dahl, plain boiled rice, chapatti or roti breads.

*High-fat foods to avoid:* Papadums and other fried foods such as samosas and onion bhajias, creamy or coconut-based sauces (such as korma sauces), fried rices (such as pilau rice), and breads which have a lot of fat added (such as stuffed naan breads).

### Chinese meals

*Good choices:* Stir-fries, chicken, vegetable or prawn chop suey, steamed fish, vegetable dishes, boiled noodles, dishes with steamed tofu.

*High-fat foods to avoid:* Avoid batter (for example, sweet and sour chicken, battered bananas or apple fritters), spring rolls and prawn crackers. Avoid fried rice dishes and fried noodles.

### Pizza

Choose thin-crust pizzas, and pizzas without cheese in the crust. Avoid garlic bread. Avoid having extra cheese, pepperoni or salami. Add more vegetable or fish toppings instead. Encourage eating a salad with the pizza.

### Fish and chip shops

Fish is a good choice but batter is high in fat and eating less or no batter could be encouraged. Choose small portions of chips. Mushy peas or baked beans are a good accompaniment. Avoid pies or battered sausage-type products.

### Burger bars

Go for standard rather than 'super-size' options. Choose a plain burger in a bun with a salad. Avoid extra cheese or mayonnaise, thick milkshakes, chicken nuggets or other battered dishes such as onion rings. Avoid French fries.

### Sandwiches

Look for sandwiches that don't contain mayonnaise. You can usually check the nutritional content of sandwiches on the label, so choose those lower in fat and salt.

### Salads

Some ready-prepared salad bowls have a lot of mayonnaise and may be designed for two people. Check the labels for lower-fat single portions.

## Are there any foods to avoid?

Avoid foods and drinks which are coloured with the artificial colours E102, E104, E110, E122, E124, E129, or which contain the additive sodium benzoate (E211). These additives have been linked to increased hyperactivity among some children. To find out if a food or drink contains any of these additives, check the *Ingredients* list on the packet or label.

For more information on how to avoid these additives, go to [www.actiononadditives.com](http://www.actiononadditives.com)

## How can I encourage children to eat well?

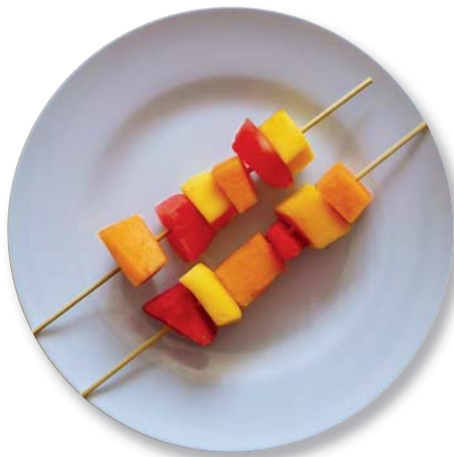
- Meal and snack times offer an opportunity to extend children's social and language skills. Children can learn from others about table manners, and can practise their speaking and listening skills. To encourage this, distractions such as television are best avoided during meal times.
- Act as a good role model in the foods and drinks you choose for yourself.
- Allow children to serve themselves during meals, as this may encourage them to try different kinds of foods. Finger foods of all kinds, particularly fruit and vegetables, will encourage children to try new foods. Child-sized utensils, crockery, tables and chairs may also make it easier for children to serve themselves and learn to eat independently.
- Learning how to choose and enjoy many different nutritious foods in childhood can provide the foundation for a lifetime of wise food choices. Encourage an interest in food and where it comes from, and involve children in growing, picking and preparing food as well as laying and clearing tables and serving others.
- Encourage children to become involved in choosing meals and cooking food. Family meal times can be important for children as a way of encouraging them to eat a variety of foods and to encourage good table manners and social skills.

## What about fussy eaters?

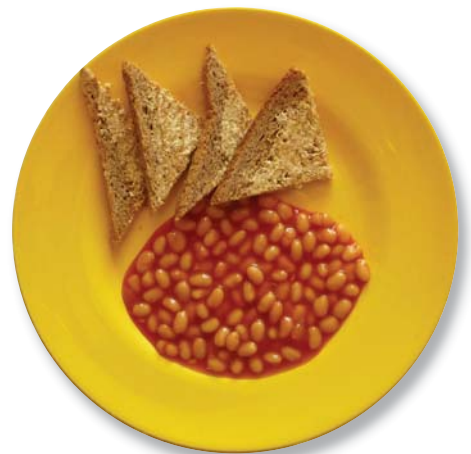
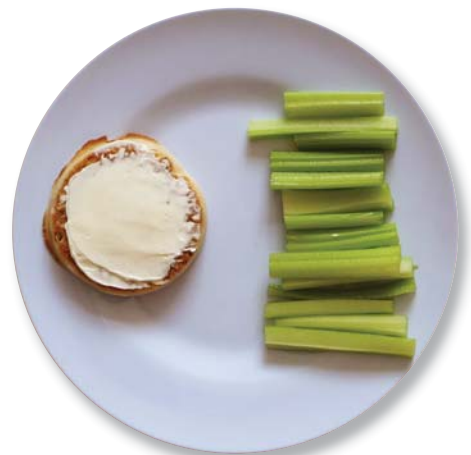
- Children should be allowed to make their own food choices. If a child refuses a food or meal, gently encourage them to eat, but children should never be forced to eat. Children often eat well in a calm atmosphere where others are enjoying their food.
- To minimise food refusal, it is important to ensure that a variety of foods are offered without judgement. Listen to what children request when it comes to serving their food. Some children don't like different parts of the meal touching each other, some prefer to have food that they can see clearly (for example, not covered in sauce or gravy), and some may prefer certain food items on separate plates and bowls.
- Remember that children's tastes change. Use the phrase "It's alright if you don't like it today" when a food is refused, rather than assuming that they will never choose or like that food in the future. Foods offered regularly often become liked foods and it is important to serve a variety of foods even if they are not eaten, so that children get used to seeing them on their plate.
- Older children may also become quite picky about what they eat and may choose foods which they know will taste familiar or have flavours they recognise. Accept that everyone will have changing tastes as they get older, encourage a variety of foods where possible, and show in your own behaviour that a wide range of foods can be enjoyed.







# Sample meals and snacks for 5-11 year olds



**T**his section contains examples of meals and snacks which give an idea of the types of foods, and amounts of foods, that meet the nutritional needs of 5-11 year olds.

The examples include a range of:

- breakfasts
- meals
- packed lunches
- snacks, and
- desserts.

A complete list of these meals and snacks is given on pages 35-38.

Photos of all these meals and snacks are on the CD-ROM included with this book. For each photo we give:

- an overall average portion size for 5-11 year olds (which corresponds to the needs of a typical 8 year old), and
- a recipe for the meal or snack.

We have calculated the amounts of energy and nutrients required by typical children aged 5-11 years, dividing up the energy across the day as follows:

|                     |                        |
|---------------------|------------------------|
| <b>BREAKFAST</b>    | <b>20%</b>             |
| <b>2 x SNACKS</b>   | <b>10% + 10% = 20%</b> |
| <b>2 x MEALS</b>    | <b>20% + 20% = 40%</b> |
| <b>2 x DESSERTS</b> | <b>10% + 10% = 20%</b> |
| <b>TOTAL</b>        | <b>100%</b>            |

We have also included some packed lunches which are suitable for children to take to school if they do not have a school lunch. These packed lunches are equivalent to a meal and a dessert (30% of daily energy).

If children choose a selection of meals and snacks from the examples we suggest, it is highly likely that their nutritional needs will be met. Some example daily eating plans are shown on page 39.

Some children may have a hot meal at lunchtime, some may have a hot meal later in the day – and it will depend on how each child, household, childcare setting or school works as to the best arrangement of meals and snacks throughout the day.

The meals and snacks in the photos are only examples, and there are obviously lots of other foods, meals and recipes which can be included as part of a good diet. However, we hope that these provide lots of ideas and help people to know what sort of portion sizes are appropriate.

## List of food photos – 5-11 year olds



### **Breakfasts**

#### ***Cereals***

Cornflakes and raisins with milk, and sliced banana

Crisped rice with milk, and malt loaf

Muesli and milk, with apricots and Greek yoghurt

Porridge with jam, and a fruit bun

Puffed wheat and dried apricots with milk, and apple slices

Shredded wheat with milk, and toasted fruit bread

Weet bisk and raisins with milk, and toast and jam



#### ***Hot breakfasts***

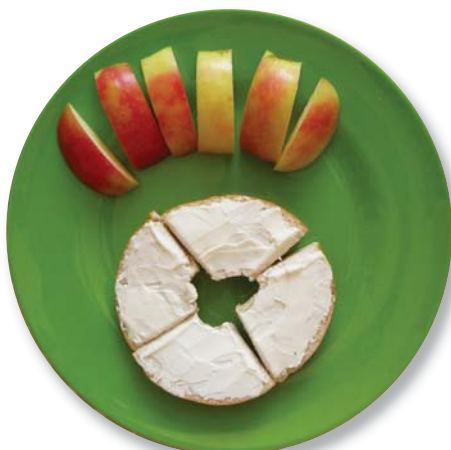
Baked beans and toast

Eggy bread with grilled tomato

Omelette with mushrooms and toast

Sausage and tomato with toast

Scrambled egg on toast with tomatoes



#### ***Breakfast sandwiches***

Cream cheese bagel with sliced apple

Mashed egg sandwich with a clementine

Peanut butter and mashed banana sandwich



## Main meals

### *Meat dishes*

- African beef stew with cassava and plantain
- Chilli con carne, jacket potato and green beans
- Ham and cheese sandwich with cucumber sticks and cherry tomatoes
- Jamaican lamb curry with brown rice and courgettes
- Lamb kheema with rice and courgettes
- Meatballs in tomato sauce with herb mash and broccoli
- Pork sausages with baked beans and mashed potato
- Rainbow ham salad with cucumber and lettuce
- Roast beef with gravy, roast potatoes and mixed vegetables
- Spaghetti Bolognese with cucumber sticks and tomato
- Sweet and sour pork with noodles



### *Chicken and turkey dishes*

- Caribbean chicken stew with dumplings and callaloo
- Chicken and vegetable stir-fry with boiled noodles
- Chicken pasta salad with carrot and celery sticks and lettuce
- Chicken pie with peas
- Chicken tikka masala, rice and mixed salad
- Tortilla wrap with chicken and sweetcorn salsa, and pepper sticks
- Turkey skewers with pitta bread and mixed salad

### *Fish dishes*

- Baked potato with tuna and sweetcorn filling and salad
- Coconut fish curry, chapatti and baby sweetcorn
- Fish pie with broccoli and peas
- Home-made tuna pizza with potato salad and cucumber and pepper sticks
- Kedgeree with grilled tomatoes
- Salmon fish fingers with chunky chips, tomato salsa and salad
- Salmon fishcakes, rice and pepper salad and a green salad
- Sardines with toast, and pepper and cucumber sticks
- Tuna and tomato pasta with cucumber and pepper sticks
- Tuna couscous with cucumber and pepper sticks





### ***Vegetarian dishes***

- Baguette with houmous, carrot and cucumber sticks and dried apricots
- Bean burger with potato salad and mixed salad
- Broccoli and cauliflower pasta bake, garlic bread and mixed salad
- Broccoli quiche with three bean salad and rice and pepper salad
- Chick pea and vegetable curry with rice, and tomato salad
- Courgette and pasta bake with carrots and garlic bread
- Creole jambalaya with pitta bread and mixed salad
- Jacket potato with cheesy beans, cucumber and pepper sticks
- Mozzarella and cucumber roll with carrot, cherry tomatoes and plum
- Roasted vegetable couscous with bean and celery salad and coleslaw
- Soft cheese with pitta bread fingers, celery and red pepper sticks, and peach
- Sweet and sour vegetables with egg-fried rice
- Vegetable risotto, with tomato and basil salad and crusty bread
- Vegetable soup with a brown roll, cheese chunks and blueberries
- Vegetarian sausages with leek and potato bake

### **Packed lunches**



#### ***Meat and chicken***

- Beef wrap with potato salad, cherry tomatoes and grapes
- Chicken and sweetcorn sandwich with pepper sticks and pineapple chunks
- Chicken salad with pitta bread, sweetcorn, apple, yoghurt and honey
- Rice and chicken salad, cherry tomatoes, celery sticks, currant bun and a carton of orange juice

#### ***Fish***

- Salmon couscous with cherry tomatoes, malt loaf and a carton of orange juice
- Tuna and sweetcorn pasta with carrot and cucumber sticks, fruit yoghurt and a carton of orange juice

#### ***Vegetarian***

- Cream cheese bagel with boiled egg, cucumber and celery sticks, malt loaf and a pear
- Egg and cress roll with cucumber sticks, cherry tomatoes, natural yoghurt and blueberries
- Falafel and houmous pitta with carrot sticks, grapes, fruit yoghurt and a carton of orange juice
- Leek and potato soup with a wholemeal roll, cheese chunks, carrot and pepper sticks and a banana
- Mozzarella and tomato ciabatta with celery sticks and dried fruit and nuts



## Snacks

### *Fruit snacks*

- Breadsticks with orange wedges and grapes
- Currant bun with apple slices
- Fruit platter with mango, banana and melon
- Fruit scone and jam, with melon chunks
- Malt loaf with a satsuma
- Natural yoghurt with peach slices
- Oatcakes with mozzarella cheese, celery sticks and apple slices
- Popcorn with apple slices
- Toasted fruit bread with orange wedges
- Wholemeal toast with honey and apple slices

### *Savoury snacks*

- Breadsticks and pepper sticks with cottage cheese
- Breadsticks, red pepper and cucumber sticks with sour cream and chive dip
- Curried rice salad with green pepper sticks
- Mashed avocado on melba toast with cherry tomatoes and red pepper sticks
- Oatcakes and celery sticks with houmous
- Pitta bread and houmous with pepper and cucumber sticks
- Spicy potato wedges with tomato salsa
- Tabbouleh with yellow pepper sticks
- Toasted crumpet with soft cheese and celery sticks
- Wholemeal toast fingers with smoked mackerel pâté and cucumber sticks



## Desserts

- Apple and cinnamon crumble with custard
- Carrot cake
- Fruit jelly
- Mango sorbet
- Pineapple upside-down pudding with Greek yoghurt
- Rice pudding with mandarin oranges
- Summer pudding with Greek yoghurt
- Sweet pancakes with strawberries and Greek yoghurt
- Tropical fruit kebabs
- Vanilla ice cream with raspberries



**Note: All fruit and vegetables to be eaten uncooked need to be washed thoroughly.**

## Example 1

### Breakfast

Cornflakes (30g) with milk (150ml) and raisins (20g)  
Banana (80g)  
Orange juice (150ml)

### Mid-morning

Orange (80g)  
Carton of milk (200ml)

### School lunch

Spaghetti (120g) and Bolognese sauce (180g)  
Cucumber (40g) and tomato (40g)  
Fruit yoghurt (150g)  
Water (150ml)

### After school

Toasted crumpet (40g) with soft cheese (20g)  
Celery (80g)  
Glass of milk (150ml)

### Tea

Fish pie (220g)  
Broccoli (80g) and peas (40g)  
Fruit jelly (125g)

## Example 2

### Breakfast

Baked beans (90g) on wholemeal toast (35g)  
Orange juice (150ml)

### Mid-morning

Grapes (80g)  
Carton of milk (200ml)

### School lunch

Tuna and sweetcorn pasta (160g)  
Raw carrot (40g) and cucumber (40g)  
Fruit yoghurt (125g)  
Orange juice carton (200ml)

### Tea

Broccoli and cauliflower pasta bake (240g)  
Mixed salad (80g)  
Garlic bread (40g)  
Sweet pancakes (40g) with strawberries (80g) and Greek yoghurt (30g)

### Evening

Malt loaf (40g)  
Satsuma (80g)  
Glass of milk (150ml)

## Example 3

### Breakfast

Peanut butter and banana sandwich (135g)  
Orange juice (150ml)

### Mid-morning

Pear (80g)  
Carton of milk (200ml)

### School lunch

Jacket potato (170g) with Cheddar cheese (40g) and baked beans (90g)  
Green salad (80g)  
Apple and cinnamon crumble (90g) and custard (80g)

### After school

Popcorn (15g)  
Apple (80g)  
Milk (150ml)

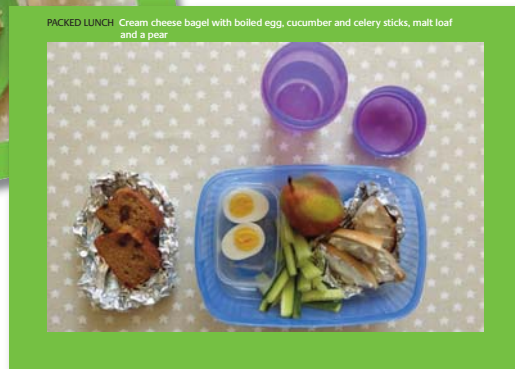
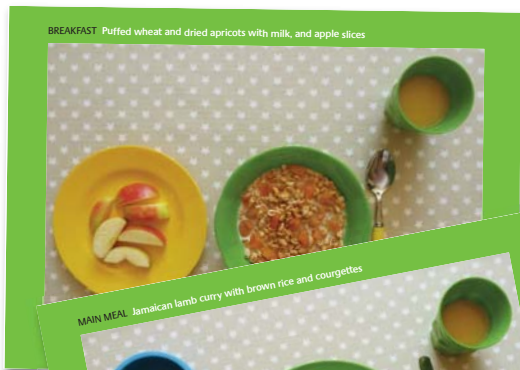
### Tea

Sweet and sour vegetables (200g)  
Egg-fried rice (190g)  
Vanilla ice cream (60g) with raspberries (80g)





# How to use the food photos



**T**his resource contains photos of a range of meals and snacks for 5-11 year olds, as listed on page 35. The photos are on the CD-ROM included with this book.

The aim of the photos is:

- to show typical portion sizes to aim at for 5-11 year olds, and
- to show what the foods look like.

The photos may be useful:

- for those responsible for menu planning or preparing food for 5-11 year olds
- for supporting those who may want to know more about eating well for 5-11 year olds
- to show to children so that they can become familiar with different foods, and to help them choose things they would like to try.

On the back of each photo we give:

- the name of the food and the portion size appropriate for 5-11 year olds (based on portion sizes for an average 8 year old), and
- recipes for most of the items shown.

## Plate sizes

The actual dimensions of the plates and dishes used in the food photos are shown below and on the next pages. If you wish to use sample plates for training purposes, you can print these photos from the PDF called *5-11 Years Plates.pdf* that is on the accompanying CD-ROM. Laminate the pages and cut out the plate shapes.



Side plate



Large plate



12cms

Snack bowl



8cms

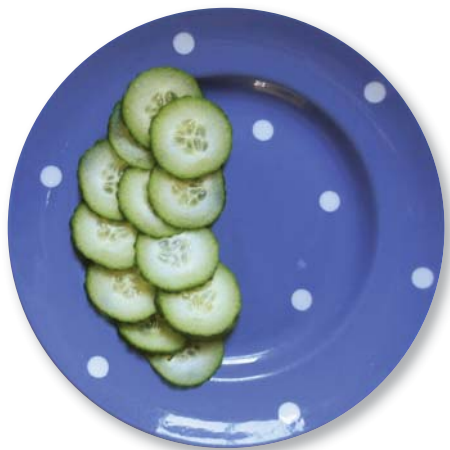
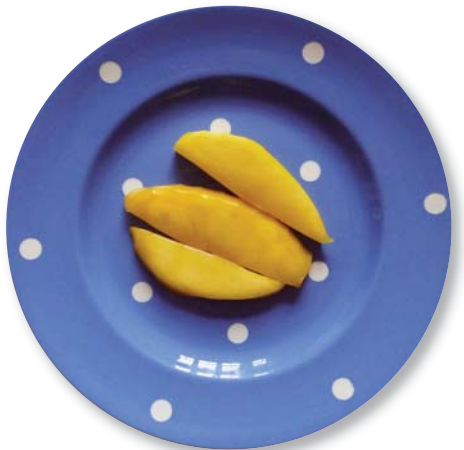
Mini bowl



Cereal bowl



# Fruit and vegetables: portion sizes for 5-11 year olds





Children should have at least 5 portions of a variety of fruit and vegetables each day. Three of these should be vegetables and two fruit.

1 portion of fruit or vegetables can be:

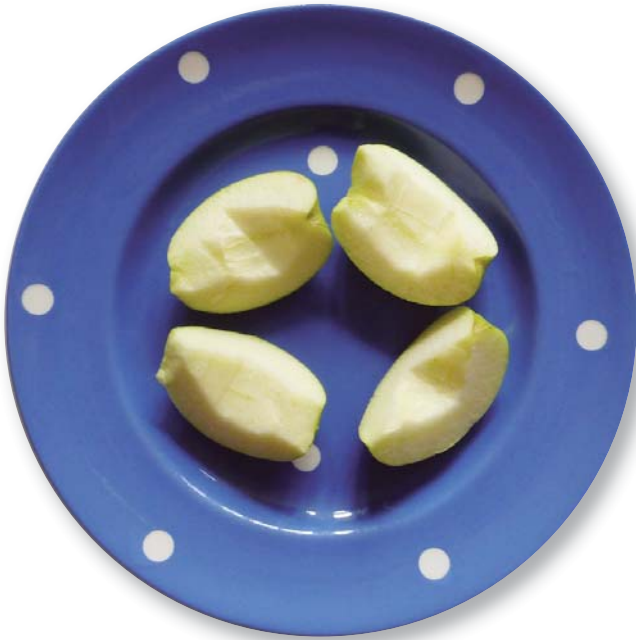
- A serving of fruit or vegetables – fresh, frozen or canned. A serving means about 80g or more. That’s about 3 heaped tablespoons.
- 1 medium-sized fruit – for example, an apple
- 1 glass (150ml) of 100% fruit juice, or
- 1 heaped tablespoonful of dried fruit.

Only one of the 5 daily portions should be a fruit juice, as it is important to have ‘whole’ fruits and vegetables which contain fibre and other important nutrients.

Photos showing what 1 portion of different types of fruits and vegetables looks like are shown on pages 49-66 of this book.

| Fruit portions   | Vegetable portions   |
|--|--|
| <p>Apple quarters (100g)<br/>           Apple slices (100g)<br/>           Banana (100g)<br/>           Banana slices (100g)<br/>           Black grapes (80g)<br/>           Blueberries (80g)<br/>           Dried apricots (40g)<br/>           Dried prunes (40g)<br/>           Kiwi (80g)<br/>           Mandarin orange segments (80g)<br/>           Mandarin orange segments with juice (130g)<br/>           Mango (100g)<br/>           Melon (100g)<br/>           Orange segments (100g)<br/>           Peach (80g)<br/>           Pear quarters (100g)<br/>           Pear slices (100g)<br/>           Plum (80g)<br/>           Raisins (40g)<br/>           Raspberries (80g)<br/>           Satsuma (90g)<br/>           Stewed fruit (100g)<br/>           Strawberries (80g)<br/>           White grapes (80g)</p> | <p>Baby sweetcorn (80g)<br/>           Baked beans (80g)<br/>           Broad beans (80g)<br/>           Broccoli (80g)<br/>           Brussels sprouts (80g)<br/>           Cabbage (80g)<br/>           Carrots – sliced (80g)<br/>           Carrot sticks (80g)<br/>           Cauliflower (80g)<br/>           Cherry tomatoes (80g)<br/>           Courgette (80g)<br/>           Cucumber (80g)<br/>           Green beans (80g)<br/>           Grilled tomato (80g)<br/>           Kale (80g)<br/>           Leeks (80g)<br/>           Lettuce (80g)<br/>           Mange tout (80g)<br/>           Mixed beans (80g)<br/>           Mixed salad (80g)<br/>           Mixed vegetables – frozen (80g)<br/>           Parsnip (80g)<br/>           Peas (80g)<br/>           Red and green pepper (80g)<br/>           Red cabbage (80g)<br/>           Spinach (80g)<br/>           Stir-fry vegetables (80g)<br/>           Swede (80g)<br/>           Sweetcorn (80g)<br/>           Tomatoes (80g)</p> |

# FRUITS



## FRUITS

**Apple slices  
(100g)**

**Apple quarters  
(100g)**

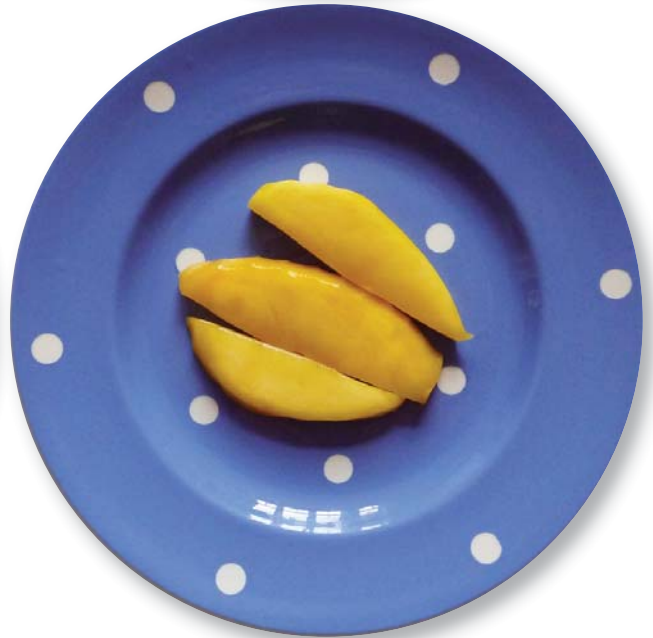
**Banana slices  
(100g)**

**Banana  
(100g)**

**Blueberries  
(80g)**

**Black grapes  
(80g)**

# FRUITS



## FRUITS

**Dried prunes  
(40g)**

**Dried apricots  
(40g)**

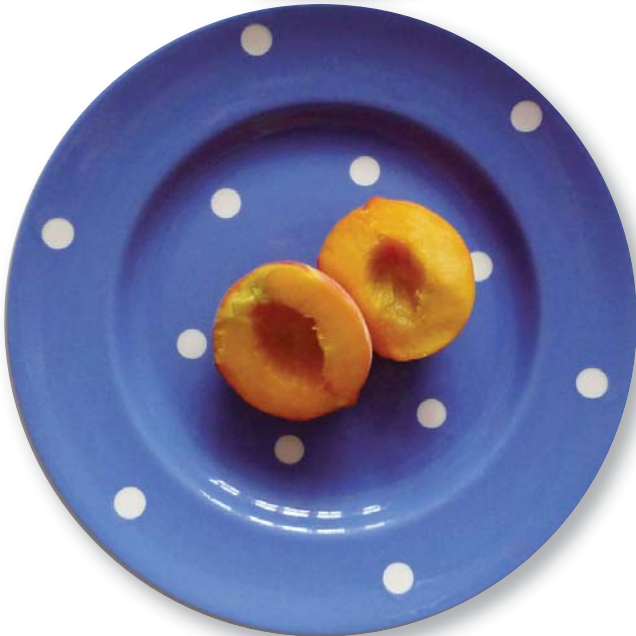
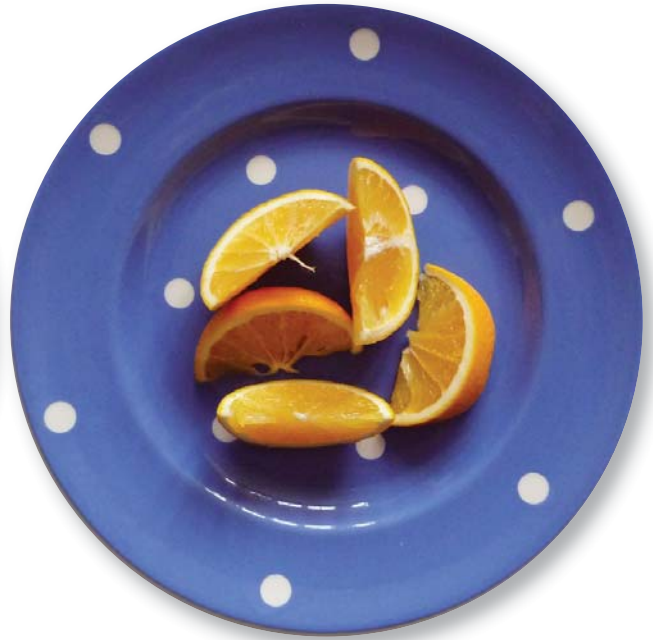
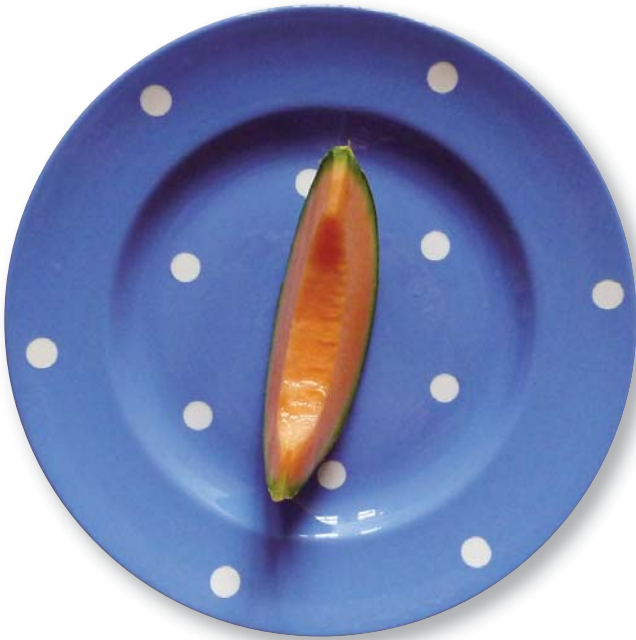
**Mandarin orange  
segments (80g)**

**Kiwi  
(80g)**

**Mango  
(100g)**

**Mandarin orange  
segments with juice  
(130g)**

# FRUITS



## FRUITS

**Orange segments  
(100g)**

**Melon  
(100g)**

**Pear quarters  
(100g)**

**Peach  
(80g)**

**Plum  
(80g)**

**Pear slices  
(100g)**

# FRUITS





## FRUITS

**Raspberries  
(80g)**

**Raisins  
(40g)**

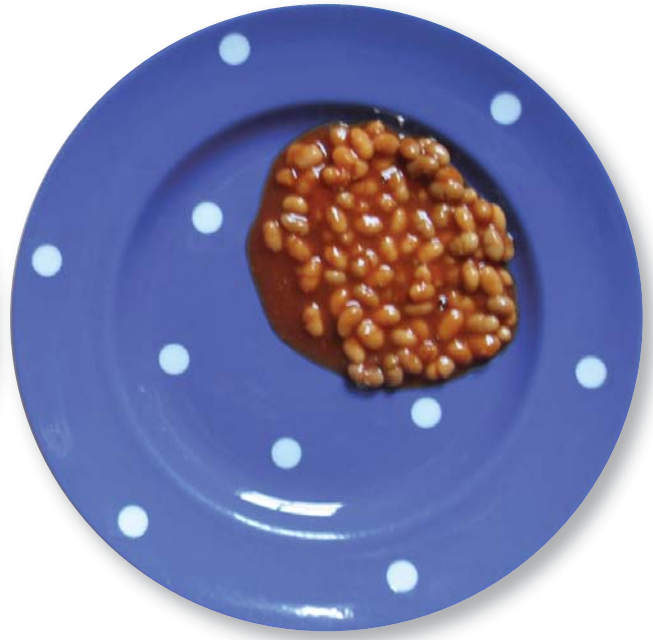
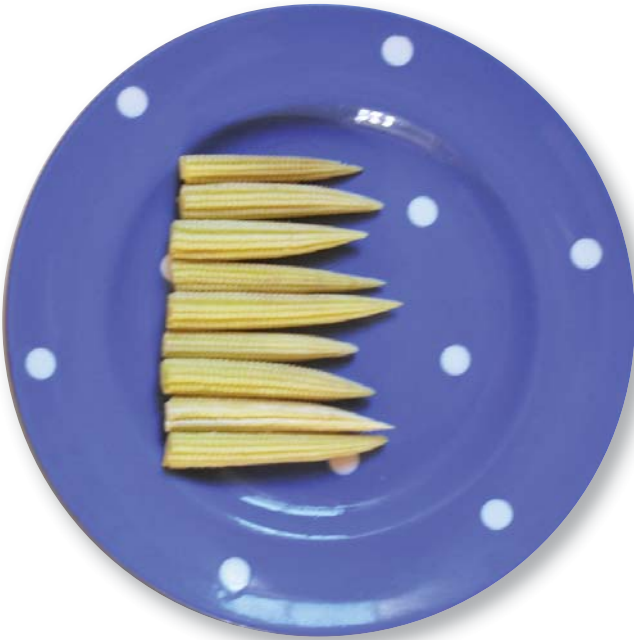
**Stewed fruit  
(100g)**

**Satsuma  
(90g)**

**White grapes  
(80g)**

**Strawberries  
(80g)**

# VEGETABLES



## VEGETABLES

**Baked beans  
(80g)**

**Baby sweetcorn  
(80g)**

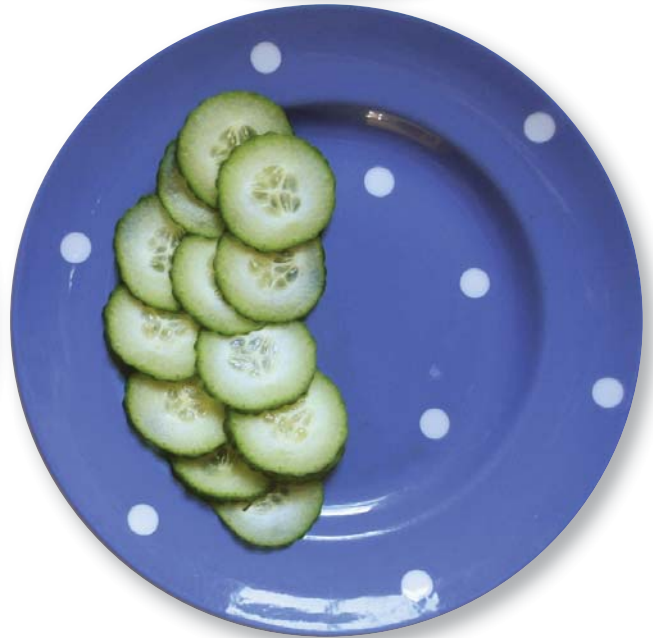
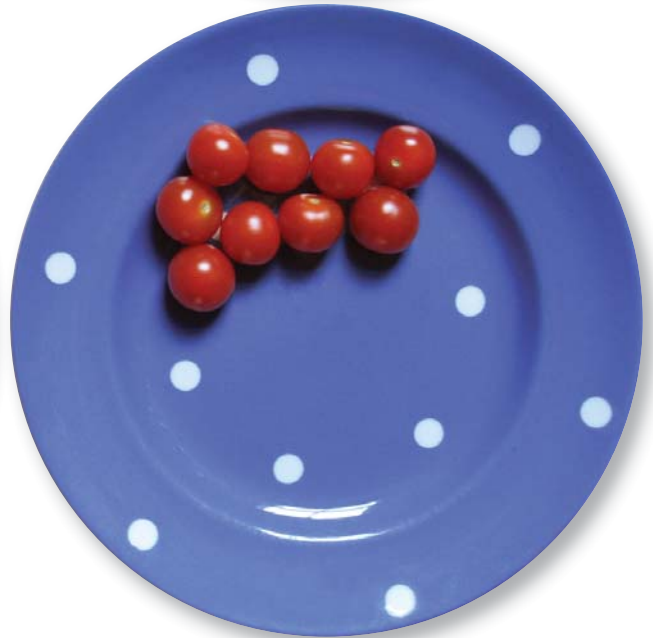
**Broccoli  
(80g)**

**Broad beans  
(80g)**

**Cabbage  
(80g)**

**Brussels sprouts  
(80g)**

# VEGETABLES



## VEGETABLES

**Carrot sticks  
(80g)**

**Carrots – sliced  
(80g)**

**Cherry tomatoes  
(80g)**

**Cauliflower  
(80g)**

**Cucumber  
(80g)**

**Courgette  
(80g)**

# VEGETABLES



## VEGETABLES

**Grilled tomato  
(80g)**

**Green beans  
(80g)**

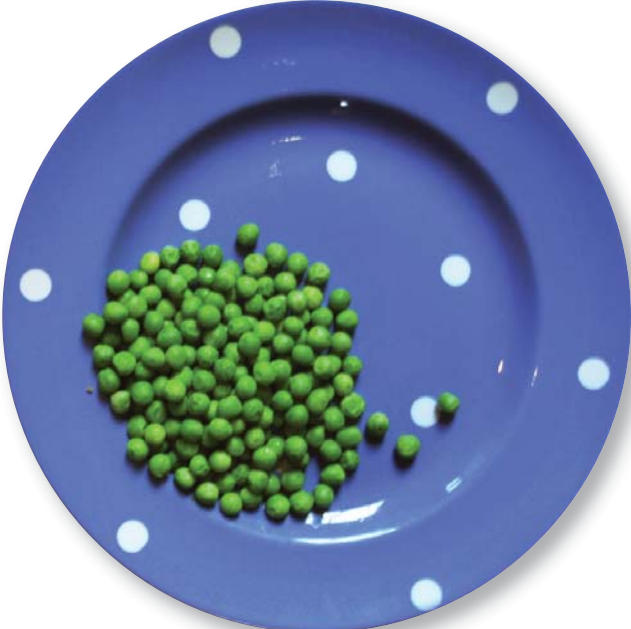
**Leeks  
(80g)**

**Kale  
(80g)**

**Mange tout  
(80g)**

**Lettuce  
(80g)**

VEGETABLES





## VEGETABLES

**Mixed salad  
(80g)**

**Mixed beans  
(80g)**

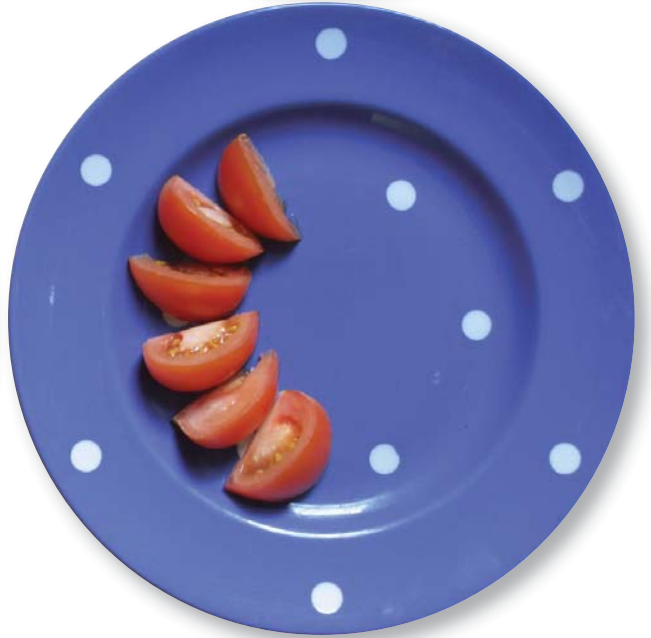
**Parsnip  
(80g)**

**Mixed vegetables –  
frozen (80g)**

**Red and green pepper  
(80g)**

**Peas  
(80g)**

# VEGETABLES



## VEGETABLES

**Spinach  
(80g)**

**Red cabbage  
(80g)**

**Swede  
(80g)**

**Stir-fry vegetables  
(80g)**

**Tomatoes  
(80g)**

**Sweetcorn  
(80g)**



# Additional information

## Food-based guidance

**T**his section contains some information about the five food groups and how to choose foods which will make up a healthy, balanced diet.

It is also useful to look at the traffic-light labels, nutrition information labels and ingredients lists on foods, and to choose those that are lower in salt, sugar and fat. (See page 16 for more information on food labels.) The Food Standards Agency provides information on what is ‘a lot’ of fat, saturated fat, sugar and salt in foods. This is outlined below.

|  |   |
|--|---|
| Foods <b>high in fat</b> have more than 20g of fat per 100g of food.   | Foods <b>low in fat</b> have 3g of fat or less per 100g of food.  |
| Foods <b>high in saturated fat</b> have more than 5g of saturated fat per 100g of food.  | Foods <b>low in saturated fat</b> have 1.5g of saturated fat or less per 100g of food.  |
| Foods <b>high in sugar</b> have more than 15g of sugars per 100g of food.  | Foods <b>low in sugar</b> have 5g of sugars or less per 100g of food.   |
| Foods <b>high in salt</b> have more than 1.5g of salt per 100g of food<br>or<br>more than 0.6g (600mg) of sodium per 100g of food. | Foods <b>low in salt</b> have 0.3g of salt or less per 100g of food<br>or<br>0.1g (100mg) of sodium or less per 100g of food. |

## Food group: Bread, rice, potatoes, pasta and other starchy foods

| Advice   | Why?   | What's included   |
|--|--|---|
| <p>Starchy foods – which include bread, rice, potatoes and pasta – should make up a third of the daily diet.</p> <p>A variety of breads should be available daily at mealtimes.</p> <p>Different starchy foods should be offered in main meals throughout the week, so that a variety of starchy foods are included. Aim to include pasta and rice on the menu once a week.</p> <p>Wholegrain and wholemeal cereal foods are a good source of fibre and other nutrients.</p> | <p>Starchy foods are a good source of energy and the main source of a range of nutrients in the diet. As well as starch, these foods supply fibre, calcium, iron and B vitamins.</p> | <p>All varieties of bread including wholemeal, granary and seeded breads, chapattis, bagels, roti, tortillas and pitta bread</p> <p>Potatoes, yam, cocoyam, dasheen, breadfruit and cassava</p> <p>Breakfast cereals</p> <p>Rice, couscous, bulgar wheat, maize (polenta) and cornmeal</p> <p>Noodles, spaghetti and other pastas</p> |

### Tips

- Serve more pasta and rice and use less sauce. Opt for tomato-based sauces instead of cheese-based sauces.
- When serving rice and pasta, try to use wholemeal, wholegrain, brown or high-fibre versions.
- Some breakfast cereals are nutrient-fortified (that is, with added iron, folic acid and other vitamins and minerals). Choose wholegrain cereals or mix some in with other cereals.
- Offer a variety of breads, such as seeded, wholegrain and granary, and use thicker slices with low-fat options for fillings.
- If you are making chips or fried potatoes, use large pieces of potato and have thick or straight-cut chips as these absorb less fat.
- Baked potatoes do not need to have butter or margarine added when served with moist fillings or sauces.
- For children who have allergies to wheat, oats, barley and rye – good alternatives to offer are foods made from maize (such as polenta), rice, rice flour, potatoes, potato flour, buckwheat, sago, tapioca, soya and soya flour.
- Cereal foods which are good sources of iron and zinc include fortified cereals, wholegrain cereals, wholemeal bread and flour, couscous and wholemeal pasta.

## Food group: Fruit and vegetables

| Advice   | Why?   | What's included   |
|--|--|---|
| <p>Fruit and vegetables should make up about a third of the daily diet.</p> <p>It is important to offer a variety. 5 portions a day is an achievable target.</p> <p>Aim for 1 or 2 portions of fruit or vegetables with each meal, and offer fruit and vegetables as snacks.</p> <p>One portion is about 80g of fresh, frozen or canned fruit or vegetables, or about 40g of dried fruit.</p> <p>A glass of 100% fruit juice can count as 1 portion of fruit each day.</p> | <p>Fruit and vegetables are good sources of many vitamins and minerals.</p> <p>There is evidence that consuming 400g or more of fruit and vegetables a day reduces the risk of developing chronic diseases such as coronary heart disease and some cancers.</p> <p>Including fruits and vegetables in the diet will also help to increase the intake of fibre.</p> | <p>All types of fresh, frozen and canned vegetables – for example, broccoli, Brussels sprouts, cabbage, carrots, frozen peas, peppers, swede and sweetcorn</p> <p>Beans and pulses, including baked beans, chick peas and kidney beans</p> <p>All types of salad vegetables, including lettuce, cucumber, tomato, raw carrots, peppers and beetroot</p> <p>All types of fresh fruit – for example, apples, bananas, kiwi fruit, oranges, pears, mango and plums</p> <p>All types of canned fruit in fruit juice – for example, pineapple, peaches and mandarin oranges</p> <p>Stewed fruit</p> <p>Dried fruit</p> <p>Fruit juice (100% juice)</p> |

### Tips

- Steaming or cooking vegetables with minimum amounts of water, and serving them as soon as possible, will help retain vitamins.
- Use fresh fruit and vegetables as soon as possible, rather than storing them, to avoid vitamin loss.
- Incorporate fruit and vegetables in snack options. Offer a variety of healthy snack alternatives.
- Add vegetables and pulses to curries, casseroles or stir-fry dishes and serve at least two types of vegetables with fish, chicken or meat.
- Baked beans should be served no more than twice a week.
- Encourage people to have a daily glass of fruit juice (100% juice, unsweetened) with meals.
- Add a handful of dried fruit to cereal options and porridge.
- Offer traditional salads as well as raw vegetables, to increase colour, taste and texture at mealtimes.
- Add extra vegetables to savoury dishes.
- Vegetable soups are a useful way of increasing vegetable intake.
- Avoid dried fruit that has added sugar or vegetable oil.
- Fruit and vegetables which are useful sources of iron include spinach, broccoli, spring greens, dried apricots, raisins, baked beans, broad beans and blackcurrants.
- Fruit and vegetables which are useful sources of folate include spinach, broccoli, peas, oranges, melon, green leafy salads and tomatoes.
- Fruit and vegetables which are useful non-dairy sources of calcium include green leafy vegetables, dried fruit and oranges.

## Food group: Milk and dairy products

| Advice  | Why?   | What's included   |
|---|--|---|
| <p>Offer dairy foods such as milk, yoghurt and cheese as part of meals and snacks.</p> <p>Offer low-fat options such as semi-skimmed milk, low-fat yoghurt and reduced-fat cheeses.</p> <p>Don't rely on cheese as the main protein item for vegetarians.</p> | <p>Milk and dairy products are good sources of calcium, protein and vitamin A. Calcium helps to contribute to good bone health.</p> <p>The fat content of different dairy products varies and much of this is saturated fat.</p> | <p>Skimmed, semi-skimmed and whole milk</p> <p>Dried milk, goat's and sheep's milk</p> <p>All types of cheeses – for example, Cheddar cheese, cottage cheese, cheese spreads, Brie, feta, Edam, goat's cheese, Stilton and Parmesan</p> <p>Yoghurt</p> <p>Fromage frais</p> |

### Tips

- Choose reduced-fat hard cheeses, cottage cheese or low-fat soft cheese.
- Some dairy products can contain high levels of salt. Look for lower-salt cheeses and use smaller amounts of stronger cheese rather than larger amounts of milder cheese.
- Offer semi-skimmed or skimmed milk and low-fat yoghurts and fromage frais.
- Use plain yoghurt or fromage frais instead of cream, soured cream or crème fraîche in recipes.
- Try serving frozen yoghurts as an alternative to ice cream.
- For those on dairy-free diets, serve soya drinks fortified with calcium as an alternative to milky drinks.
- Restrict sweetened milk drinks to mealtimes, as the sugars in these drinks can damage the teeth.



## Food group: Meat, fish, eggs, beans and other non-dairy sources of protein

| Advice  | Why?  | What's included   |
|---|---|---|
| <p>Offer a variety of meat and meat alternatives at main meals.</p> <p>Use lean meat (meat which has a fat content of about 10%).</p> <p>Fish should be offered at least twice a week.</p> <p>It is strongly recommended that oil-rich fish – such as salmon, trout, mackerel, herring, pilchards or sardines – should be served once a week.</p> <p>Eggs can be served at breakfast and as part of main meals.</p> <p>Make sure that meat alternatives for vegetarians are varied.</p> | <p>Meat and meat alternatives are a good source of protein, vitamins and minerals such as iron and zinc.</p> <p>Some meat and meat products can contain a lot of fat and saturated fat.</p> <p>White fish is low in fat.</p> <p>Oil-rich fish provides a good source of omega-3 fats, which may help to protect against heart disease. Oil-rich fish are also a source of vitamins A and D.</p> <p>Eggs are a good source of protein, vitamin A, vitamin D and some minerals.</p> <p>Beans, pulses, eggs, meat alternatives and nuts all provide good sources of nutrients.</p> | <p>Meat includes all cuts of beef, pork, lamb, poultry, offal* and meat products such as bacon, sausages, beefburgers, pies and cold meats.</p> <p>Fish includes fresh, frozen and canned fish, such as tuna and sardines. Fish products such as fish cakes and fish fingers may have a low fish content.</p> <p>Boiled, poached or scrambled eggs, or omelettes</p> <p>Beans and pulses such as chick peas, lentils, kidney beans, butter beans, textured vegetable protein, nuts, and soya products such as tofu and Quorn.</p> |

### Tips

- Always choose the leanest cuts of meat and remove visible fat and poultry skin.
- Roast meat on a rack in order to let the fat run off.
- Grill, poach or roast meat rather than frying. If you do fry, use clean oil and at the correct temperature to minimise absorption. Note that larger pieces of fish and meat absorb less fat.
- Don't add extra fat or oil when cooking meat.
- Use more vegetables, pulses and starchy food to extend dishes further, and to add more texture and flavour. This will also mean that less meat is needed, reducing both the fat content and the cost of the meal.
- Buy good-quality meat and use smaller amounts.
- Use fish from sustainable fish stocks. Look for the Marine Stewardship Council logo.
- Offer unsalted nuts and seeds as snacks.
- Reduce the amount of processed meat products served, such as meat pies and pasties, sausages, burgers and coated chicken products.
- Reduce the amount of processed fish products on offer, particularly those that are fried or coated, such as fish fingers or fish cakes.

\* Liver and liver pâté are very rich in vitamin A and it is recommended that these foods are consumed no more than once a week.

## Food group: Foods and drinks high in fat and/or sugar

| Advice  | Why?  | What's included  |
|---|---|--|
| <p>These foods can add palatability to the diet but should be eaten in small amounts each day.</p> <p>Reduce the amount of foods containing fat – for example, fat spreads and butter, cooking oils and mayonnaise.</p> <p>Other foods containing fat and sugar – such as cakes and biscuits – should be eaten only occasionally.</p> | <p>Foods containing fat and foods containing sugar often provide a lot of calories and a lower proportion of other nutrients.</p> <p>Some foods in this group are also high in sodium/salt.</p> <p>Foods and drinks containing sugar often contain few other nutrients, and having them frequently between meals can contribute to tooth decay.</p> | <p>Foods containing fat include: butter, margarine, other spreading fats and low-fat spreads, cooking oils, oil-based salad dressings, mayonnaise, cream, chocolate, crisps, biscuits, pastries, cakes, puddings, ice cream, rich sauces, and gravies.</p> <p>Foods and drinks containing sugar include: soft drinks, sweets, chocolate, jams, sugar, cakes, puddings, biscuits, pastries and ice cream.</p> |

### Tips

- Use fat spreads rich in monounsaturated or polyunsaturated fats.
- Use cooking oils high in monounsaturates, such as soya, rapeseed or olive oils.
- Measure oil for cooking carefully and reduce the amount of oil used in the preparation of soups, stews and casseroles. Vegetables can often be dry-fried, steamed or stewed to form the basis of sauces and other dishes.
- Avoid serving pastry dishes frequently.
- Use low-fat yoghurt or non-dairy ice cream to complement puddings or pies.
- Produce puddings lower in fat and sugar and incorporate fresh fruit, canned fruit in juice or dried fruit.
- Offer water, unsweetened fruit juices and chilled milk drinks rather than sugary soft drinks.
- Serve wholegrain or plain cereals rather than sugar-coated cereals.
- When preparing sandwiches, try and avoid using butter or spreads if the filling is already moist.

### To increase the amount of vitamin D in menus

- Use fat spreads fortified with vitamin D for baking or as a fat spread.
- Include an oil-rich fish that is rich in vitamin D in the menu at least once a week – for example, herring, mackerel, pilchards, salmon, sardines, trout, roe, or canned tuna fish.
- Egg yolks are also rich in vitamin D.
- Meat and poultry contribute small but significant amounts of vitamin D.

## Good sources of vitamins and minerals

This table shows a number of foods and drinks which are important sources of certain vitamins and minerals. These are based on average servings.

|                   | EXCELLENT  | GOOD   | USEFUL  |
|-------------------|--|--|---|
| <b>B VITAMINS</b> |  |  |   |
| <b>Thiamin</b>    | liver and liver pâté<br>pork, bacon and ham<br>fortified breakfast cereals<br>malted drinks                                | wholemeal bread<br>yeast extract<br>oatcakes<br>currant buns<br>nuts<br>potatoes   | lean meat<br>chicken and other<br>poultry<br>eggs<br>white or brown bread<br>semi-sweet biscuits  |
| <b>Riboflavin</b> | liver<br>kidney  | milk<br>malted drinks<br>fortified breakfast cereals<br>almonds  | lean meat or poultry<br>bacon<br>mackerel, tuna, salmon<br>sardines, pilchards<br>cheese<br>yoghurt<br>eggs   |
| <b>Niacin</b>     | fortified breakfast cereals<br>canned salmon, tuna<br>pilchards<br>chicken   | lean meat<br>sausages<br>kidneys<br>herrings<br>sardines   | wholemeal bread<br>peanut butter<br>yeast extract<br>bacon<br>liver sausage   |
| <b>FOLATE</b>     | most fortified breakfast cereals, eg cornflakes, branflakes, crisped rice<br>liver<br>spinach                              | yeast extract<br>cabbage<br>Brussels sprouts<br>broccoli<br>peas<br>orange<br>melon<br>kidney                              | wholemeal bread/flour<br>weet bisks<br>cauliflower<br>beef<br>runner beans<br>tomatoes<br>parsnip<br>potatoes<br>green leafy salads<br>ackee<br>peanuts |
| <b>VITAMIN C</b>  |  |  |   |
|                   | blackcurrants<br>orange (and orange juice)<br>strawberries<br>canned guava<br>spring greens<br>green and red peppers (raw) | broccoli, cabbage<br>cauliflower, spinach<br>tomato<br>Brussels sprouts<br>watercress<br>kiwi fruit<br>mango<br>grapefruit | potatoes<br>green beans<br>peas<br>satsumas<br>eating apples<br>nectarines<br>peaches<br>raspberries<br>blackberries                                    |

|           | EXCELLENT   | GOOD  | USEFUL  |
|-----------|---|---|---|
| VITAMIN A | <p>liver<br/>liver sausage/pâté<br/>carrots<br/>spinach<br/>sweet potatoes<br/>watercress<br/>red peppers<br/>mango<br/>cantaloupe melon<br/>dried apricots</p> | <p>nectarine<br/>peach<br/>blackcurrants<br/>fresh/canned apricots<br/>watercress<br/>tomatoes<br/>cabbage (dark)<br/>broccoli<br/>Brussels sprouts<br/>runner beans<br/>broad beans<br/>margarine<br/>butter<br/>cheese<br/>kidney</p> | <p>canned salmon<br/>herrings<br/>egg<br/>honeydew melon<br/>prunes<br/>orange<br/>sweetcorn<br/>peas<br/>whole milk</p>  |
| VITAMIN D | <p>fortified breakfast cereals<br/>herrings<br/>pilchards<br/>sardines<br/>tuna<br/>canned salmon<br/>egg</p>   | <p>liver (other than chicken liver)<br/>liver sausage/pâté<br/>margarine</p>  | <p>chicken liver</p>  |
| CALCIUM   | <p>spinach<br/>sardines<br/>cheese<br/>tofu</p>   | <p>pilchards<br/>yoghurt<br/>milk (all types)<br/>soya drink fortified with calcium<br/>cheese spread</p>   | <p>canned salmon<br/>muesli<br/>white bread/flour<br/>peas, beans, lentils<br/>dried fruit<br/>orange<br/>egg yolk</p>  |
| IRON      | <p>fortified breakfast cereals<br/>pig liver<br/>kidney<br/>chicken liver<br/>liver sausage/pâté</p>  | <p>wholemeal bread/flour<br/>weet bisks<br/>beef, beefburger<br/>corned beef<br/>lamb<br/>sardines, pilchards<br/>soya beans<br/>chick peas, lentils<br/>spinach, broccoli<br/>spring greens<br/>dried apricots<br/>raisins</p>         | <p>white bread<br/>baked beans<br/>broad beans<br/>black-eyed peas<br/>blackcurrants<br/>salmon, tuna<br/>herrings<br/>sausage<br/>chicken and other poultry<br/>egg<br/>tofu</p> |

|                                    | EXCELLENT  | GOOD   | USEFUL   |
|------------------------------------|--|--|--|
| ZINC                               | <p>liver<br/>kidney<br/>lean meat<br/>corned beef</p>  | <p>bacon<br/>ham<br/>poultry<br/>canned sardines<br/>shrimps and prawns<br/>tofu<br/>whole grain breakfast cereals, eg puffed wheat, branflakes, weet bisks<br/>nuts</p>   | <p>sausages<br/>cold cooked meats<br/>canned tuna or pilchards<br/>eggs<br/>milk, cheese<br/>beans and lentils<br/>brown or wholemeal bread<br/>plain popcorn<br/>sesame seeds</p>   |
| FIBRE                              |  |  |  |
| (Non-starch polysaccharides - NSP) | <p>whole grain/wholewheat breakfast cereals such as branflakes, weet bisks, shreddies, shredded wheat, sultana bran<br/>wholemeal bread<br/>wholemeal pitta bread<br/>baked beans<br/>chick peas, kidney beans (and most beans)<br/>lentils<br/>dried apricots<br/>dried figs<br/>dried prunes</p> | <p>muesli<br/>wholemeal pasta<br/>brown bread<br/>wheatgerm bread<br/>white bread with added fibre<br/>baked potato with skin<br/>chips<br/>sweet potato<br/>broad beans<br/>fresh and frozen peas<br/>sweetcorn<br/>broccoli<br/>Brussels sprouts<br/>okra<br/>Quorn<br/>avocado<br/>blackberries<br/>dried dates<br/>almonds, hazelnuts<br/>peanuts<br/>twiglets</p> | <p>puffed wheat cereal<br/>brown rice<br/>white pitta bread<br/>pizza<br/>potatoes<br/>yam<br/>houmous<br/>canned peas<br/>cabbage<br/>carrots<br/>plantain<br/>banana<br/>mango<br/>raisins<br/>sunflower seeds<br/>potato crisps</p> |

## Dietary reference values for 5-11 year olds

| Dietary reference values and derived amounts for nutrients per day: BOYS |  |      |           |            |             |
|--|--|------|-----------|------------|-------------|
|  | Dietary reference value (DRV)            |      | 4-6 years | 7-10 years | 11-14 years |
| <b>Energy</b>  | EAR                                      | kcal | 1,715     | 1,970      | 2,220       |
| <b>Fat</b>   | DRV: average 35% of food energy*         | g    | 66.7      | 76.6       | 86.3        |
| <b>Saturated fat</b>   | DRV: average 11% of food energy*         | g    | 21.0      | 24.1       | 27.1        |
| <b>Total carbohydrate</b>  | DRV: average 50% of food energy*         | g    | 228.7     | 262.7      | 296.0       |
| <b>Non-milk extrinsic sugars</b>   | DRV: average 11% of food energy*         | g    | 50.3      | 57.8       | 65.1        |
| <b>Fibre</b>   | Proportion of DRV for adults (18g)/CRV** | g    | 13.7      | 15.8       | 17.8        |
| <b>Protein</b>   | RNI                                      | g    | 19.7      | 28.3       | 42.1        |
| <b>Iron</b>  | RNI                                      | mg   | 6.1       | 8.7        | 11.3        |
| <b>Zinc</b>  | RNI                                      | mg   | 6.5       | 7.0        | 9.0         |
| <b>Calcium</b>   | RNI                                      | mg   | 450       | 550        | 1,000       |
| <b>Vitamin A</b>   | RNI                                      | µg   | 500       | 500        | 600         |
| <b>Vitamin C</b>   | RNI                                      | mg   | 30        | 30         | 35          |
| <b>Folate</b>  | RNI                                      | µg   | 100       | 150        | 200         |
| <b>Sodium</b>  | SACN recommendation                      | mg   | 1,177     | 1,961      | 2,353       |

\* As there is no absolute requirement for sugars or fats (except essential fatty acids), these values represent a maximum.

\*\* The Dietary Reference Value for non-starch polysaccharides (fibre) is 18g for adults, and children should eat proportionately less, based on their lower body size. For pragmatic reasons, this has been calculated as a percentage of the energy recommendation, to give the Calculated Reference Value. The calculated NSP guideline is 8g per 1,000kcal.

EAR = Estimated Average Requirement

RNI = Reference Nutrient Intake

SACN = Scientific Advisory Committee on Nutrition

### Energy values

Energy values calculated from the amount of fat, carbohydrate and protein in these tables will not equal total energy EAR for two reasons. Firstly, the protein values here are based on the RNI figures, which are equivalent to protein providing about 8% of food energy whereas in typical British diets protein provides about 15% of food energy. This was accounted for in the estimates of % food energy from fat and carbohydrate when these figures were estimated by the Department of Health in 1991. Secondly, the carbohydrate DRV (excluding that for NMES) is a minimum figure and intakes may be greater than this and therefore contribute higher calorie intakes.

## Dietary reference values and derived amounts for nutrients per day: GIRLS

|                                  | Dietary reference value (DRV)            |      | 4-6 years | 7-10 years | 11-14 years |
|----------------------------------|--|------|-----------|------------|-------------|
| <b>Energy</b>                    | EAR                                      | kcal | 1,545     | 1,740      | 1,845       |
| <b>Fat</b>                       | DRV: average 35% of food energy*         | g    | 60.1      | 67.7       | 71.8        |
| <b>Saturated fat</b>             | DRV: average 11% of food energy*         | g    | 18.9      | 21.3       | 22.6        |
| <b>Total carbohydrate</b>        | DRV: average 50% of food energy*         | g    | 206.0     | 232.0      | 246.0       |
| <b>Non-milk extrinsic sugars</b> | DRV: average 11% of food energy*         | g    | 45.3      | 51.0       | 54.1        |
| <b>Fibre</b>                     | Proportion of DRV for adults (18g)/CRV** | g    | 12.4      | 14.0       | 14.8        |
| <b>Protein</b>                   | RNI                                      | g    | 19.7      | 28.3       | 41.2        |
| <b>Iron</b>                      | RNI                                      | mg   | 6.1       | 8.7        | 14.8        |
| <b>Zinc</b>                      | RNI                                      | mg   | 6.5       | 7.0        | 9.0         |
| <b>Calcium</b>                   | RNI                                      | mg   | 450       | 550        | 800         |
| <b>Vitamin A</b>                 | RNI                                      | µg   | 500       | 500        | 600         |
| <b>Vitamin C</b>                 | RNI                                      | mg   | 30        | 30         | 35          |
| <b>Folate</b>                    | RNI                                      | µg   | 100       | 150        | 200         |
| <b>Sodium</b>                    | SACN recommendation                      | mg   | 1,177     | 1,961      | 2,353       |

\* As there is no absolute requirement for sugars or fats (except essential fatty acids), these values represent a maximum.

\*\* The Dietary Reference Value for non-starch polysaccharides (fibre) is 18g for adults, and children should eat proportionately less, based on their lower body size. For pragmatic reasons, this has been calculated as a percentage of the energy recommendation, to give the Calculated Reference Value. The calculated NSP guideline is 8g per 1,000kcal.

EAR = Estimated Average Requirement

RNI = Reference Nutrient Intake

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### Energy values

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## How the energy values on page 9 were calculated

Average energy figures have been calculated for groups of children across age groups. These are shown in the tables on page 77 and above and are based on average weights of children across the age range doing moderate amounts of activity. Where we have suggested different figures for specific ages of girls or boys at different energy expenditures (on page 9), we have calculated these based on data from tables 2.1, 2.2 and 2.3 of the 1991 publication *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*. All energy calculations are based on average figures and individual children can have widely different energy requirements.

## Resources

This section contains further information about eating well and menu planning for 5-11 year olds.

### ORGANISATIONS

#### Allergy UK

Planwell House  
Lefa Business Park  
Edgington Way  
Sidcup  
Kent DA14 5BH  
T: 01322 619898  
E: [info@allergyuk.org](mailto:info@allergyuk.org)  
[www.allergyuk.org](http://www.allergyuk.org)

#### British Dietetic Association

5th Floor  
Charles House  
148-9 Great Charles Street  
Queensway  
Birmingham B3 3HT  
T: 0121 200 8080  
E: [info@bda.uk.com](mailto:info@bda.uk.com)  
[www.bda.uk.com](http://www.bda.uk.com)

#### British Nutrition Foundation

High Holborn House  
52-54 High Holborn  
London WC1V 6RQ  
T: 020 7404 6504  
E: [postbox@nutrition.org.uk](mailto:postbox@nutrition.org.uk)  
[www.nutrition.org.uk](http://www.nutrition.org.uk)

#### Chartered Institute of Environmental Health

Chadwick Court  
15 Hatfields  
London SE1 8DJ  
T: 020 7928 6006  
E: [info@cieh.org](mailto:info@cieh.org)  
[www.cieh.org](http://www.cieh.org)

#### The Coeliac Society

3rd floor  
Apollo Centre  
Desborough Road  
High Wycombe  
Bucks HP11 2QW  
T: 01494 437278  
Helpline: 0845 305 2060

#### Community Practitioners' and Health Visitors' Association (CPHVA)

Unite the Union  
Unite House  
128 Theobald's Road  
London WC1X 8TN  
T: 0207 611 2500  
[www.unitetheunion.org/cphva](http://www.unitetheunion.org/cphva)

#### Department of Health

PO Box 777  
London SE1 6XH  
T: 0800 555 777  
[www.dh.gov.uk](http://www.dh.gov.uk)

#### Diabetes UK

Macleod House  
10 Parkway  
London NW1 7AA  
T: 020 7424 1000  
E: [info@diabetes.org.uk](mailto:info@diabetes.org.uk)  
[www.diabetes.org.uk](http://www.diabetes.org.uk)

#### Food Standards Agency

[www.food.gov.uk](http://www.food.gov.uk)  
[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

#### National Heart Forum

Tavistock House South  
Tavistock Square  
London WC1H 9LG  
T: 020 7383 7638  
[www.heartforum.org.uk](http://www.heartforum.org.uk)

#### NHS Direct

T: 0845 4647  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

#### NHS Health Scotland

Woodburn House  
Canaan Lane  
Edinburgh EH10 4SG  
T: 0131 536 5500  
[www.healthscotland.com](http://www.healthscotland.com)

#### Nutrition Society

10 Cambridge Court  
210 Shepherd's Bush Road  
London W6 7NJ  
T: 020 7602 0228  
E: [office@nutsoc.org.uk](mailto:office@nutsoc.org.uk)  
[www.nutritionociety.org](http://www.nutritionociety.org)

#### Public Health Agency for Northern Ireland

18 Ormeau Avenue  
Belfast BT2 8HS  
T: 028 9031 1611  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

#### School Food Trust

Geraldine Hall Suite  
Moorfoot  
Sheffield S1 4PQ  
T: 0844 800 9048  
E: [info@sft.gsi.gov.uk](mailto:info@sft.gsi.gov.uk)  
[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

#### Vegan Society

Donald Watson House  
21 Hylton Street  
Hockley  
Birmingham B18 6HJ  
T: 0121 523 1730  
[www.vegansociety.com](http://www.vegansociety.com)

#### Vegetarian Society

Parkdale  
Dunham Road  
Altrincham  
Cheshire WA14 4QG  
T: 0161 925 2000  
[www.vegsoc.org](http://www.vegsoc.org)



## PUBLICATIONS

### Caroline Walker Trust publications

For details, see [www.cwt.org.uk](http://www.cwt.org.uk)

#### Eating Well at School

#### Eating Well for Looked After Children and Young People

#### Eating Well for Under-5s in Child Care: Practical and Nutritional Guidelines

#### Eating Well for Under-5s in Child Care: Training Materials for People Working with Under-5s in Child Care

The publications above include information and recommendations about eating well and practical menu planning. The training materials also include a CD-ROM with useful information about foods, recipes and menu planning.



[www.cwt-chew.org.uk](http://www.cwt-chew.org.uk)

For information about photo resources for children in the first year of life, for children aged 1-4 years and for young people aged 12-18 years, see the CHEW website.

## Food Standards Agency publications

Available from:  
PO Box 369  
Hayes, Middlesex UB3 1UT  
T: 0845 606 0667  
F: 020 8867 3225  
Minicom (for people with hearing disabilities): 0845 606 0678  
E: [foodstandards@eclogistics.co.uk](mailto:foodstandards@eclogistics.co.uk)  
[www.food.gov.uk](http://www.food.gov.uk)

### Booklets

The Balance of Good Health FSA 0008

Feeding Your Growing Child FSA 0456/0602

Healthy Diets for Infants and Young Children FSA0249

The Little Book of Salt FSA1133

Available to download from [www.food.gov.uk](http://www.food.gov.uk)

Food Allergy: How to Avoid Certain Foods FSA 1248

Food Hygiene: A Guide for Businesses FSA 1020 196

Further information on healthy eating can be obtained from:  
[www.eatwell.gov.uk](http://www.eatwell.gov.uk)  
[www.salt.gov.uk](http://www.salt.gov.uk)  
[www.food.gov.uk](http://www.food.gov.uk)

## NHS Health Scotland/Scottish Executive publications

See [www.healthscotland.com](http://www.healthscotland.com) for more information.

Is Your Child a Fussy Eater? Leaflet (2003)

Available from [www.healthscotland.com](http://www.healthscotland.com)

## CATERING AND MENU PLANNING

### Catering for Health

Produced by the Food Standards Agency and Department of Health. Available free from PO Box 369, Hayes, Middlesex UB3 1UT. T: 0845 6060667

### Nutmeg UK

[www.nutmeg-uk.com](http://www.nutmeg-uk.com)  
Provides menu planning software.

## TRAINING IN 'EATING WELL'

In the UK, registered dietitians (RD) and registered public health nutritionists (RPHNutr) are the professionals qualified to provide advice and training on good nutrition in public settings. For a list of qualified trainers across the UK, see the CWT website [www.cwt.org.uk](http://www.cwt.org.uk)

Registered dietitians can be found via the British Dietetic Association at [www.bda.uk.com](http://www.bda.uk.com) or via the website [www.dietitiansunlimited.co.uk](http://www.dietitiansunlimited.co.uk)

Registered public health nutritionists can be found via the Nutrition Society: [www.nutritionistsociety.org](http://www.nutritionistsociety.org)



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