Healthy Eating for Young Children

Ideas for Mealtimes

Breakfast 8:00-8:30am  Lunch 12:00-1:30pm  Tea 4:30-6:30pm

Meals

- Toast and fruit
- Beans and toast
- Cereal, milk, bananas and orange juice
- Pasta bolognese
- Chicken and vegetables with rice
- Lentils, rice and vegetables
- Tuna, noodles and vegetables
- Salmon, mashed sweet potato and broccoli
- Chicken casserole with plantain

Puddings

- Stewed apple with custard and strawberry
- Apple pie and crème fraîche
- Fruit salad with yoghurt
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Ideas for Snacks

**Good for teeth**
- Vegetable and cheese sticks
- Milk and water
- Homemade pizza
- Bread sticks
- Plain popcorn
- Rice cake with cream cheese and vegetables
- Sandwiches with vegetables
- Fresh fruit

**Bad for teeth**
- Sweets
- Sugary and acidic drinks
- Dried fruit
- Cakes and biscuits
- Cereal bars
- Chocolate bars

**Always Avoid!**
- Sugar
- Bottles
- Whole nuts (until age 5)
- Honey
- Salt

**Tips:**
- Use a smear of fluoride toothpaste for children under three years.
- Use a pea size amount of fluoride toothpaste for children over three years.

**Timing:**
- Morning: 10:00-11:30 am
- Afternoon: 2:30-3:30 pm