



Eating well for 1-4 year olds

Food photo cards

For information on how to use these food photo cards, see *Eating Well for 1-4 Year Olds: Practical Guide*.

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Eating Well for 1-4 Year Olds: Practical Guide (including accompanying CD-ROM).

Second edition

Produced by The Caroline Walker Trust. www.cwt.org.uk



www.cwt-chew.org.uk



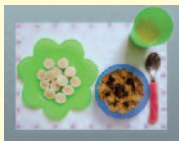
BREAKFAST Cornflakes with raisins, with sliced banana

BREAKFAST Cornflakes with raisins, with sliced banana

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Cornflakes	20g	17g	23g
Raisins	10g	10g	10g
Milk	100ml	100ml	100ml
Sliced banana	80g	80g	80g
Diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





BREAKFAST Crisped rice with malt loaf

BREAKFAST Crisped rice with malt loaf

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Crisped rice	20g	17g	23g
Milk	100ml	100ml	100ml
Malt loaf	40g	35g	45g
Diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





BREAKFAST Porridge and jam, with toasted fruit bread

BREAKFAST Porridge and jam, with toasted fruit bread

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Porridge	100g	85g	115g
Jam	10g	8g	10g
Toasted fruit bread	25g	20g	28g
Vegetable fat spread	4g	4g	4g
Diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Porridge

This recipe makes 12 child-size portions of about 100g.

1250ml full-fat milk

150g rolled oats

1. Place the milk and oats into a non-stick saucepan.
2. Heat gently until boiling, and then turn the heat down and simmer, stirring occasionally, until the oats are softened and have absorbed the milk.





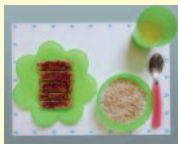
BREAKFAST Puffed wheat, with toast and jam

BREAKFAST Puffed wheat, with toast and jam

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Puffed wheat	15g	13g	17g
Milk	100ml	100ml	100ml
Wholemeal toast	20g	17g	25g
Vegetable fat spread	4g	4g	4g
Jam	5g	5g	5g
Diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





BREAKFAST Weet bisk and raisins, with toast and jam

BREAKFAST Weet bisk and raisins, with toast and jam

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Weet bisk	20g	17g	23g
Milk	100ml	100ml	100ml
Raisins	10g	10g	10g
Toast	20g	17g	25g
Vegetable fat spread	4g	4g	4g
Jam	5g	5g	7g
Diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





BREAKFAST Eggy bread with button mushrooms

BREAKFAST **Eggy bread with button mushrooms**

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Eggy bread	60g	55g	70g
Button mushrooms	20g	20g	20g
Diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Eggy bread

This makes 12 child-size portions of about 60g.

6 eggs

6 large or 12 small slices of bread (Any type of bread is fine.)

60g butter

Each portion uses ½ egg, ½ large slice of bread and 1 teaspoon butter.

1. Whisk the eggs.
2. Dip the bread in the egg on both sides.
3. Melt the butter in a frying pan.
4. Fry the bread in the butter over a gentle heat until the egg coating is well cooked.





BREAKFAST Omelette and wholemeal toast fingers

BREAKFAST Omelette and wholemeal toast fingers

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Omelette	50g	50g	60g
Wholemeal toast	20g	17g	25g
Vegetable fat spread	4g	4g	4g
Diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Omelette

This recipe makes 12 child-size portions of about 50g.

12 eggs
6 tablespoons water
30g butter

Each portion of omelette uses 1 egg, ½ tablespoon water and ½ teaspoon butter. Make the omelettes using one or two eggs at a time.

1. Break the eggs into a jug or mixing bowl.
2. Add the water to the eggs and beat together using a fork.
3. Heat an omelette pan or frying pan over a medium heat.
4. Add the butter to the hot pan and as soon as it sizzles, swirl the pan and add the egg mixture. Do not allow the butter to brown.
5. Allow the egg mixture to cook until the omelette is set.
6. Fold the omelette in half and serve.





BREAKFAST Scrambled egg and tomato on toast

BREAKFAST Scrambled egg and tomato on toast

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Scrambled egg	50g	45g	60g
Cherry tomatoes	10g	10g	10g
White toast	20g	17g	25g
Vegetable fat spread	4g	4g	4g
Diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Scrambled egg

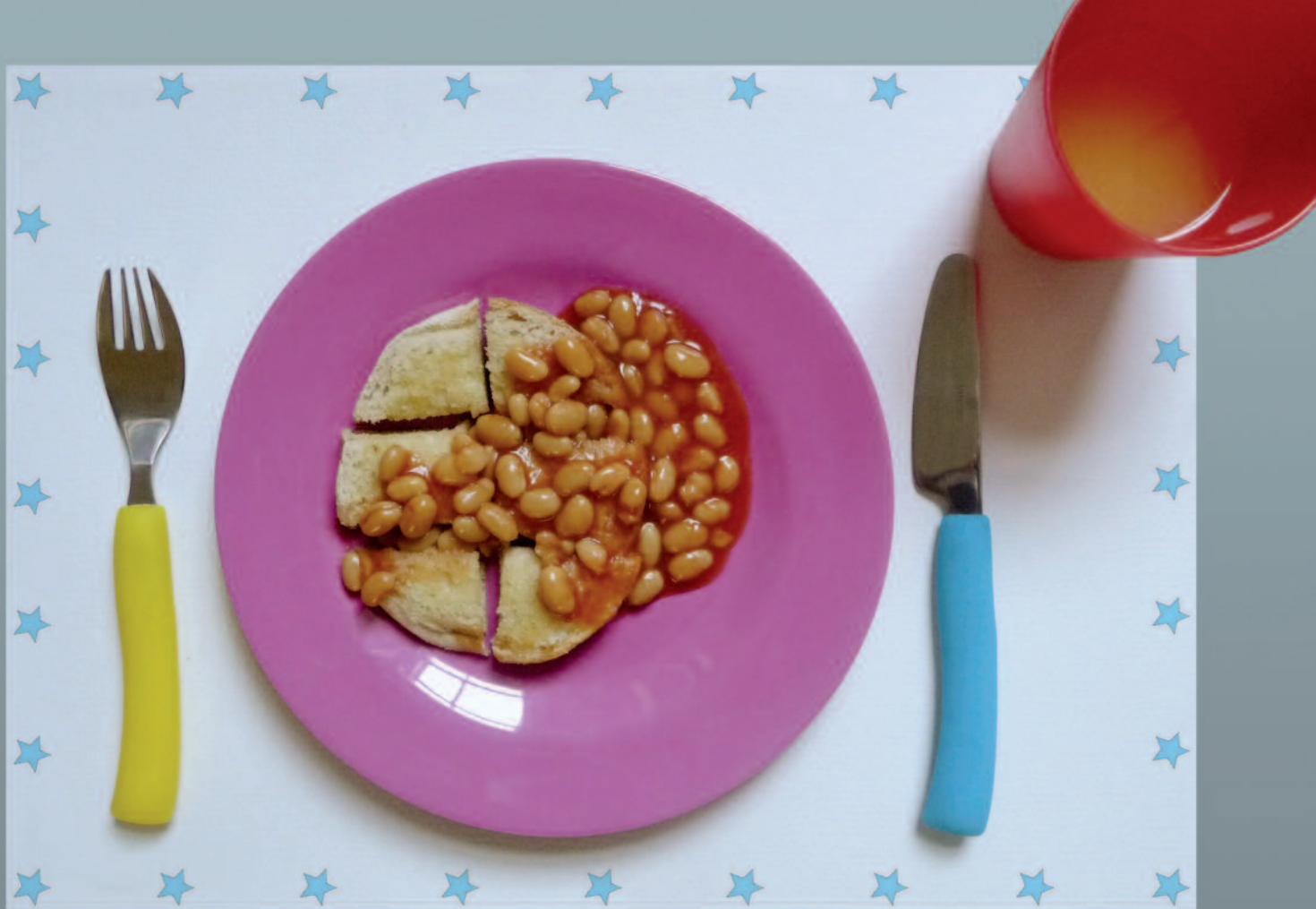
This recipe makes 12 child sized portions of about 50g.

12 eggs
90ml full-fat milk
60g butter

Each portion uses 1 egg, ½ tablespoon of milk and 1 teaspoon butter.

1. Beat the eggs in a bowl with the milk.
2. Melt the butter in a non-stick saucepan.
3. Add the eggs, and stir all the time over a low heat until the egg is set thoroughly.





BREAKFAST Baked beans on a toasted muffin

BREAKFAST **Baked beans on a toasted muffin**

Suggested portion sizes

1-4 year olds
As shown in
the photo



		1-2 year olds	3-4 year olds
Baked beans	60g	55g	70g
Toasted muffin	30g	25g	35g
Vegetable fat spread	4g	4g	4g
Diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





BREAKFAST Sausage and plum tomato with toast

BREAKFAST Sausage and plum tomato with toast

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Sausage	40g	35g	45g
Canned plum tomato	40g	40g	40g
Toast	20g	17g	25g
Vegetable fat spread	4g	4g	4g
Diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

