Eating well for 5-11 year olds

Plate sizes

The plates and dishes used in the food photos in *Eating well for 5-11 year olds* are shown here in actual size. If you wish to use sample plates for training purposes, print the pages, laminate them and cut out the plate shapes.



Snack bowl







www.cwt-chew.org.uk





Cereal bowl



www.cwt-chew.org.uk