

Nutrition Needs for 4- to 5-Year-Olds



Daily needs

Daily Food for Children Aged 4-5 set

How much and what to eat every a day?



Breakfast
Start the day with protein: a boiled egg or beans on toast are both great options.

Lunch
Sandwiches are ideal lunches for active kids. Add a slice of cheese and 2 favourite raw veggies.

Dinner
Pasta or stir-fry with meat and veggies are a great way to include 3 of the 5 food groups. Use meat, fish, chicken, tofu or legumes, add noodles, rice or pasta, and favourite veggies

Drinks
Water is the best drink. Milk is a good choice to meet dairy needs.

Daily serves:

-  Fruit 1 serve
-  Vegetables 2.5 serves
-  Grains 4 serves
-  Protein 1 serve
-  Dairy 1,5 serves

What counts as a serve?

- Fruit**  1 cup cooked fruit or a salad
- Vegetables**  1/2 cup cooked rice or cup bread
- Protein**  80 g chicken or eggs
- Dairy**  1 cup milk or 2 slices cheese

Breakfast Ideas for Kids

Baked beans on toast is often a favourite for kids. An alternative to beans is a boiled egg. Both are a good source of protein.

Lunch Suggestions

Sandwiches are great lunches for active kids. Add a slice of cheese with 2 of their favourite raw veggies for lunch on the go.

Dinner Options

Stir-fries and pasta dishes with meat and veggies are an excellent way of including 3 of the 5 food groups. Beef can be swapped for chicken, fish, pork, turkey, or tofu. You can choose noodles, pasta, or rice and add a selection of your child's favourite veggies.

Best Drink Choices

The best drink you can give your child is water. Milk is also good and can help with their daily dairy requirements.

How Many Serves a Day?

Fruit - 1 1/2 serves

Vegetables - 4 1/2 serves

Grains - 4 serves

Protein - 1 1/2 serves

Dairy - 2 serves

What Is a Serve?

The size of a serve will depend on the type of food. Here are some examples:

Fruit - 1 cup diced fruit or 1 medium apple or banana

Vegetables - 1/2 cup cooked veggies or 1 cup salad greens

Grains - 1/2 cup cooked rice or 1 slice bread

Protein - 80g cooked chicken or 2 eggs

Dairy - 1 cup milk or 2 slices cheese

The Importance of Exercise

Active kids burn energy. Your child should be getting at least 3 hours of physical activity each day. Spent energy needs replacing, and the best way to do that is healthy food, plenty of water, and a good night's sleep.

Healthy Snack Ideas

Kids will get hungry throughout the day, so have a selection of healthy snacks for them to enjoy. Remember not to let them fill up on snacks before meals.