

HOW MUCH DO PREP STUDENTS NEED TO EAT?

Healthy eating means everyday choosing a wide variety of foods from the five food groups according to the Australian Guide to Healthy Eating. How much food your child requires at prep age varies between children and is influenced by their individual rates of growth, their size and importantly, their physical activity levels.

This table shows the number of serves from each food group needed by children in their prep year to ensure they are meeting their daily nutrient needs.

Food Group	Serves per day	What is a serve?
Vegetables and legumes/beans 	4 1/2	1/2 cup cooked vegetables 1 cup of salad vegetables 1 medium potato 1/2 cup cooked or dried legumes
Fruit 	1 1/2	1 medium sized piece (banana, apple) 2 small sized pieces (kiwi fruit, apricots) 1 cup diced fresh fruit or canned fruit Only occasionally include: 30g dried fruit - 4-5 apricot halves 1/2 cup fruit juice
Grain (Cereal) Foods 	4	1 slice of bread 1/2 medium bread roll 1/2 cup cooked rice, pasta or noodles 2/3 cup wheat cereal flakes 1/2 cup porridge 3 crispbreads
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans 	1 1/2	65g cooked lean meat like beef or pork 80g cooked lean chicken or turkey 100g cooked fish or 1 small can of fish 2 large eggs 1 cup cooked legumes/beans 170g tofu 30g nuts, seeds, nut or seed paste
Milk yoghurt, cheese and/or alternatives, mostly reduced fat 	1 1/2 - 2	1 cup milk 1 cup calcium fortified soy or rice milk 3/4 cup yoghurt (200g) 2 slices hard cheese 1/2 cup ricotta cheese

Other Foods:

Unsaturated Spreads and Oils:

A small amount of unsaturated fat is needed and this can come from spreads and oils or nuts, seeds and avocado. 1 serve a day can be included for prep aged children. Where 1 serve = 10g margarine or 1 1/2 teaspoons olive or canola oil.

Discretionary Choices:

These foods don't provide many nutrients and are high in fat, sugar and/or salt. Up to 1/2 serve can be included for prep aged children. Where 1 serve = 2-3 sweets biscuits, 1 small muffin, 1/2 snack size packet of chips, 2 thin sausages.

So what does this look like over one day for my child?

The following sample meal plan is intended as a guide only to show a sample day's food intake that meets the 5 core food group requirements for a prep aged child.

Breakfast

Cereal and fruit

Made with:

- 2/3 cup of whole grain cereal +
- ½ chopped banana +
- 250mL milk

Snack

Small tin of baked beans

Lunch

Chicken and salad sandwich + 1 apple

Made with:

- 2 slices wholegrain bread
- 80g cooked chicken
- 1 cup of salad vegetables
- Spread of avocado

Snack

Small tub of yoghurt (100-150g) + Vegetable sticks with hommus or salsa dip

Dinner

Spaghetti bolognaise

Made with:

- ½ cup spaghetti
- 65g lean beef mince ½ Cup grated vegetables
- Tomato sauce made from tinned or fresh tomatoes



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