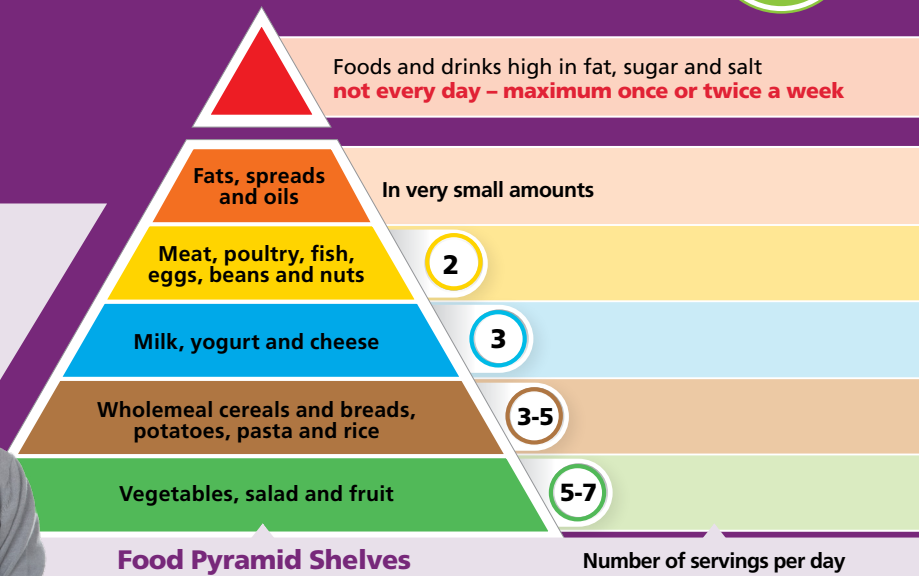


Food Pyramid to Daily Meal Plan

Jakub, an active boy aged 5, loves being outdoors playing with his friends. Jakub needs 3 servings from the *Wholemeal Cereals and Breads, Potatoes, Pasta and Rice shelf*.



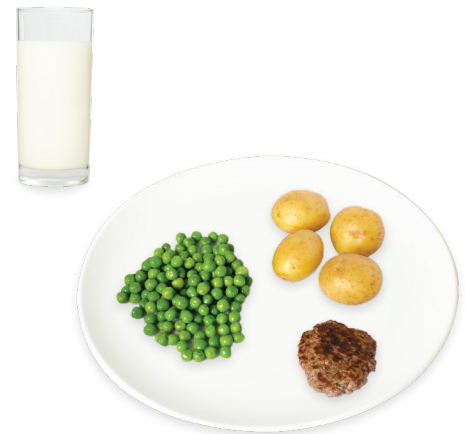
Breakfast

- 1 200ml low-fat milk for cereal and drink
- 1 1 cup wholegrain cereal



Lunch

- 1 75g tuna
- 1 1 wholemeal pitta bread
- 1 Sweetcorn, lettuce
- 1 150ml unsweetened orange juice



Dinner

- 1 75g lean mince beef burger
- 1 200ml low-fat milk
- 1 4 boiled small potatoes
- 1 ½ cup peas



Mid-morning snack

- 1 Grapes



Afternoon snack

- 1 Low-fat fruit yogurt drink



Evening snack

- 1 Apple

Health advice for everyday life

Drink at least 8 cups of fluid a day – water is best



Get Active!

Children need to be active at a moderate to vigorous level for at least 60 minutes every day.