


















Dear Parents,

Firstly we hope you are all keeping well in these strange times.


We wanted to address something that some of you have raised recently, we have been asked if the contents of your child's lunchbox is appropriate in terms of quantity included.

In order to try and answer that question and to help you, we thought we would share with you some guidelines on portion sizes for pre school aged children. It is taken from HENRY, a national charity to help children to have a healthy start to life.

### How big is a portion?

FOOD GROUP	PORTIONS	1 AND 2 YEAR-OLDS	3 AND 4 YEAR-OLDS
BREAD, RICE, POTATOES, PASTA	4 a day 	1 slice bread 3 tbsp dry cereal 1 small boiled potato 3 tbsp cooked pasta 2 tbsp cooked rice 	1 slice bread 5 tbsp dry cereal 2 small boiled potatoes 4 tbsp cooked pasta 3 tbsp cooked rice 
FRUIT AND VEGETABLES	5 a day 	½ cooked sliced apple 1 tbsp canned fruit (in juice) 1 tbsp cooked vegetables 5 quartered grapes 4 cooked carrot sticks 	½ large sliced apple 2 tbsp canned fruit (in juice) 2 tbsp cooked vegetables 8 halved grapes 6 carrot sticks 
MEAT, FISH, EGGS, BEANS	2-3 a day 	1 small slice chicken 2 tbsp fish in sauce 1 egg 1 tbsp beans/lentils  	1 slice chicken 3 tbsp fish in sauce 1 egg 2 tbsp beans/lentils  
MILK AND DAIRY (milk as part of daily portions)	3 a day 	1 small cup milk (100ml) 1 tbsp unsweetened yogurt 2 small sticks hard cheese 3 tbsp custard 	1 cup milk (150ml) 2 tbsp unsweetened yogurt 2 sticks hard cheese 4 tbsp custard 
HIGH-FAT, HIGH-SUGAR FOODS	0-2 a day 	4 chips 1 small piece of cake 1 plain biscuit 1 tbsp ice cream 	6 chips 1 medium piece of cake 2 plain biscuits 2 tbsp ice cream 

Children do not need to eat any foods in the high-fat/high-sugar group. They are included on the chart as almost everyone gives them to children from time to time. This is a general guide to the size of portions of a range of everyday foods. It is not meant to be a menu or to recommend what young children should be eating. Tuning into signs of children's hunger and fullness reminds us that appetites vary from child to child and from day to day.

 The chart is based typical portion size information included in the Voluntary Food and Drink Guidelines for Early Years settings in England ([www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)).  
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We try to promote healthy eating as it is an area of the Early Years Foundation Stage curriculum and an important subject and lunch time is a time where we talk about this with the children.

Here is an idea of the sort of items that a healthy lunchbox could contain:

- Sandwich or other savoury item (wrap, sausage roll etc)
- Small piece of cheese
- A piece of fresh fruit
- Yogurt or fromage frais

At Queens Road Pre School we are also mindful of the environment and the impact of single use plastic on the environment. We'd encourage you to try and avoid using packaged items as much as possible (cheese cut off a bigger block and fresh fruit are just two examples of this)

We hope this has helped answer some questions and please ask if you would like any further suggestions.

The Pre School Staff