



Eating well for 1-4 year olds

Food photo
and recipe cards

**Breakfast, snack, lunch, tea
and dessert suggestions
with suitable portion sizes**

Produced by the Caroline Walker Trust

www.cwt-chew.org.uk

Provided by HM Partnerships through the Liverpool Nursery Nutrition Project





BREAKFAST Porridge and jam, with toasted fruit bread

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Suggested portion sizes	1-4 year olds As shown in the photo		
	1-2 year olds	3-4 year olds	
Porridge	100g	85g	115g
Jam	10g	8g	10g
Toasted fruit bread	25g	20g	28g
Vegetable fat spread	4g	4g	4g
Diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Porridge

This recipe makes 12 child-size portions of about 100g.

1250ml full-fat milk
150g rolled oats

1. Place the milk and oats into a non-stick saucepan.
2. Heat gently until boiling, and then turn the heat down and simmer, stirring occasionally, until the oats are softened and have absorbed the milk.



SNACK Breadsticks, guacamole and cucumber and pepper sticks

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Suggested portion sizes	1-4 year olds As shown in the photo		
		1-2 year olds	3-4 year olds
Breadsticks	8g	6g	10g
Guacamole	30g	25g	35g
Cucumber and pepper sticks	40g	40g	40g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Guacamole

This recipe makes 12 child-size portions of about 30g.

- 2 large ripe avocados, peeled and stone removed
- 1 tablespoon olive oil
- 2 teaspoons lemon juice
- ½ teaspoon black pepper

1. Mash the avocado with the oil, lemon juice and pepper.
2. Cover and chill before serving.



TEA Mini meat balls, mashed potato and baby sweetcorn

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Suggested portion sizes	1-4 year olds	1-2 year olds	3-4 year olds
	As shown in the photo		
Mini meat balls	45g	40g	50g
Mashed potato	80g	70g	90g
Baby sweetcorn	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Mini meatballs

This recipe makes 12 child-size portions of about 45g.

- 90ml full-fat milk
- 3 slices white bread, crusts removed, crumbed
- 1 medium onion, finely chopped
- 500g minced beef
- ½ teaspoon paprika powder

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Pour the milk over the breadcrumbs and leave to soak for 30 minutes.
3. Put the onions and mince in a mixing bowl, add the soaked bread and paprika, and mix well.
4. Using floured hands, shape the mixture into small balls.
5. Place the meatballs in a single layer in a shallow ovenproof dish and bake in the oven for about 30 minutes.



DESSERT Bread and butter pudding with custard

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Suggested portion sizes	1-4 year olds As shown in the photo	1-2 year olds	3-4 year olds
Bread and butter pudding	75g	60g	80g
Custard	50g	40g	55g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Bread and butter pudding

This recipe makes 12 child-size portions of about 75g.

- 8 small slices white bread
- 50g vegetable fat spread
- 50g currants
- 40g sugar
- 2 eggs
- 500ml full-fat milk

1. Heat the oven to 170°C / 325°F / Gas 3, and prepare a greased ovenproof dish.
2. Spread the sliced bread with the fat spread and cut into fingers or small squares.
3. Put half of the bread into the ovenproof dish.
4. Sprinkle on all the currants and half the sugar.
5. Top with the remaining bread – spread side up.
6. Sprinkle the rest of the sugar on the bread.
7. Beat the eggs and milk together and pour over the bread.
8. Leave to stand for 30 minutes to allow the bread to absorb some of the liquid.
9. Bake for 45-60 minutes until the pudding is set and the top is crisp.

Custard

Use full-fat milk to make the custard.