



NUTRITION FOR LITTLES

Brought to you by South Zone
Public Health Dietitians

Children decide how much to eat.

Every child's appetite is different. Let them listen to their hunger and fullness cues, eating when they are hungry and stopping once they feel satisfied. This ensures that children are eating the amount that is right for them to grow and play.

Centre Provided Food

Use the [Menu Planning Tool](#) to estimate how much food to prepare for children.

Note: children may want to eat more or less than the suggested amounts so prepare a little bit extra.



Family Provided Food

Encourage parents to observe what is coming home in lunches to decide if their child needs more or less food to bring.

The [What's for Lunch](#) handout provides information on packing a healthy lunch.

Let children decide what order to eat the food in and how much. This [Mealtime Roles poster](#) is a good one to display in your centre.



Quick Convenient Foods

Have foods available that children can eat if they are still hungry after they have finished their meal or snack!

- unsweetened apple sauce
- yogurt cups
- cheese string
- whole grain crackers
- tuna with crackers
- hummus with crackers
- low sugar granola bar
- fruit cup
- boiled eggs



There are so many possibilities!

Supporting Hunger & Satiety Cues - Tummy Scientist Activity

This activity can be done any time and helps children learn to listen to their hunger and fullness cues.

- Ask children how their tummy feels before meals. Are they hungry, comfortable, full? Pictures of a full or empty tummy may help children describe how they feel!
- Let children choose how much to eat from the foods offered.
- Have children talk about how their tummy feels after eating.

