

# Menu Planning

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[www.child-nutrition.co.uk](http://www.child-nutrition.co.uk)

# Let's start with a quiz!

# Aims of menu planning for toddlers

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- Provide adequate nutrients and energy for health, growth and development
- Provide pleasurable mealtimes and snack times
- Provide an opportunity for learning to like a wider range of foods
- Provide information for catering staff for ordering, cooking and budgeting.

# Considerations for menu planning

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- Balanced menu of nutritious foods
- Appropriate foods – according to:
  - budget
  - cooking/food preparation skills
  - food preparation time and equipment
  - children's preferences and cultural constraints
- Appropriate portion sizes.

# Creating a balanced menu

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## Activity 1:

- Develop a menu of 3 meals and 2-3 snacks for 1 or 2 days in your chosen setting:  
e.g. at home/early years setting/care home
- Choose appropriate foods and portion sizes to offer.

## Activity 2:


- Assess/check a menu plan.

# Appropriate portion sizes

For Health and Professional use  
Toddler Factsheet 1.3

## PORTION SIZES FOR TODDLERS 1-3 YEARS

[www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org)



### LEARNING POINTS

1. Toddlers need a nutritious balanced diet to meet their nutritional needs for activity, growth and development.
2. A balanced combination of foods from all five food groups makes up a healthy diet for toddlers.
3. The amount of food that toddlers eat varies widely from day to day and meal to meal. Toddlers do not eat set portion sizes.
4. This Factsheet recommends food portion size ranges designed to ensure that the energy and nutrient requirements of toddlers (except for vitamin D) are all met. Toddlers all need a supplement of vitamin D.
5. These portion size ranges can be used to guide how much food to offer toddlers.
6. Toddlers should be encouraged to eat to their appetite from at least three of the five food groups but need to be limited in the amounts they consume of milk and milk products and of the foods high in fat and sugar listed in food group 5.
7. Parents can be reassured that if toddlers are eating within the range of portion sizes of a particular food, then they are eating an adequate amount of that food.

# Appropriate portion sizes

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**Food group 1: Bread, rice, potatoes, pasta and other starchy foods**

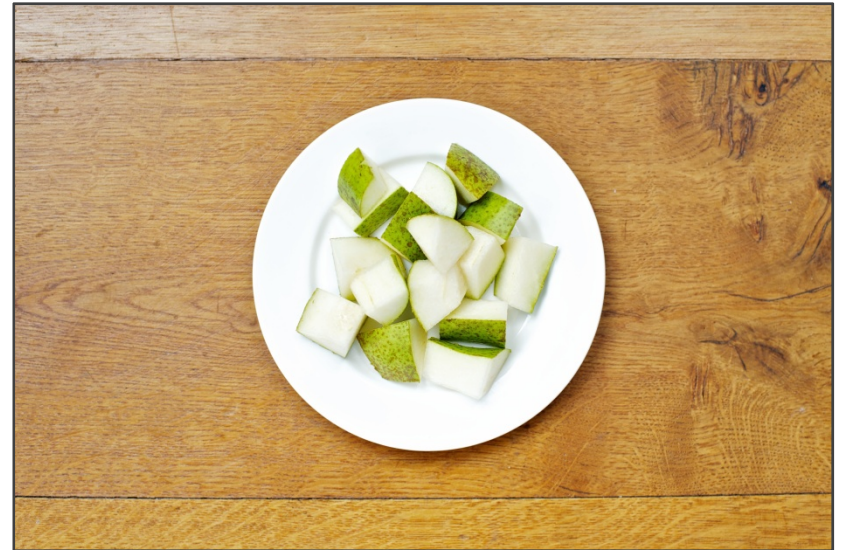
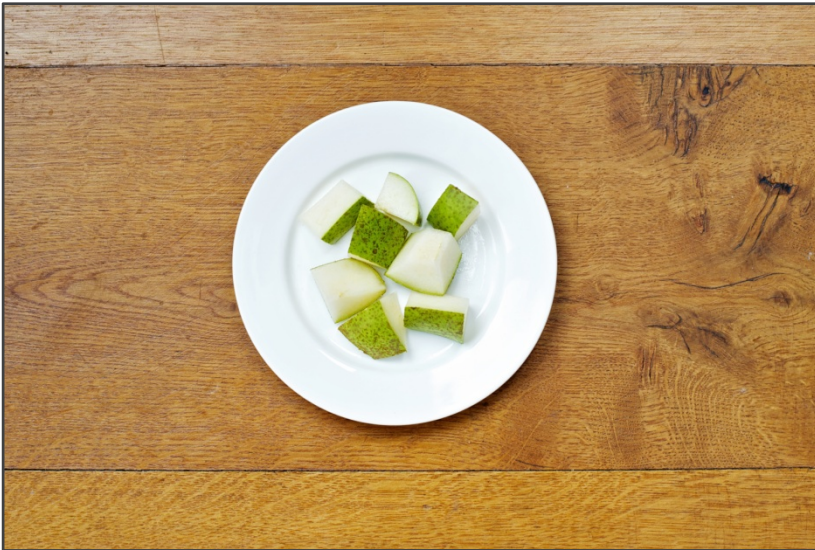


**Maltloaf**

# Appropriate portion sizes

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## Food group 2: Fruit and vegetables



Pear



# Appropriate portion sizes

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## Food group 3: Milk, cheese and yogurt



Yogurt



Milk

# Appropriate portion sizes

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## Food group 4: Meat, fish, eggs, nuts and pulses



## Salmon (oily fresh fish)

# Include in your one day menu

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- 3 meals, 2-3 snacks
- 2 courses at each meal
- Bread, rice, potatoes pasta or other starchy foods at every meal and some snacks
- Fruit and vegetables at every meal and some snacks
- 3 servings of milk, cheese or yogurt
- Meat, fish, eggs, nuts or pulses at every meal
- Some high-fat foods
- 6-8 drinks
- Vitamins A and D.

# Assessing a menu plan

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## Each day:

- 3 meals
- 2-3 snacks
- 6-8 drinks
- Vitamins A and D.



## Must include:

- 2 courses at each meal
- Starchy foods at every meal and some snacks
- Fruit and vegetables at every meal and some snacks
- 3 servings of milk, cheese or yogurt
- Meat, fish, eggs, nuts, pulses at every meal
- Some high fat foods.

# Assessing Intake

	Bread and other starchy foods	Fruit and veg	Meat, fish and alternatives	Milk, cheese and yogurt	Foods high in fat and sugar	Drinks
<b>Breakfast:</b> Cereal with milk Drink: Fruit juice	✓	✓		½		✓
<b>Lunch:</b> Pasta with bolognese sauce and veg Fruit pieces and cake Drink: Water	✓	✓ ✓	✓	✓	✓	✓
<b>Evening Meal:</b> Dhal with vegetable curry and rice Fruit crumble and yogurt Drink: Water	✓	✓ ✓	✓	✓	✓	✓
<b>Snacks:</b> Scone Fruit pieces Drink: Milk plus 2 drinks of water	✓	✓		✓		<b>3</b>
<b>TOTAL</b>	<b>4</b>	<b>6</b>	<b>2</b>	<b>3½</b>	<b>2</b>	<b>6</b>
<b>Daily Recommendation</b>	At each meal and some snacks	At each meal and some snacks	<b>2</b>	<b>3</b>	Limited amounts	<b>6-8</b>