

Meal Planning Guide

Name _____ Per _____ Date _____

Using your textbook pages 140-153, plan a one day’s menu ensuring RDAs of Vitamin A and C are met. Note serving size for each food.

Food	Average Serving Size Under 3 Years	Average Serving Size 3 to 6 Years	Average Serving Size 6 Years & Over
Breakfast			
Mid-morning snack			
Lunch and/or supper			
Mid-afternoon snack			

Meal Planning Guide Information Sheet

Use this information and pages 140-153 from your textbook, *Child Care Center Licensing Guidebook*, to help you complete Handout_

Children need a variety of foods from each of the food groups. The regulations provide the following guidelines:

Breakfast must contain:

- ☆ Fruit or vegetable or 100% juice
- ☆ A dairy product
- ☆ A grain product

Lunch or dinner must contain:

- ☆ A dairy product
- ☆ Source of protein – meat, fish, legumes, tofu
- ☆ A grain product
- ☆ Fruit and Vegetable – or two of one of these

Snack must offer a beverage and at least two of the following:

- ☆ Milk or milk product
- ☆ Source of protein – egg, legumes, meat, tofu
- ☆ A grain product
- ☆ Fruit or Vegetable

Snack and mealtimes are social times-- make sure you sit down and eat with the children. Serve family style, so that each child can serve himself to satisfy his hunger. This also gives the children opportunities to practice motor and social skills, to engage in conversation, and to have plenty of time to enjoy each other around the table.

Childhood obesity is a growing concern around the country. One in six children is overweight or obese by age six. Healthy eating habits established at a young age will carry through into adulthood. Remember "We are what we eat."