

### Size matters

It's really important to use child-size plates and bowls to offer your child a child-size portion of food.

The recommended plate size is a:

- child's plate, or
- side plate.

The recommended bowl is a:

- child's bowl, or
- small bowl.

Child-size cutlery makes it easier for your child to feed themselves.



20cm  
Child or side plate



26cm  
Adult's plate



11cm  
Child's bowl



16cm  
Adult's bowl

Child's Portion	Adult's Portion
30g cooked chicken	50-75g cooked chicken

Child's Portion	Adult's Portion
Wheat biscuits	

2x100ml milk	200ml milk

Baked beans on toast	

1/2 banana	1 banana

Chicken, potato, carrots and green beans	

1/2 pitta pocket	1 pitta pocket

Beef stir-fry	