

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	Child's Portion	Adult's Portion
 30g cooked chicken	 50-75g cooked chicken	 Wheat biscuits	 Wheat biscuits
 2x100ml milk	 200ml milk	 Baked beans on toast	 Baked beans on toast
 1/2 banana	 1 banana	 Chicken, potato, carrots and green beans	 Chicken, potato, carrots and green beans
 1/2 pitta pocket	 1 pitta pocket	 Beef stir-fry	 Beef stir-fry