

Tree House Child Care Centre
Portion Control & Child Serves (2 – 5 year olds)
Supplying 50% of Recommended Dietary Intake
In Long Day Care

Food Group	50% RDI's	Portion Size / Serve
Dairy	3	125ml / ½ cup milk 100g / ½ cup yoghurt 1 slice or 20g block or shredded cheese 100g / ½ cup custard
Breads, Cereals, Rice & Pasta	2	1 slice bread ½ medium roll ½ cup cooked rice, pasta or noodles 10 small bite sized rice cakes 1 thick rice cake 2 thin rice / corn cakes 1 small pikelet 2 small crispbread
Vegetables	2	35g / ¼ cup cooked vegetables ½ cup salad leaves ¼ cup legumes (dried beans, peas or lentils) ½ medium potato
Fruit	1	1 small piece of fruit (apricot, kiwi, plum, apple, pear, orange) ½ cup diced pieces or tinned fruit 2 dried apricot halves ¾ TBLS dried fruit
Meat & Alternatives	1	30 – 50g cooked meat (match box size) ¼ cup lean mince 1 slice roast meat
Vegetarian Meals		¼ cup cooked dried beans, lentils, chickpeas, split peas or tinned beans 1 small egg 1 slice cheese or 20g

Comments

If using other recipes a child serve is approximately ½ an adult serve. Children over the age of 4 years may require extra serves to allow for additional energy needs.