

# Teach your child to eat the right amount of food

Teach your child to:

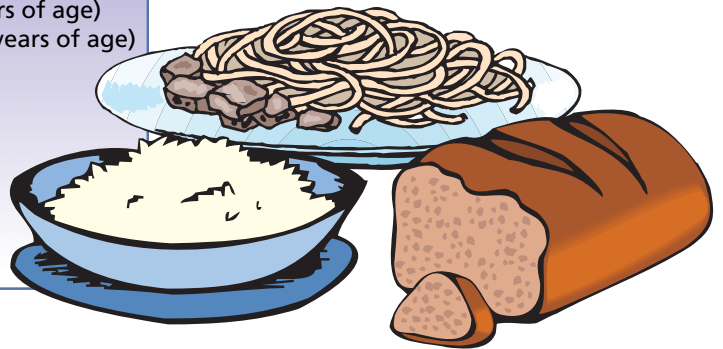
eat a balanced diet every day which includes foods from the four food groups at each meal:

## RICE & ALTERNATIVES

No. of servings needed per day: 5 (6-11 years of age)  
6-7 (12-18 years of age)

Examples of 1 serving:

- 1/2 bowl/plate of rice/noodles/pasta
- 1/2 bowl of cereal
- 2 slices of bread
- 2 small pieces of chapati
- 1 piece of thosai
- 4 plain biscuits

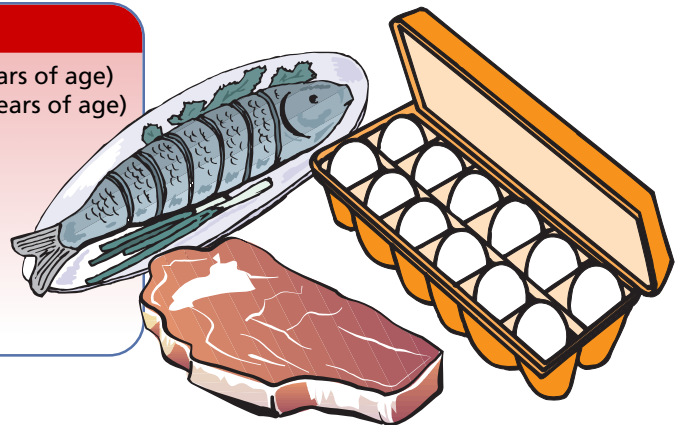


## MEAT & ALTERNATIVES

No. of servings needed per day: 2 (6-11 years of age)  
3 (12-18 years of age)

Examples of 1 serving:

- 1 piece (palm-size) of meat/fish/poultry
- 5 medium prawns
- 3 eggs
- 2 glasses of milk
- 2 slices of cheese
- 2 small squares of beancurd

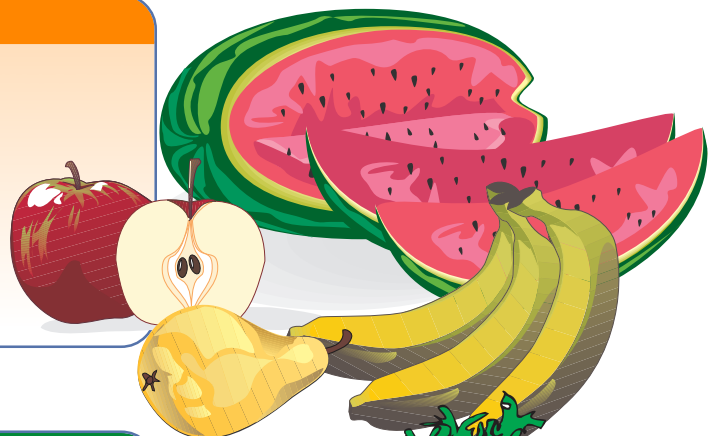


## FRUITS

No. of servings needed per day: 2

Examples of 1 serving:

- 1 small apple/pear/orange/mango
- 1 medium banana
- 1 wedge of papaya/watermelon/pineapple
- 6 rambutans/dukus/lychees
- 10 grapes or longans



## VEGETABLES

No. of servings needed per day: 2

Examples of 1 serving:

- 1 cup of cooked leafy vegetables (e.g. spinach, cabbage)
- 1/2 cup of non-leafy vegetables (e.g. carrot, pumpkin, potato)

