

my kids

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Introduce Your Child to Healthy Eating.

All children and adolescents need sufficient nutritious foods to grow and develop normally. They need the right types of food in the right amounts to meet the body's nutrient requirement and reduce the risk of chronic disease and obesity.

This great tool will allow you to teach your child health eating habits that they can carry on into adulthood.

The Food Plate chart has a magnetic backing which can be placed onto your fridge or any other similar metal surface. For children to recognize the various foods, photos have been used to make up over 80 full colour magnets. Simply place the photo magnet that matches the food your child is eating into the the colour coordinated food group. Follow the recommended servings and you will soon see the areas in which your child needs more or less of. This is set in a context that a young child can easily understand and enjoy.

Apart from the benefit of teaching your child healthy eating habits this product also teaches them about colours, word recognition and simple mathematical equations.

**My Kids can help you make healthy eating
fun for your kids.**

Magnetic back to stick to your fridge.

A place for child's name & photo for easy identification.

my kids Food Plate for

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Child's Name _____

affix photo of child here

Vegetables, Legumes
2 serves
serve sizes: 1/2 cup cooked legumes;
1/2 cup cooked vegetables;
1 medium potato;
1 cup salad

Fruit
1 serve
serve sizes: 1 medium or 2 small pieces of fruit; 1 cup chopped or canned; dried fruit e.g. 4 dried apricots, 1 1/2 tablespoons sultanas, 8 strawberries, 20 grapes or cherries

Milk, Yoghurt, Cheese
2 serves
serve sizes: 250ml glass or 1 cup milk; 200g yoghurt; 40g or 2 slices cheese

Meat, Fish, Poultry, Eggs, Nuts, Legumes
1/2 serves
65 - 100g beef, lamb, mutton, fish or poultry; 2 eggs; legumes 1/2 cup nuts + 1/2 cup legumes

Bread, Cereal, Rice, Pasta, Noodles
5 - 7 serves
serve sizes: 1 cup cereal; 2 slices bread; 1 cup cooked rice; 1 cup cooked pasta; 1 medium bread roll; 1/2 cup couscous; 1/2 cup cooked noodles

Treat Box (Fats & Sugars)
1 - 2 serves
serve sizes: 1 piece cake or bun; 1 can soft drink; 3 sweet biscuits; 30g potato chips; 2 scoops ice cream

How many glasses of water have you had today?
1 2 3 4 5 6 7 8

Recommended daily food intake for 4 - 7 year olds

5 Colourful Food Groups.

Serving Suggestions.

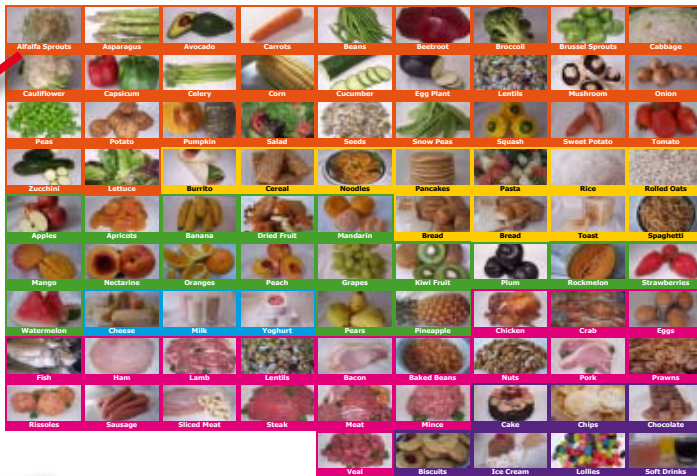
Recommended number of serves for each age group.

An easy way to track your Child's fluid intake.

Treat box allows you to reward your child for good eating.

Over 80 Full Colour Magnets

Pictures are labeled with one word.



Life like photo pictures.

Large variety of foods.

Blanks for extra types of food.

Colour coordinated to food plate categories for easy learning.