



## Breakfast Porridge made with milk



Small bowl



Less than a cup

### Try and measure



$\frac{1}{3}$  cup porridge  
oats



$\frac{1}{2}$  cup milk

1 teaspoon  
sugar

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### **Purpose of resource:**

To provide simple pictorial information on meals and snacks. This can be used in a discussion with parents and carers

### **Target group:**

This resource is designed for use with parents or carers of young children who are failing to thrive

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