



Breakfast Left over stew with rice



Half cup of stew with veggies and half cup of rice

Try and measure



$\frac{1}{2}$ stew with
veggies



$\frac{1}{2}$ rice

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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