

Park Academy Food Pyramid

Ages 1-5

**Foods and drinks
high in sugar and salt**



0

Servings

Children under 5 should have no food with added sugar and salt.

Fats, spreads and oils



**Very
small
amounts**

Use as little as possible, choose mono or polyunsaturated spreads use olive, rapeseed, or sunflower oil.

**Meat, poultry, fish,
eggs and beans**



2

Servings
a day

Eat oily fish up to twice a week. Limit processed salty meats.

**Milk, yoghurt
and cheese**



3

Servings
a day

Children should always have full fat milk and dairy products.

**Wholemeal cereals,
breads, potatoes,
pasta and rice**



3-5

Servings
a day

Wholemeal and wholegrain are best

**Vegetables,
salad and fruit**



5-7

Servings
a day

More salad and vegetables than fruit. Children should not have fruit juice, water is best.

Drink at least 6 cups of water a day • Children need to be moderately to vigorously active for 60 minutes per day.

Food Guide Pyramid For Children Ages 1 6

Tobias Bleicker



Food Guide Pyramid For Children Ages 1-6:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Food Guide Pyramid For Children Ages 1 6**

In a world inundated with monitors and the cacophony of instantaneous connection, the profound energy and mental resonance of verbal art often diminish in to obscurity, eclipsed by the regular barrage of noise and distractions. However, situated within the musical pages of **Food Guide Pyramid For Children Ages 1 6**, a fascinating work of literary brilliance that pulses with organic feelings, lies an remarkable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this interesting opus books readers on a mental odyssey, gently exposing the latent possible and profound influence stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is main themes, dissect its interesting publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

<https://staging.conocer.cide.edu/results/virtual-library/fetch.php/Homework5%20Monomials%20All%20Operations%20Unit6.pdf>

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