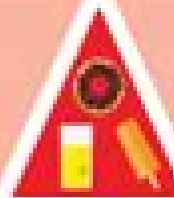


Park Academy Food Pyramid

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

L Darling-Hammond



Food Guide Pyramid For Children Ages 1-6:

Food Guide Pyramid For Children Ages 1 6: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Food Guide Pyramid For Children Ages 1 6 : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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