The sample meal plan outlined below provides the nutritional and energy requirements for a CHILD aged 9-11 years of average height, healthy weight and light activity.

**BREAKFAST**
- Wheat biscuit with milk and yoghurt
  - (1 wheat biscuit, ½ cup reduced fat milk, 100g yoghurt)

**MORNING BREAK**
- Banana
  - (1 medium banana)
- Crispbreads with peanut butter spread
  - (3 crispbreads, 1T of peanut butter spread)

**LUNCH**
- Egg, cheese and salad sandwich
  - (2 x slices of wholemeal bread, 1 boiled egg, 20g/1 slice reduced fat cheese, 1 cup mixed salad)

**AFTERNOON BREAK**
- Crumpet
  - (1 crumpet with a light spread of margarine)
  - Glass of milk
  - (1 cup/250ml reduced fat milk)

**EVENING MEAL**
- Lamb kebab with vegetables
  - (65g cooked lamb kebab, 1 small boiled potato, ½ cup cooked carrot, ½ cup cooked beans)

**EVENING SNACK**
- Fruit salad (tinned or fresh) and reduced fat yoghurt
  - (1 cup mixed fruit plus small tub/100g yoghurt)

Drink plenty of water throughout the day.