## **Size matters**

It's really important to use child-size plates and bowls to offer your child a child-size portion of food.

## The recommended plate size is a:

- child's plate, or
- side plate.

## The recommended bowl is a:

- child's bowl, or
- small bowl.

Child-size cutlery makes it easier for your child to feed themselves.



Child or side plate

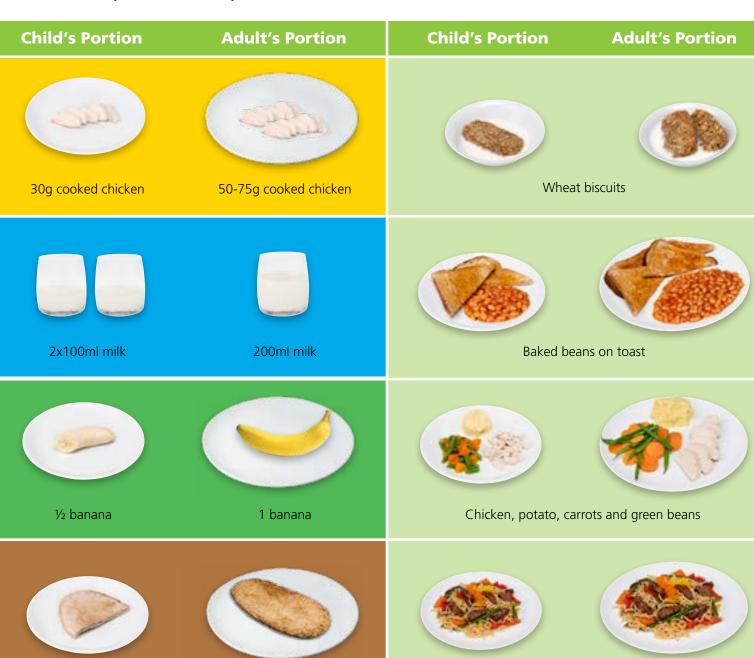


Adult's plate



Beef stir-fry





1 pitta pocket

½ pitta pocket