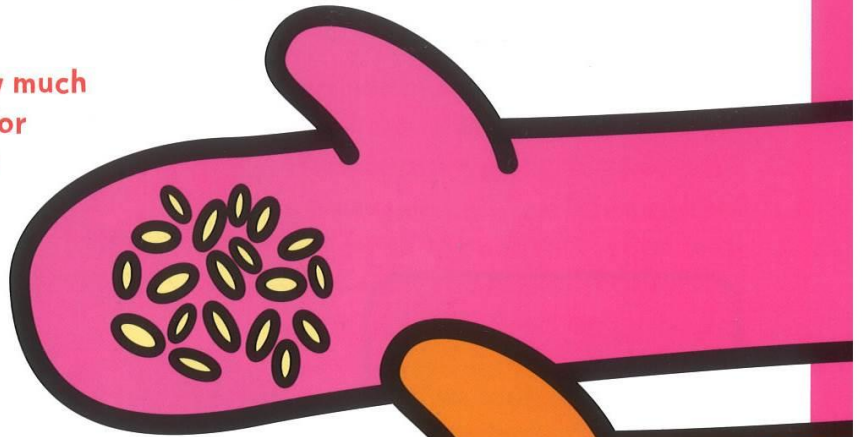




portion control

It can be tricky to work out how much everybody in the family needs for their size. It seems obvious, but a 5 year old needs less than a 10 year old, and a 10 year old needs less than an adult. And as kids grow at different rates, there's no solid rule for each age that says 'give them this much'.

So the best thing to do is look at your fist in comparison with your kids' fists and see how much smaller they are. When you're working out how much to give them, bear in mind that their tummies are this much smaller too. It can help kids to understand this by drawing round their hands and yours and looking at the difference side by side. Have a look in the Kids' Stuff section for an activity which gets them to do this.



Food that grows

It can be especially difficult to work out 'expanding' food like pasta and rice. So try and use something to measure it out with. A very rough guide is about a handful of uncooked pasta for a child, and 2 handfuls for each adult. If you find an amount that works for your family, figure out how much it is by measuring it out in a particular cup or mug. Then, you'll be able to make exactly the same amount next time.

