

# Cooks Connect Mini PD Session 1

Understanding the Menu planning guidelines for long day care

## Activity 1 – The Five Food Groups

This first activity looks at the five groups and the serves required per child, per day. In this activity you will apply the serves of each food group to **one day** of your menu and check that you are meeting the number of serves required of each food group. Don't worry about the quantity of foods required to meet one serve at this stage, just use the number of serves required to map out the basic structure of what is provided on the daily menu.

### For example:

- 1 children's serve of fruit is required per child per day, so check that you have fruit on your daily menu at least once.
- Two children's serves of grains are required per day, so check that you have a grain food on the menu twice, and so on for the rest of the food groups.

**Please note:** One serve doesn't need to be offered all at one time (discussed below)

### Objectives

- Understand the food groups that need to be included on the menu.
- Understand the number of serves for each food group.
- Identify the appropriate number of food group serves on your menu.

### Required Resources

- A copy of your centre menu for 1 day.
- [Getting started with the Menu planning guidelines](#) resource.

### Questions

1. What are the five food groups?

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_

2. How many serves of each food group are required per child, per day?

Food Group	Children's serve per child, per day

3. Have a look at your menu and circle each food group you can identify. Using the number of serves per food group identified in the table above, check that your menu provides each food group the number of times it is required.

**Please note:** You don't need to know the quantities required for each food group serve yet, just start with identifying the number of serves, for example fruit is provided at least once, grains are provided at least twice. See **example menu below**.

Food group	Children's serves per child, per day
Fruit	1
Vegetables and legumes	1
Grain (cereal) foods	2
Milk, cheese, yoghurt, or alternatives	2
Meat and alternatives	1

<b>Morning Tea</b>	Toasted fruit bread served with Banana, yoghurt & Tofu Smoothies
<b>Lunch</b>	Mild chicken and vegetable curry served with steamed brown rice Fresh garden herbs
<b>Afternoon Tea</b>	Fresh fruit platter green apple, red apple, pear, orange, banana
<b>Drinks</b>	Water and milk

4. Can you identify any areas in your menu where you might need to increase the serves of a particular food group?

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### Top Tip

**One serve doesn't need to be offered all at one time.**

- you could have half a serve of fruit at morning tea and half a serve at afternoon tea.
- where 2 serves per day are required (e.g., grains and milk yoghurt, cheese and alternatives food groups), these don't have to be provided as 2 x 1 serves. You could have;
  - » 2 serves of grains at lunch and none at morning and afternoon tea,
  - » or spread out across morning tea, lunch and afternoon tea,
  - » there isn't a "right or wrong" way with how you spread the serves out, just as long as the number of serves required are met between morning tea, lunch and afternoon tea each day.

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