



Worksheet 4: My Child's Eating Times

- 1 Record the times that your child eats or drinks throughout one day (except water)
- 2 List them under the categories shown i.e. Breakfast, Lunchtime meal, Dinner and Snacks
- 3 Leave the row blank if no food has been eaten or drinks consumed

Generally 5-6 eating times is the maximum number of times recommended for a child in a day, but this depends on various factors such as their age, activity level etc.

The aim is to have sufficient gap between eating times to avoid frequent snacking and ensure a child is hungry for meal times

	Time
Breakfast	
Snack	
Lunchtime meal	
Snack (optional)	
Evening meal	
Before bed snack (optional)	
Other	
Other	

See sample schedule overleaf



A sample schedule for a child (1 year plus) may look like the following:

730 am Breakfast

10 am Midmorning Snack

1.00 pm Lunchtime meal

330 pm Mid afternoon Snack (optional)*

6 pm Evening meal

7 pm Before bed snack (optional)*

*Most babies won't be having snacks until about 12 months as they are having milk between meals instead