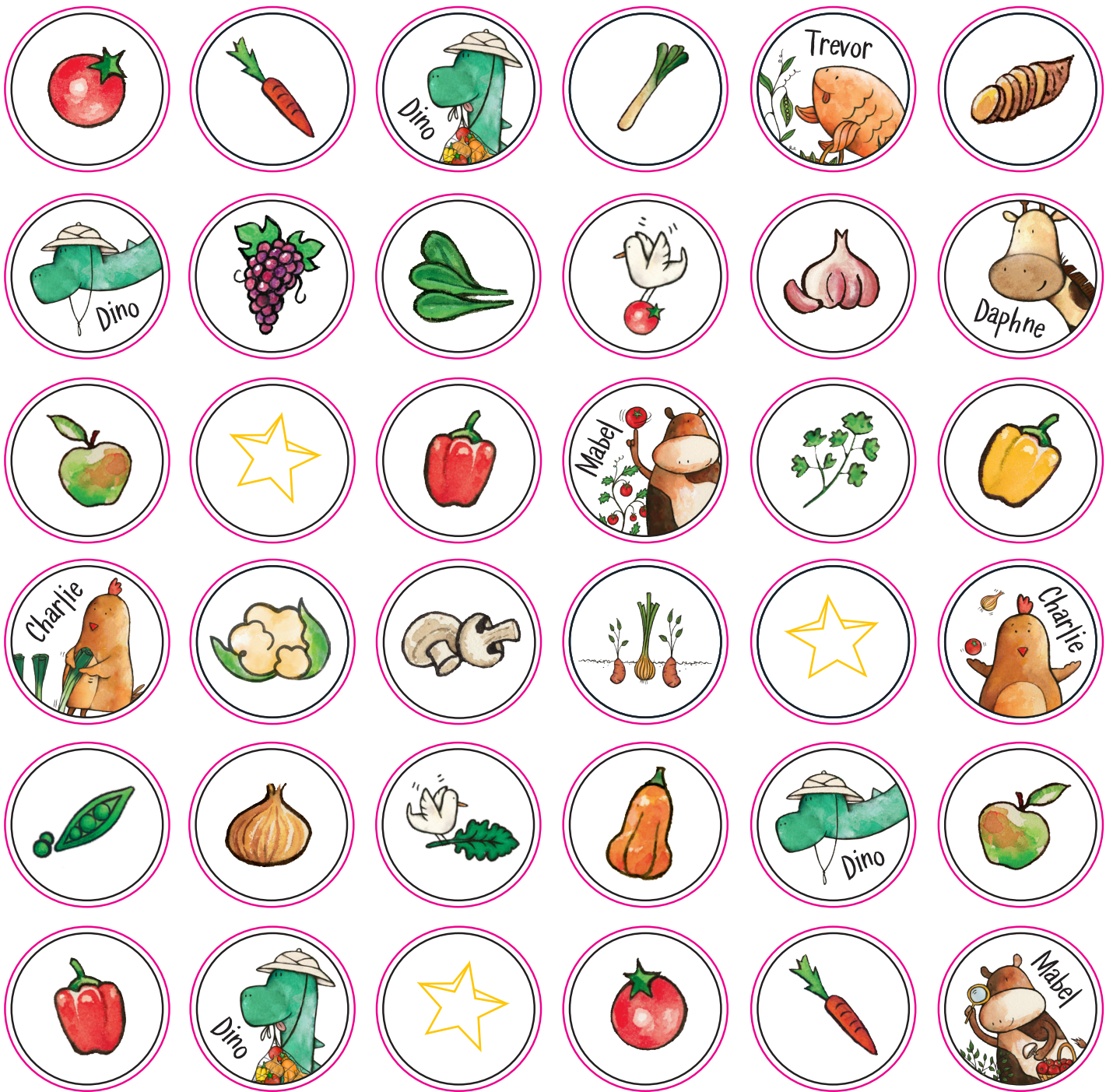


For your little reward chart



For your little foodie



little dish® 5-a-day the fun way

We're on a mission to help children get off to the healthiest and happiest start in life, so we've created this colourful 5-a-day reward chart to help turn your little one into a Fearless Foodie.

Every time your toddler eats a portion of fruit or veg, they can celebrate by adding one of our cute Zoo Crew stickers to their chart. Manage five-a-day and they get a special reward sticker to wear with pride! Not only will this help encourage your toddler to try new foods, it also supports their development by helping them learn to count, discover the names of different foods, and practice the days of the week.

We hope they have great fun on their foodie adventure!

LEARN,
EXPLORE,
enjoy!

What does 5-a-day look like for tiny tummies?

- ✓ Portion sizes can be tricky. A general rule is to give the amount that would fit into a child's hand
- ✓ Aim for five servings of fruit and veg a day, but the more the merrier!
- ✓ Offer fruit and veg at each meal and for some snacks too
- ✓ Try to eat a wide variety of fruit and veg of all different colours
- ✓ Aim for more veg than fruit

We'd love to see your little one's reward chart, so please share using #littledish. To find out more about our real food kids love, visit LittleDish.co.uk

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		High five!					Almost there!	★ 1
	You can do it!			High five!				★ 2
								★ 3
					You're doing great!			★ 4
			5 is the magic number!			You're a superstar!		★ 5