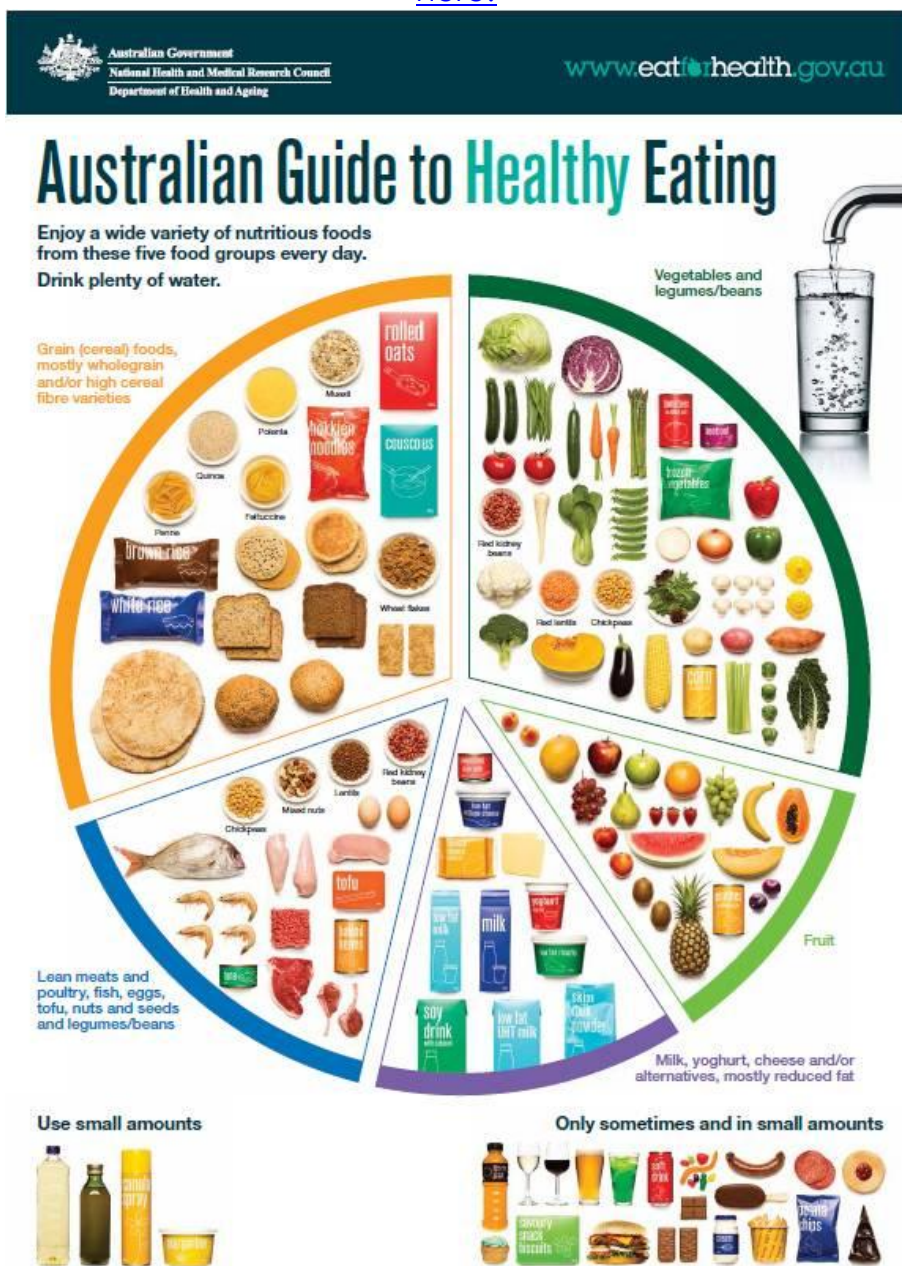


Nutrition for Outside School Hours Care • another NAQ Nutrition program

Australian Guide To Healthy Eating

The Australian Guide to Healthy Eating is the pictorial representation of the Australian Dietary Guidelines and the Five Food Groups serve size recommendations. For more information around the Dietary Guidelines for children, check out our NOSHC fact sheet

[here!](#)



This image can be found at www.eatforhealth.gov.au

ACTIVITY ONE:

Cut out the food items below. Using the blank Australian Guide to Healthy Eating poster, found on the next page, ask the children to glue the food items into their respective food groups.

For more information around food group requirements visit www.eatforhealth.gov.au

ACTIVITY TWO:

For more of a challenge, cut out the food items below. Using the food items available, ask the children to pack themselves a healthy lunchbox. Have the children place the food items they would pack into their lunchbox into the blank Australian Guide to Healthy Eating found on the next page. Check that the children are including a variety of foods from the five food groups in their lunchbox, and don't include any discretionary foods.



Baked Beans



ANZAC Cookies



Capsicum Slices



Brown Rice



Cheese Cubes



Multigrain Bread



Orange



Eggplant



Cooked Chickpeas



Slice of Cake



Cooked Chicken



Boiled Egg



Bread Wrap



Glass of Milk



Carrot Sticks



Yoghurt



Cereal Weet-Bix™



Avocado



Cob of Corn



Banana



Bottle of Water

Nutrition for Outside School Hours Care • another NAQ Nutrition program

