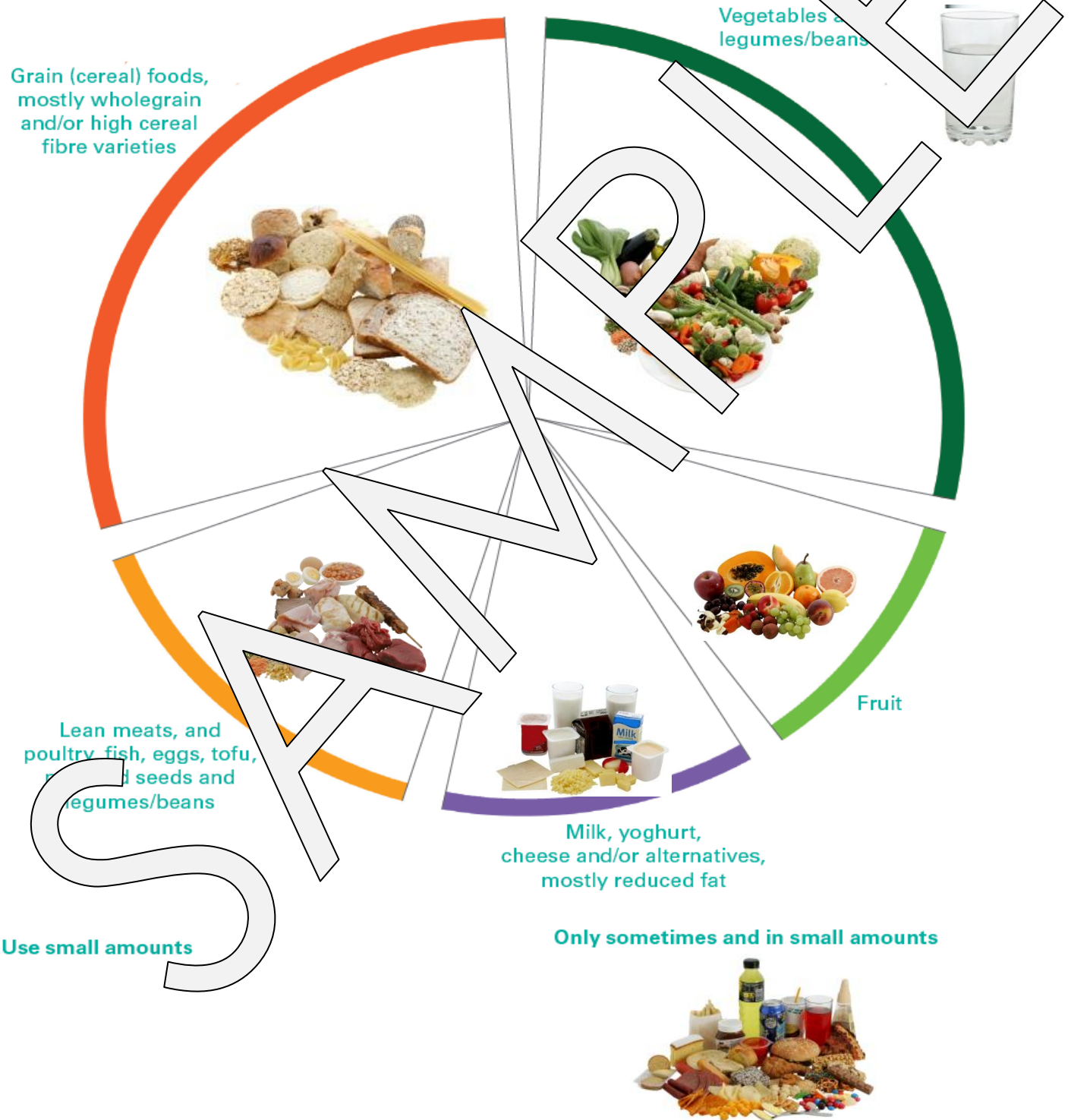


### What Food Group am I?

**Outline of activity:** Using the empty template of the Australian Guide to Healthy Eating (next page), ask children to put a sticker that matches the food group in each segment of the plate (as below)



**Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties**

**Vegetables and legumes/beans**

**Fruit**

**Milk, yoghurt, cheese and/or alternatives, mostly reduced fat**

**Lean meats, and poultry fish, eggs, tofu, nuts and seeds and legumes/beans**

**Use small amounts**

**Only sometimes and in small amounts**

### What Food Groups am I?

## Australian Guide to Healthy Eating

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mostly wholegrain  
and/or high cereal  
fibre varieties

Vegetables and  
legumes

Fruit

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poultry, fish, eggs, tofu,  
nuts and seeds and  
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