

Vegetables and the body

It is important to try lots of different types, colours and flavours of vegetables daily. Vegetables provide us with such a large range of nutrients.

Vegetables help our bodies stay healthy and assist the body to fight off disease later in life.

Below, are 12 types of food that you can find in the Vegetable food group, can you find them all?



t	p	e	a	s	p	o	l	e	g	g	p	l	a	n	t
l	g	s	s	n	u	y	n	s	r	j	a	k	i	o	a
e	d	f	d	d	m	b	a	i	e	v	c	x	w	n	v
n	i	m	s	v	p	n	a	s	o	d	a	g	h	t	o
t	c	h	i	c	k	p	e	a	s	n	r	l	o	o	c
i	o	t	n	b	i	s	c	v	w	j	r	i	p	m	a
l	r	o	d	t	n	e	j	f	d	c	o	r	n	a	d
s	u	p	l	q	l	d	n	g	u	m	t	n	k	t	o
s	b	e	a	n	s	l	t	e	p	o	t	a	t	o	d

avocado
carrot
eggplant
lentils

pumpkin
corn
potato
tomato

chickpeas
onion
beans
peas

Nutrition for Outside School Hours Care • another NAQ Nutrition program



Fruit and the body

Try eating different types of fruit daily. Each different type and coloured fruit will provide different nutrients.

Fruits are a healthy way to enjoy something sweet. They provide the body with lots of different vitamins and minerals.

Below, are 12 types of food that you can find in the Fruit food group, can you find them all?

m	s	d	e	e	s	s	u	l	t	a	n	a	s	h	k
e	f	b	a	n	a	n	a	l	d	a	p	c	k	l	i
l	j	o	p	a	g	o	l	i	f	t	a	l	c	h	w
o	b	k	p	m	r	e	r	d	f	e	j	e	u	c	i
n	e	r	l	b	a	v	h	a	h	a	u	h	e	m	f
t	s	k	e	v	p	n	t	i	n	s	i	s	w	s	r
p	e	a	c	h	e	s	l	f	i	g	c	e	d	h	u
o	w	r	p	l	s	i	m	u	l	b	e	r	r	y	i
d	r	i	e	d	a	p	r	i	c	o	t	s	d	f	t

apple
banana
orange
berry

dried apricot
plum
peaches
kiwi fruit

grapes
sultanas
juice
melon

Nutrition for Outside School Hours Care • another NAQ Nutrition program



Grains (Cereals) and the body

Try to eat lots of different types of this food group daily. Be aware the wholegrain and wholemeal foods from this group will provide you with longer lasting energy.

This food group is rich in carbohydrates. Carbohydrates are the best source of fuel for the body, especially providing fuel for the brain, allowing you to concentrate for longer. Look for carbohydrates that release energy slowly. You can find these is wholegrain and wholemeal varieties.

Below, are 12 types of food that you can find in the Grains (Cereals) food group, can you find them all?

w	r	a	p	i	b	r	e	q	u	i	n	o	a	m	e
p	l	r	e	f	r	w	b	y	u	r	r	i	o	u	o
o	w	h	o	l	e	g	r	a	i	n	s	c	f	e	r
r	e	i	p	o	a	l	i	h	n	g	c	i	s	s	y
r	h	o	c	b	d	f	c	s	o	s	o	g	c	l	p
i	r	i	c	r	y	l	e	c	a	f	n	i	g	i	a
d	y	o	c	s	y	c	r	u	m	p	e	t	s	p	s
g	q	u	l	w	w	s	f	i	g	c	s	t	e	i	t
e	j	k	t	l	e	s	c	e	r	e	a	l	p	l	a

bread
roll
scone
rice

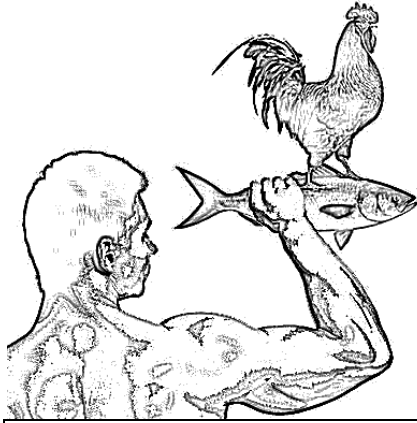
wholegrains
porridge
pasta
muesli

crumpets
quinoa
wrap
cereal

Find the Words – Meats and Alternatives

Nutrition for Outside School Hours Care • another NAQ Nutrition program

Meats and Alternatives and the body



It is important to eat different types of Meats and Alternatives to keep us healthy and help us grow. Foods from this food group give us protein and other key nutrients like iron, zinc and more.

Protein helps us to build strong muscles and makes our tummies feel full so we aren't hungry all the time.

Below, are 12 types of food that you can find in the Meats and Alternatives food group, can you find them all?

i	s	b	e	e	f	n	i	k	p	m	u	p	u	t	f
l	b	c	a	h	g	h	h	m	c	p	r	t	s	o	i
e	c	h	i	c	k	p	e	a	s	e	e	b	u	f	s
n	e	i	i	f	a	k	p	s	m	a	t	b	e	n	h
t	l	c	s	u	s	a	l	m	o	n	s	h	g	n	a
i	t	k	c	e	s	i	t	o	f	u	b	e	g	u	f
l	s	e	e	h	c	e	g	a	t	t	o	c	s	t	m
s	s	n	s	o	s	t	e	a	k	s	l	k	t	s	a

eggs
 beef
 chicken
 lentils

chickpeas
 tuna
 tofu
 peanuts

steaks
 salmon
 fish
 nuts



Milk, Yoghurt, Cheese and Alternatives and the body

It is important to eat different types of food throughout the day to keep us healthy and help us grow. Foods from this food group provide calcium that's easy for the body to absorb, as well as other nutrients like protein.

Calcium helps us to build strong bones and can keep our teeth, nails and hair healthy.

Below, are 9 types of food that you can find in the Milks, Yoghurts, Cheese and Alternatives food group, can you find them all?

e	f	s	i	t	k	c	e	s	i	e	s	u	y	p	m
t	e	u	l	l	e	i	u	c	s	r	c	e	o	c	i
w	s	o	l	y	m	c	h	e	e	s	e	d	g	s	l
n	k	g	e	l	v	i	r	r	l	o	r	r	h	m	k
s	i	r	f	i	c	w	u	m	i	t	l	e	u	o	c
i	m	s	e	s	m	r	i	c	o	t	t	a	t	e	h
m	o	n	s	h	g	n	e	u	k	u	y	f	k	t	e
r	e	d	u	c	e	d	f	a	t	r	l	k	y	k	s
c	h	e	d	d	a	r	r	u	m	u	r	s	o	y	e

milk
cheese
yoghurt

skim
full cream
ricotta

reduced fat
cheddar
soy