

# Australian Guide to Healthy Eating

FOUNDATION - YEAR 2

CREATE

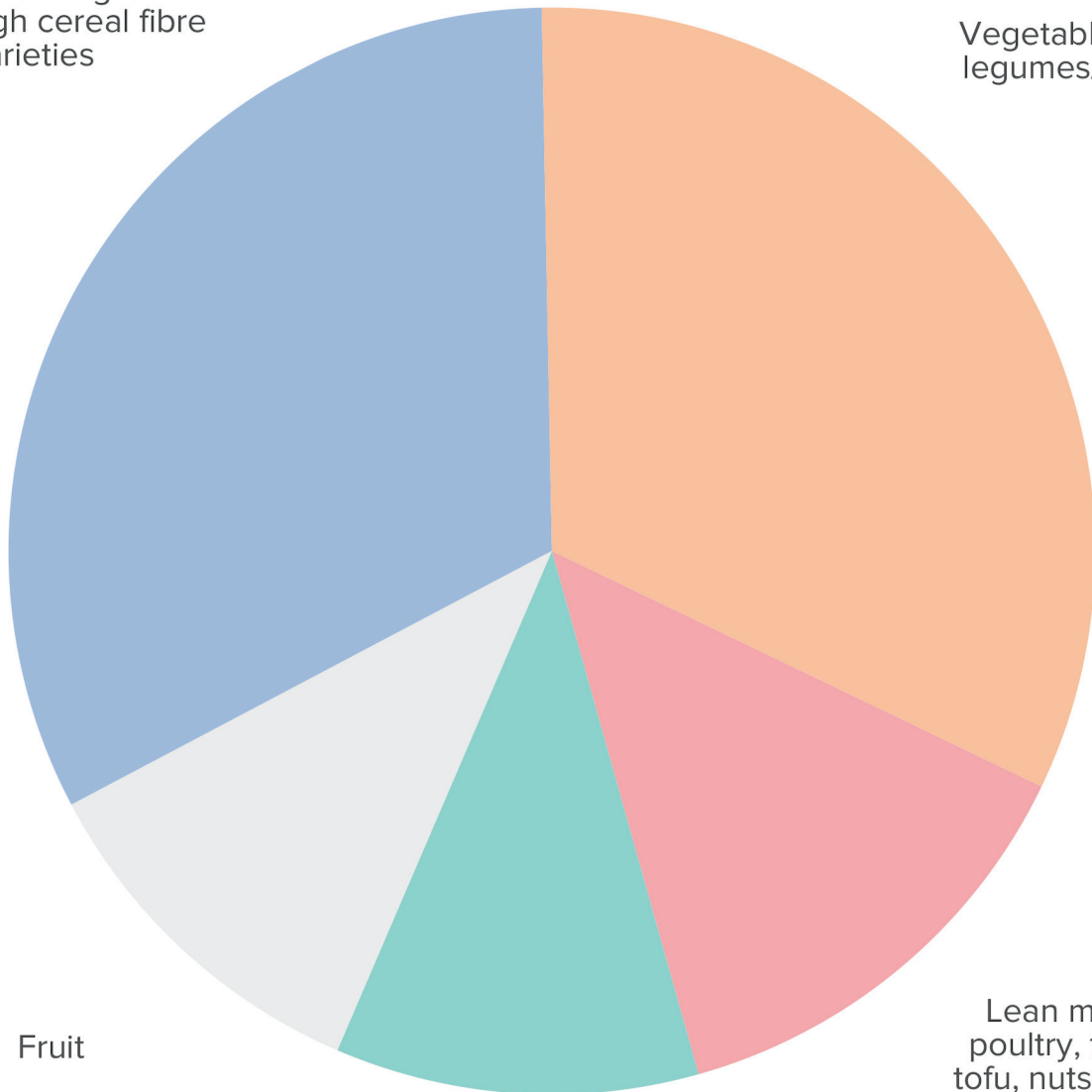


**INSTRUCTIONS:** Draw pictures of food that belong in each of the five key food groups. Alternatively, you can cut & paste images from magazines or newspapers below.

Enjoy a wide variety of nutritious foods from these five food groups every day and remember to drink plenty of water.

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

Vegetables and  
legumes/beans



Fruit

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

Dairy foods like milk,  
yoghurt, cheese and/ or  
alternatives, mostly  
reduced fat

