



Australian Good Meat Education resources are an initiative of



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Activity 1

Healthy Eating

Observe the 'Healthy Eating' poster and answer the following questions.

- Record the minimum recommended number of serves per day of lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans for your age group: _ _ _ _ _
- Record the minimum recommended number of serves per day of vegetables for your age group: _ _ _ _ _
- Name and draw one of your favourite meals on the plate below that combines the two food groups:
 - Lean meats and poultry, fish, eggs, tofu, nuts and seeds, legumes/beans and
 - Vegetables
 - Meal name: _ _ _ _ _
 - Highlight any of the foods below if they are included in your meal
 - Lean meat
 - Poultry
 - Fish
 - Eggs
 - Tofu
 - Nuts
 - Seeds
 - Legumes/beans
 - List the vegetables that are included in your meal.



Refer to Answers document for references.

Access the curriculum-aligned Australian Good Meat Education [resources](#) Foundation to Year 6 to extend the learning on this topic, including Foundation to Year 2 [Healthy eating at home and on the go](#), Year 3–4 [Technology and food from the farm](#) and Year 5–6 [Healthy eating and nutrition](#).