



Australian Good Meat
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ANSWERS

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Poster: Healthy Eating

1. Answers will range from 1 to 2.5 serves per day, depending on student's age.
2. Answers will range from 4.5 to 5.5 serves per day, depending on student's age.
- 3a. Answers will vary depending on student's choice of meal.
- 3b. Answers will vary depending on student's choice of meal.
- 3c. Answers will vary depending on student's choice of meal.

References

Source: National Health and Medical Research Council.

National Health and Medical Research Council. (2013). Australian dietary guidelines summary.

National Health and Medical Research Council. https://www.eatforhealth.gov.au/sites/default/files/2022-09/n55a_australian_dietary_guidelines_summary_131014_1.pdf