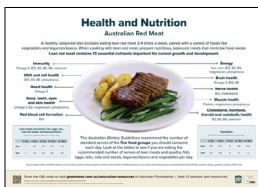




Australian Good Meat
Education resources
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7-10 | WORKSHEET

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Activity 1

Health and Nutrition

Observe the 'Health and Nutrition' poster and answer the following questions.

1. Record the recommended number of serves per day of lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans for your age group: _ _ _ _ _
2. Record the minimum recommended number of serves per day of vegetables for your age group: _ _ _ _ _
3. Are you currently eating the minimum recommended serves of each of these food groups per day? Yes / No
4. Create a one-day meal plan that meets the minimum recommended daily serves of:
 - Lean meats and poultry, fish, eggs, tofu, nuts, seeds, and legumes/beans
 - Vegetables

Ensure your meal plan is balanced and includes a variety of foods.

- a. List your meal choices in the Daily Meal Plan box.
- b. For each serve of a food group consumed, record the number of serves in the appropriate column on the right.
- c. Once you have met the minimum recommended serves for your age group, place a tick in the box.

Daily Meal Plan

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

Vegetables

Minimum recommended
serves per day for
your age

Minimum recommended
serves per day for
your age

Refer to Answers document for references.

Access the curriculum-aligned Australian Good Meat Education [resources](#) Year 7–10 to extend the learning on this topic, including Year 7–8 [Compliments to the chef and the producers!](#) and Year 9–10 [Online Learning Tasks](#): Lesson 4 Meat and its role in a balanced diet.