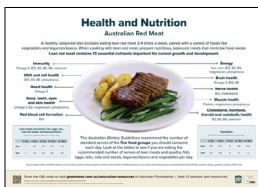




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ANSWERS

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Poster: Health and Nutrition

1. 2.5 serves per day.
2. Answers will range from 5 to 5.5 serves per day, depending on student's age and gender.
3. Answers will vary depending on student's diet.
- 4a–c. Answers will vary depending on student's choice of meals.

Sample answer: lamb salad (lettuce, tomato, carrot and seed mix) and beef stirfry (broccoli, baby corn, carrots, and capsicum).

Daily Meal Plan		Tally	Tally
		Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans	Vegetables
Lamb salad (lamb, lettuce, tomato, carrot and seed mix)			
Beef stirfry (beef, broccoli, baby corn, carrots and capsicum)			
		Minimum recommended serves per day for your age <input checked="" type="checkbox"/>	Minimum recommended serves per day for your age <input checked="" type="checkbox"/>

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