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## Worksheet 3a

### Does it measure up? Analysing a meal against daily nutritional needs

- a. Using the ingredient quantities for a single serving of your selected meal, assess whether the meal meets the recommended daily serves for your age group.
- b. Identify the standard serve sizes for each food group (e.g. vegetables, grains, protein, dairy, fruit).
- c. Compare each ingredient in the meal to the relevant food group and determine how many standard serves it contributes.
- d. As a class, discuss whether your meal meets, exceeds, or falls short of your daily nutritional requirements.

Food group	Recommended serves for your age group/per day	Serves per day are approximately met by consuming this meal ( <input type="checkbox"/> )
Vegetables and legumes/beans		
Fruit		
Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties		
Lean meats, and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans		
Milk, yoghurt, cheese and/or alternatives, mostly reduced fat		