



Australian Good Meat Education is an initiative of



Worksheet 1a

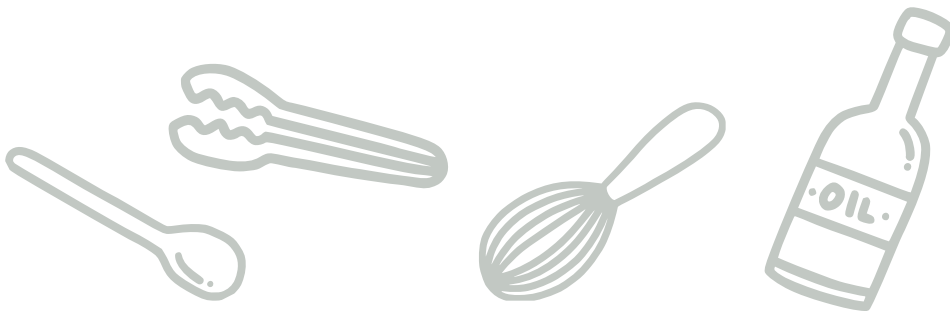
GOOD MEAT, GOOD HEALTH

Sorting ingredients into food groups

- a. Choose one recipe from [Good meat, good health recipes](#) and record its name on both pages of this worksheet.
- b. Use scissors to cut out all ingredients listed for your selected recipe from [Worksheet 1b - Good meat, good health recipe ingredients](#).
- c. Refer to the [Australian Guide to Healthy Eating](#) and identify the food group to which each ingredient belongs.
- d. Paste each ingredient into the correct food group section on the following page.
- e. Count how many ingredients are in each food group and record the total number using a tally in the table below.

Recipe: _____

Food group	Number of ingredients in this recipe
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	



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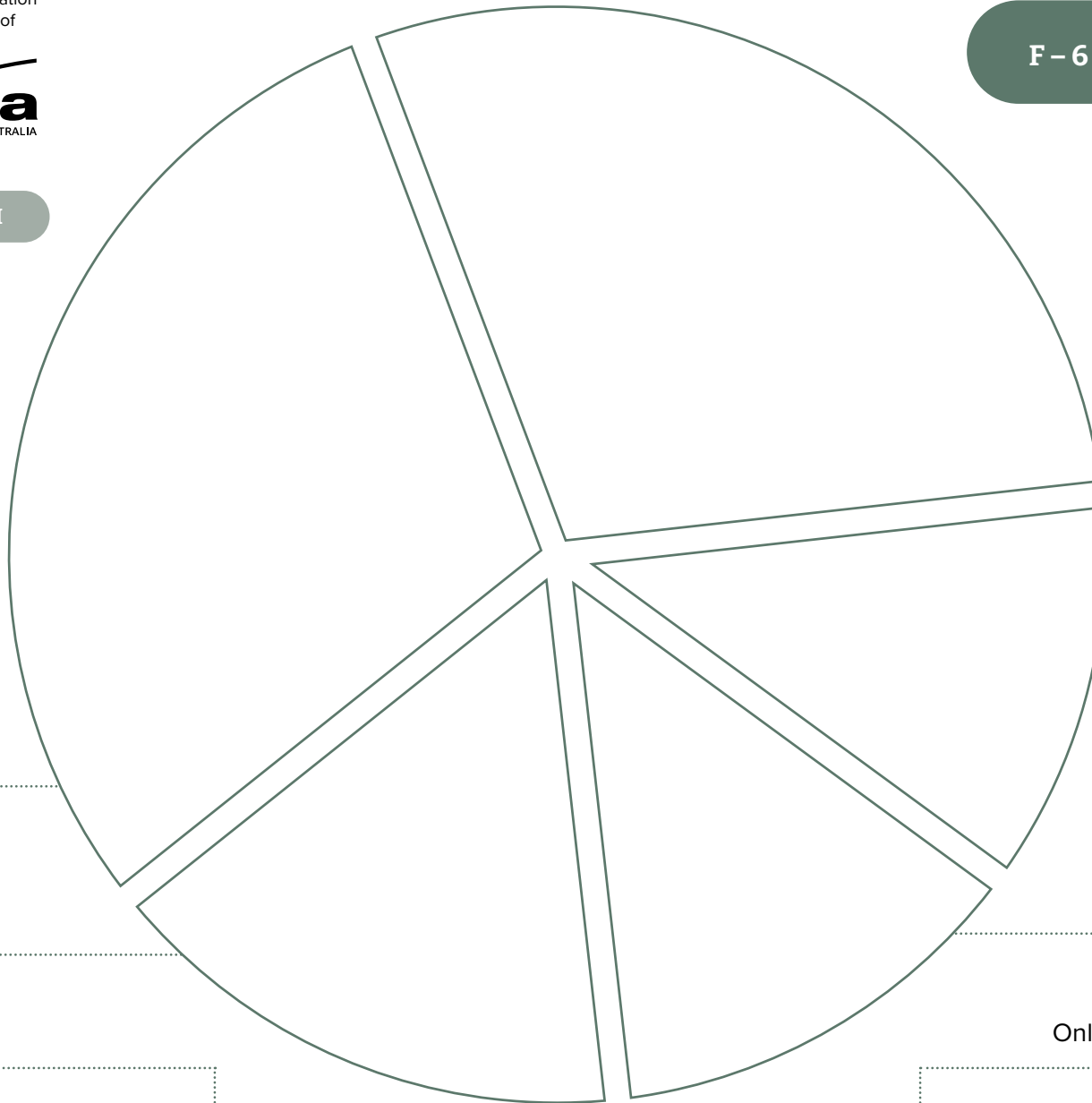
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Recipe:

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

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

Use small amounts



Vegetables and legumes/beans

Fruit

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Only sometimes and in small amounts

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PLEASE NOTE: This activity requires printing on A3 paper