



Australian Good Meat Education is an initiative of



Worksheet 2a

GOOD MEAT, GOOD HEALTH

Meal evaluation – Beef sliders

- a. Look at the **Beef sliders** recipe in the [Good meat, good health recipes](#). The recipe makes six servings.
- b. The table shows the number of serves from each food group provided in one serving of the meal.
- c. Using the [Healthy eating for children poster](#), record how many serves of each food group you should consume each day, for your age group to meet your daily nutritional needs.

Food group	Number of serves	Recommended number of serves for a person my age
Vegetables and legumes/beans	½	
Fruit	0	
Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties	2	
Lean meats, and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans	1	
Milk, yoghurt, cheese and/or alternatives, mostly reduced fat	1	

- d. Determine whether one serving of this meal meets your daily nutritional requirements. Explain your answer and list any additional foods you would include with the Beef sliders to improve the overall nutritional balance.

- e. Examine the recipe’s optional fillings. Would you recommend including these when serving the meal? Provide reasons for your answer.
