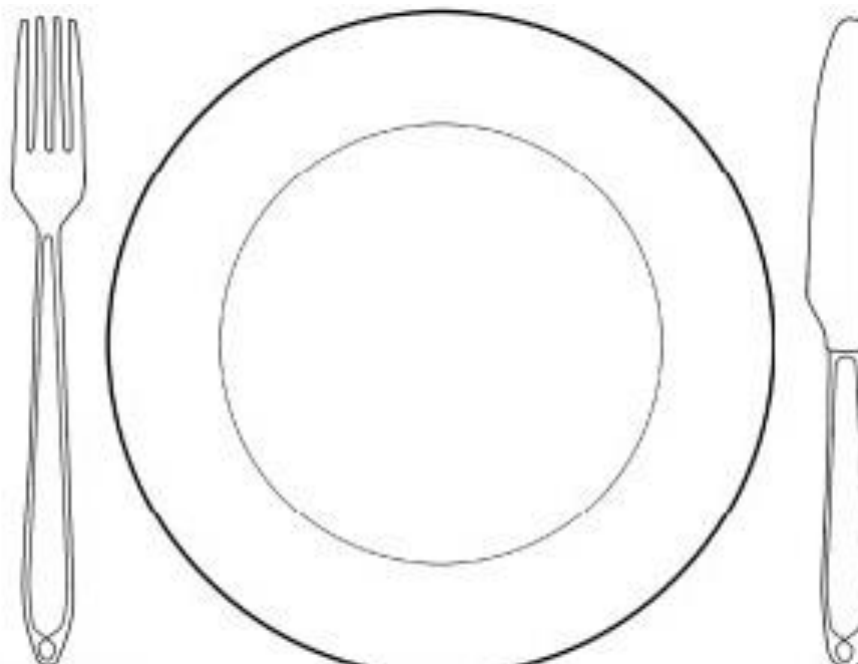


Fabulous food

PART 1

Pyramid to plate

Use the information from the food pyramid to show which food groups make up a balanced meal and the proportions of each food group. TIP: The plate = 100% Vegetables = 40%



PART 2

Where do I belong?

Place each food item on the list into the correct category. Some may belong to more than one group.

Vegetable	Protein	Healthy fat	Wholegrain/cereal	Fruit	Treats

avocado, baked beans, beef, beetroot, blueberries, bread, cabbage, cake, celery, cereal, cheese, chocolate, eggs, fish, flaxseed oil, grapes, milk, noodles, nuts, oatmeal, parsnip, pasta, peas, poultry, potato chips, rice, rockmelon, sweet potato, tofu, tuna, yogurt, zucchini.



PART 3

What's on a food label?

Explain what each part on the packaging shows.

USE BY

VERYGOOD

Pasteurised Fresh SOYA MILK

Ingredients
100% pure soya beans, sugar, permitted stabiliser (vegetable gum), permitted flavouring, riboflavin, calcium-D-pantothenic, vitamins B1, B1 and B2.

NUTRITION INFORMATION		
AMOUNTS PER PACKAGE 1 300 ml		
AMOUNTS PER 100 ml		
	PER 100 ml	PER 300 ml
Energy	409 kJ	1 227 kJ
Protein	4.2 g	12.6 g
Fat	1.0 g	3.0 g
Saturated fat	0.0 g	0.0 g
Carbohydrate	24.9 g	74.7 g
Dietary Fibre	1.2 g	3.6 g
Sodium	88 mg	264 mg

KEEP REFRIGERATED
TO KEEP FRESH: LOWER STORE BELOW 4°C

10°C 10° 7° 4° 0°
100% 100% 100% 100% 100%

Manufactured by:
Dairy Industries Pte Ltd
Singapore 6000
A Product of Singapore

300 ml

Usage instructions
Instructions for storing or using the product

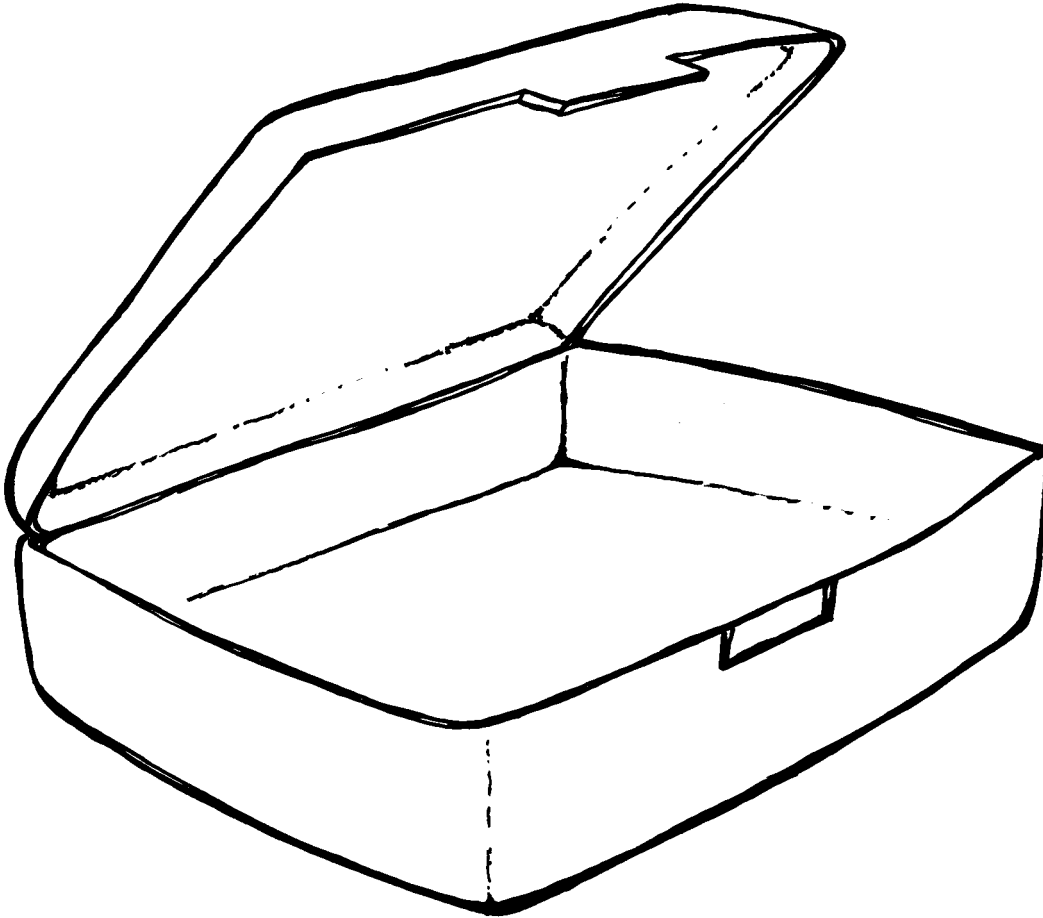
PART 4

What is in a balanced lunchbox?

Your job is to show what a healthy lunch box could include. You must pack the core 4 + 1 for active kids:-

- Main Lunch
- Core Snack
- Piece of fruit
- Drink
- +1 Extra snack for active kids

* Foods such as snack food bars, sweet biscuits, flavoured or coated popcorn and savoury biscuits and chips must be kept out of your lunch box.



PART 5

Store it safely

Label the diagram to explain how to keep food safe and stop bacteria.

