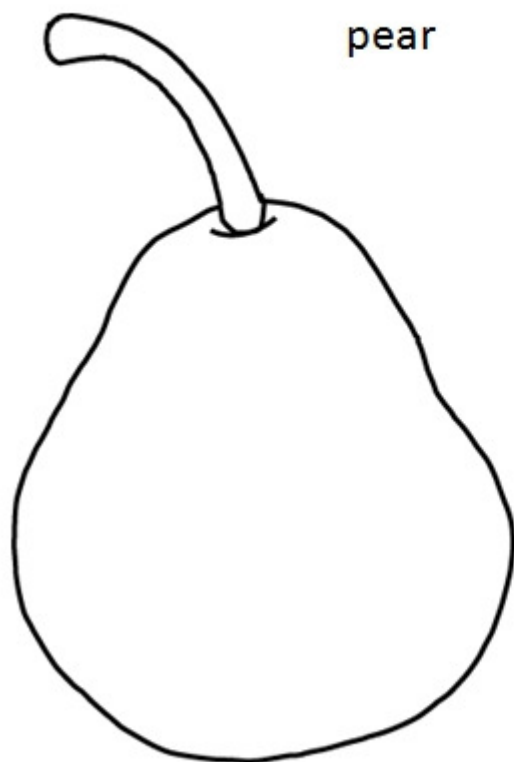


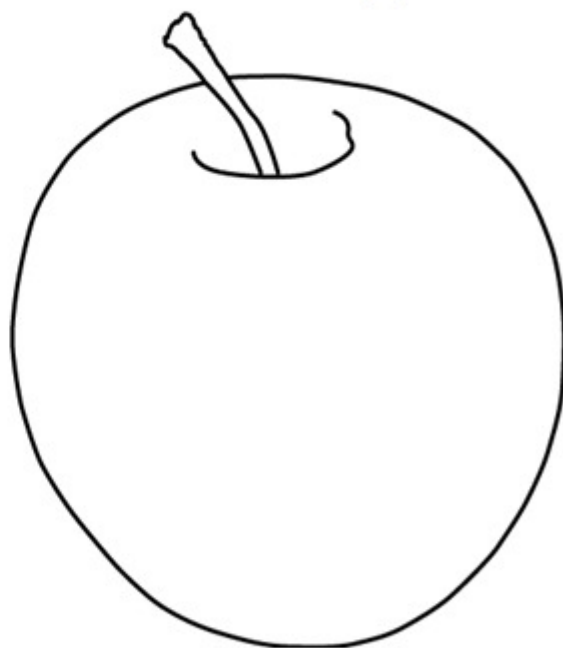
pear



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apple



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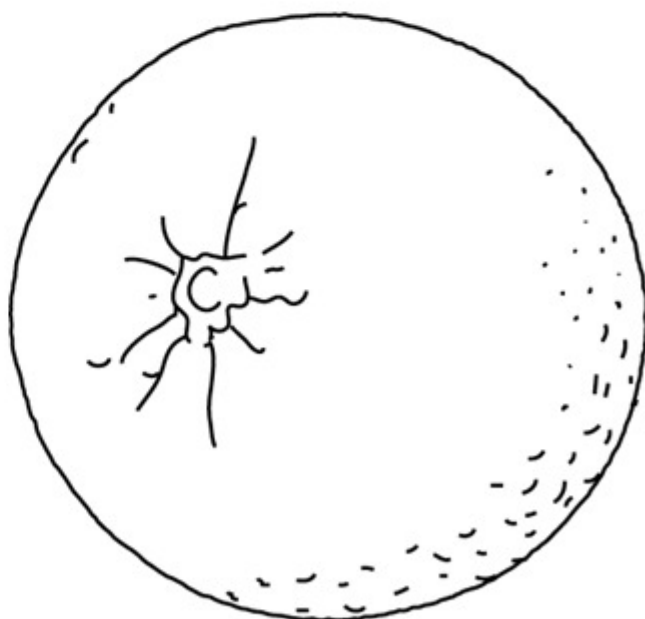


Mandarin  
orange

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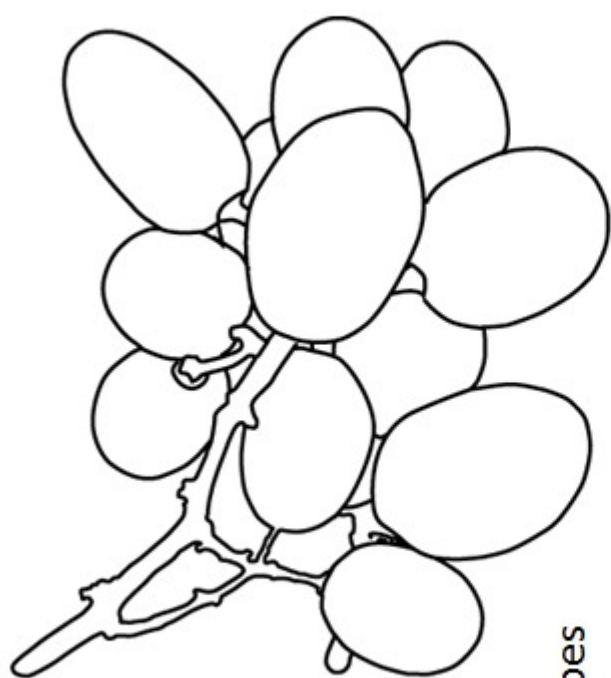
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orange



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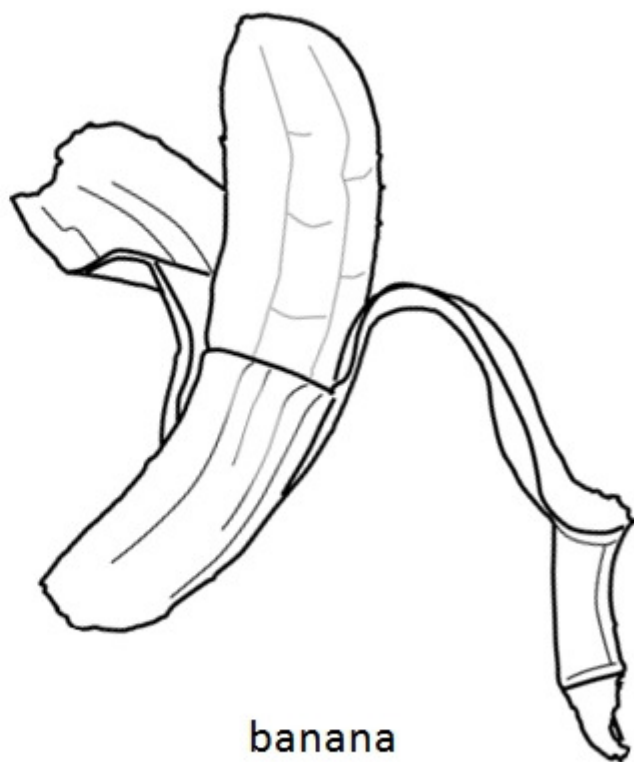
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grapes

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banana

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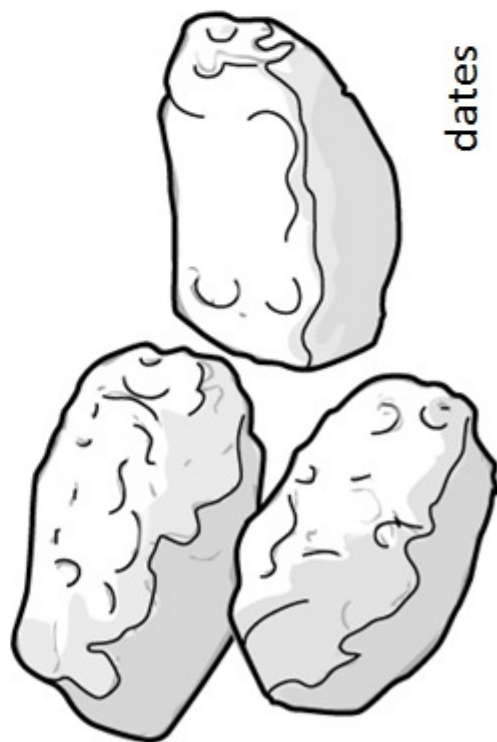
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raspberry

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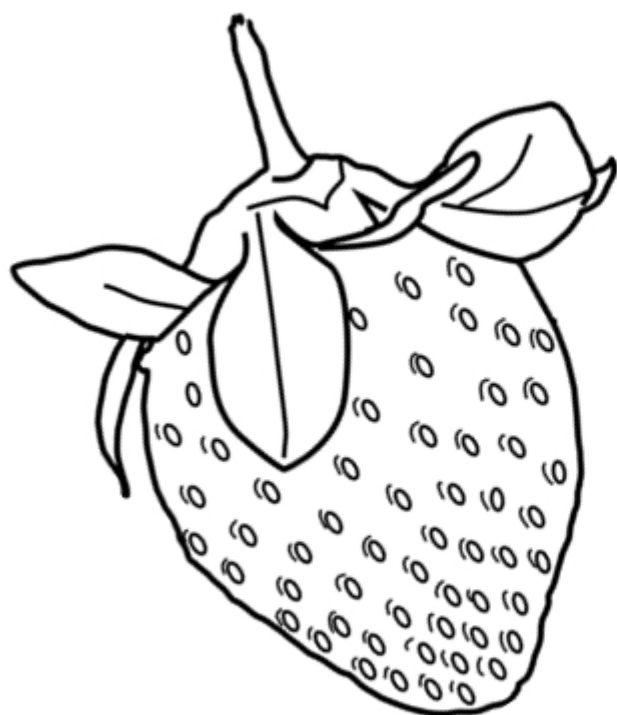
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dates

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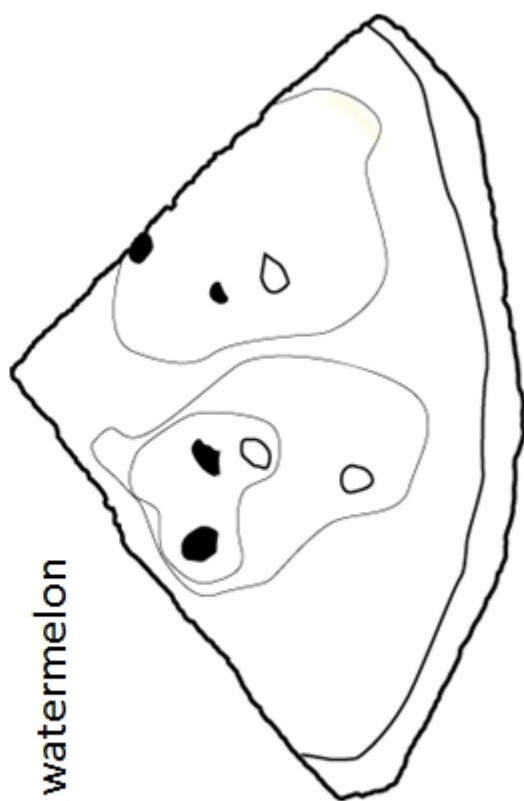
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strawberry

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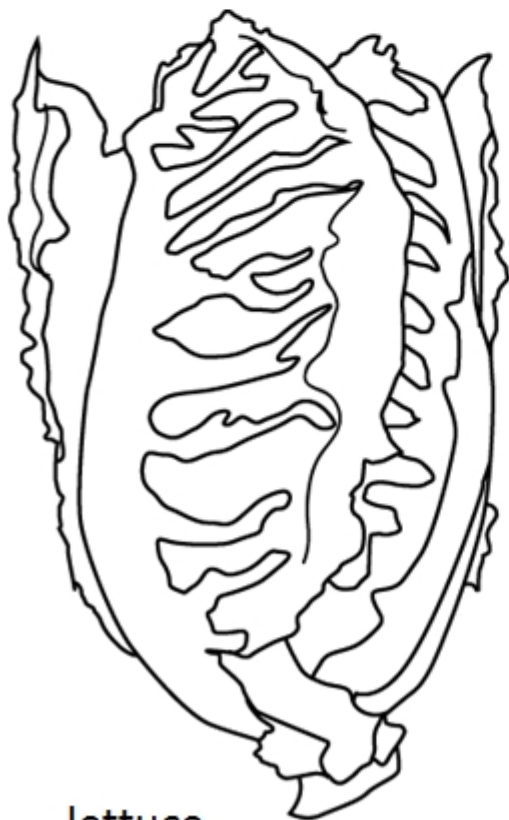
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watermelon

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lettuce

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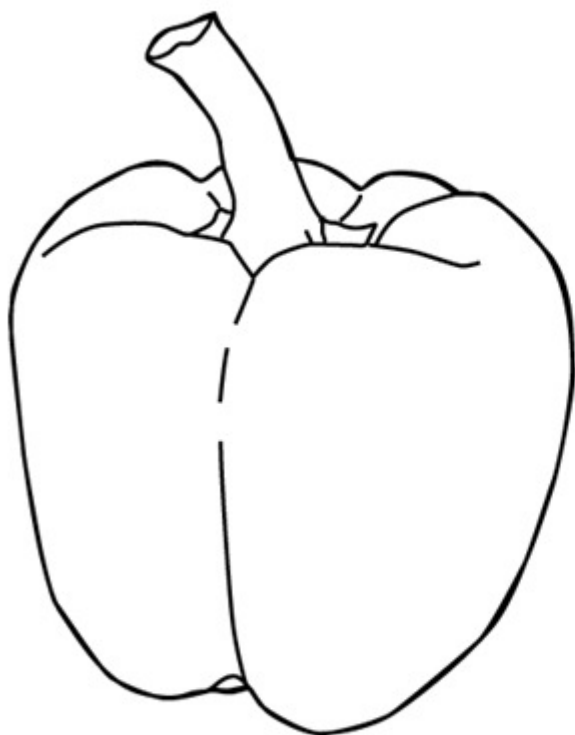
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green beans

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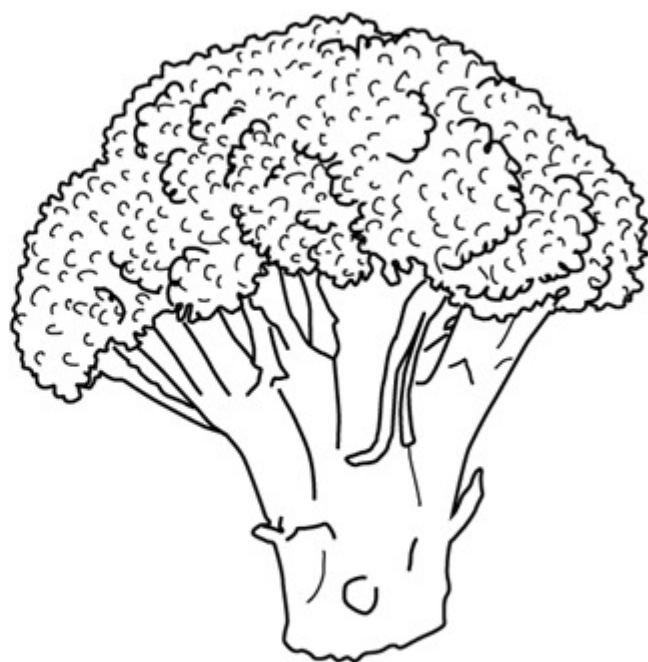
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capsicum

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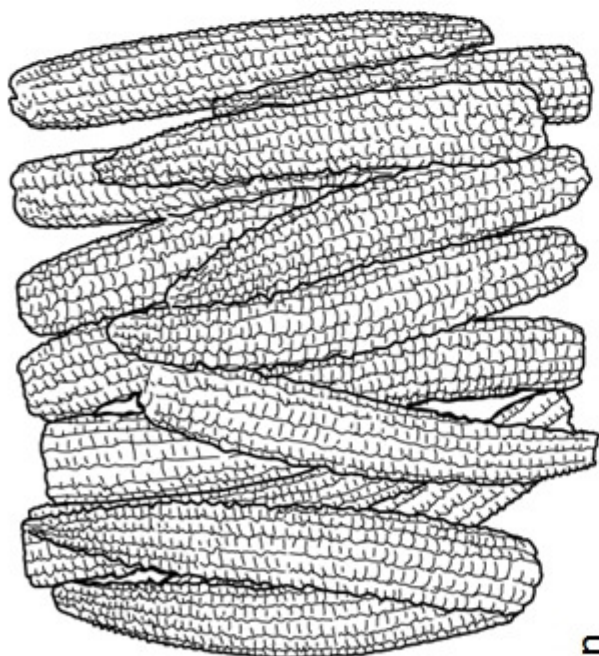
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broccoli

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baby corn

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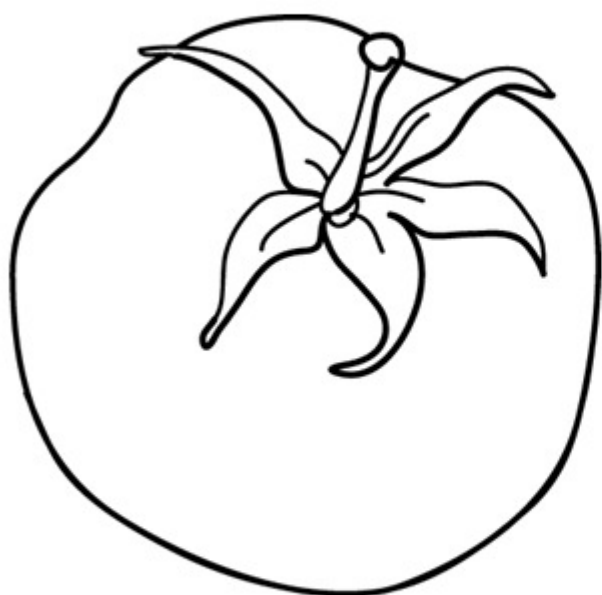
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eggplant

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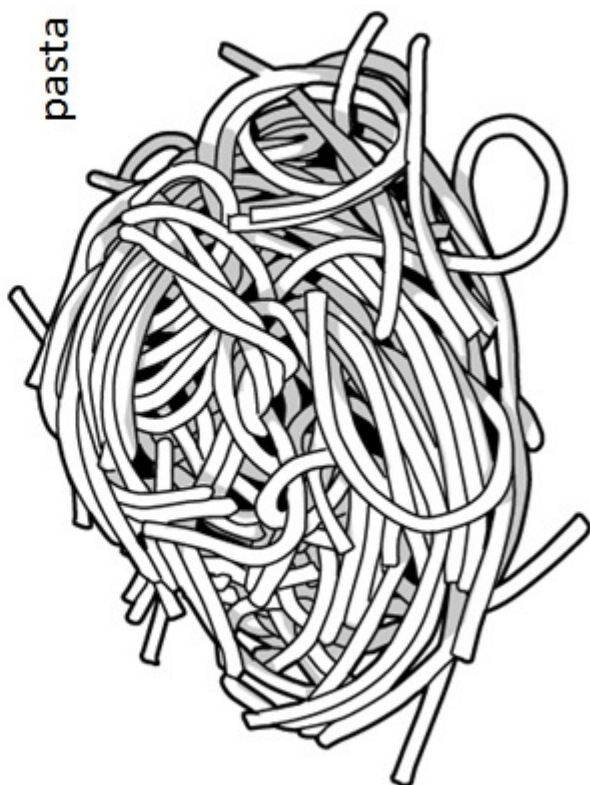


tomato

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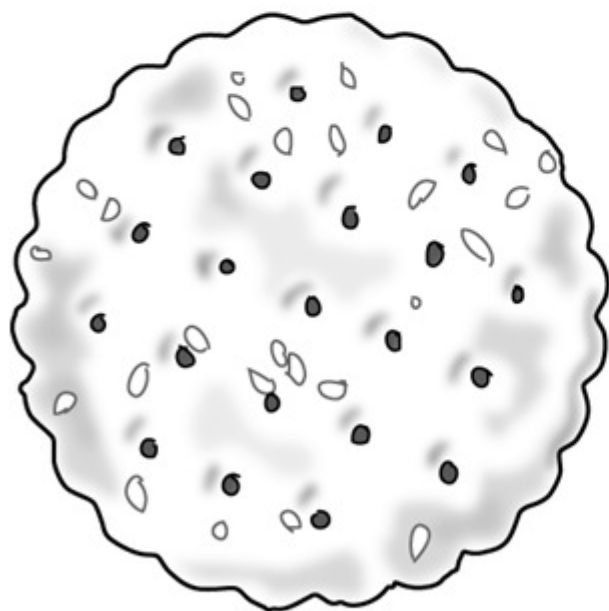
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pasta



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cheese biscuit

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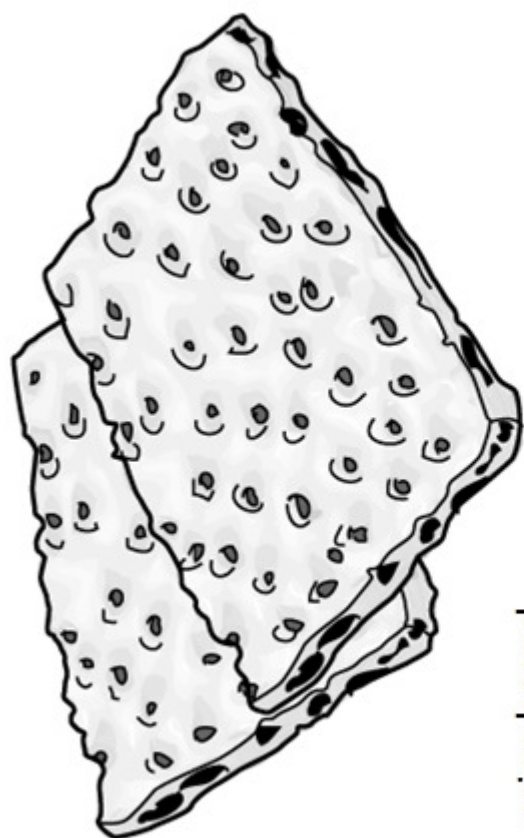
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bread roll

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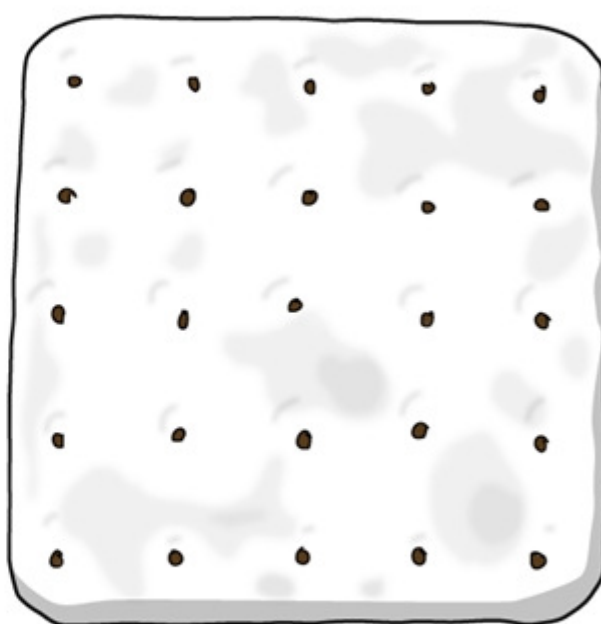
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crisp bread

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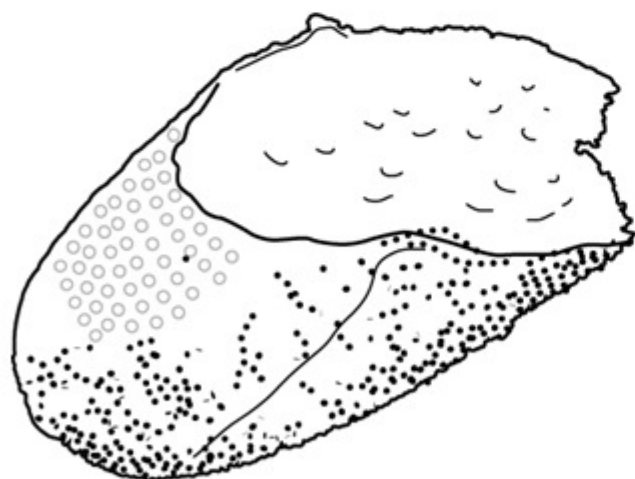
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cream cracker

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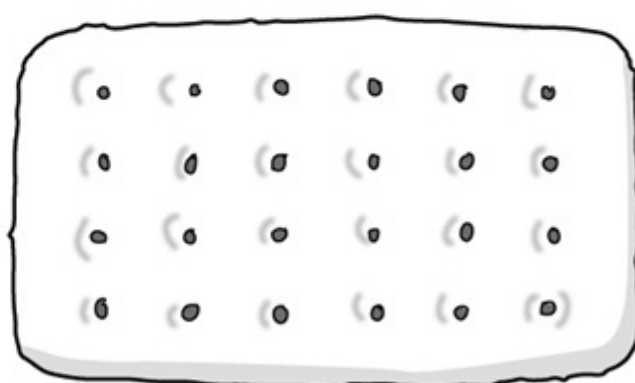
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French bread

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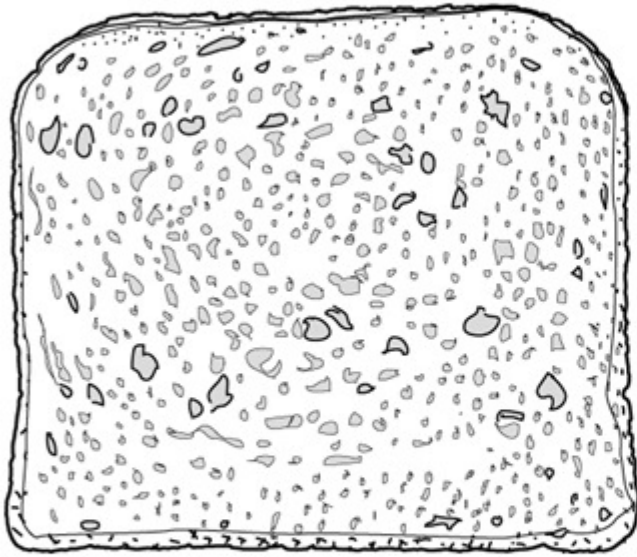
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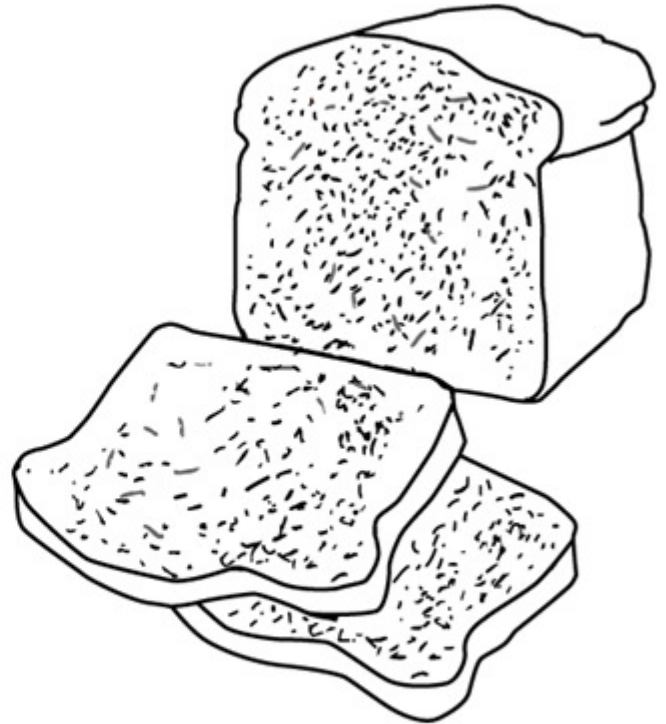
cheese biscuit

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wholemeal bread



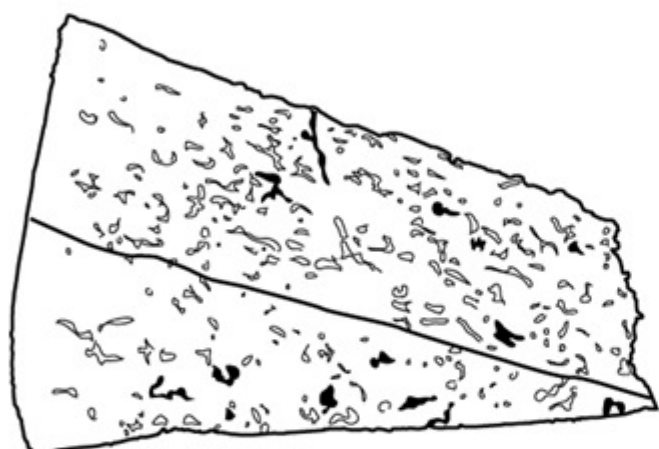
wholemeal bread



cheese slices



yoghurt



blue cheese

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light milk

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full cream milk

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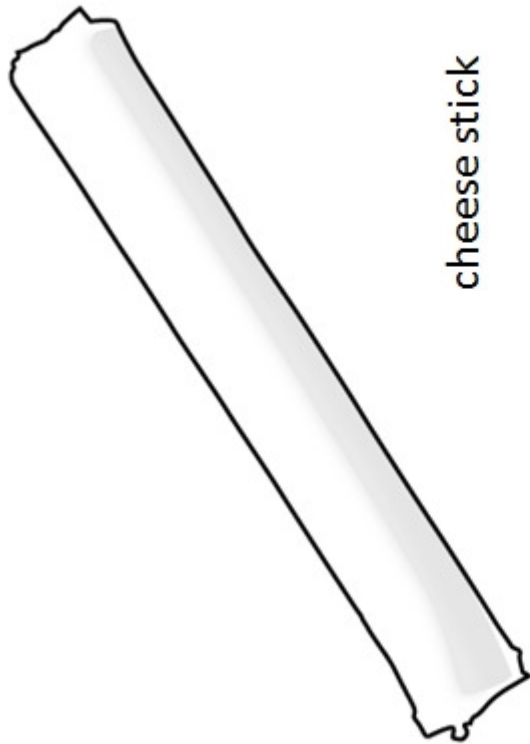


hard cheese

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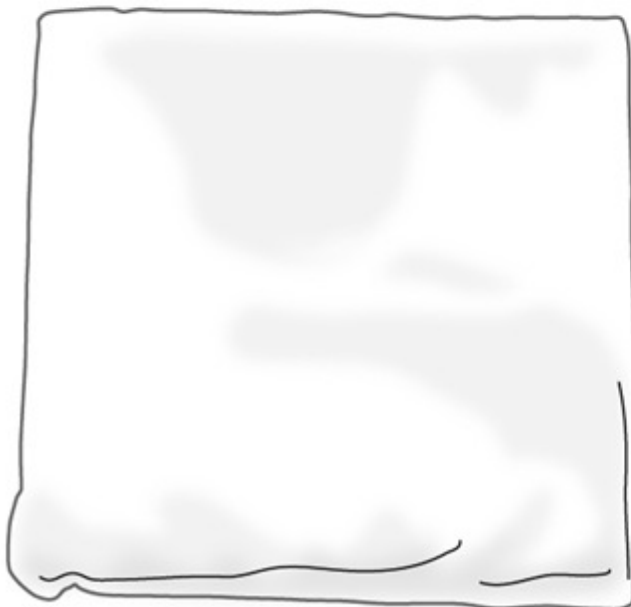


cheese stick

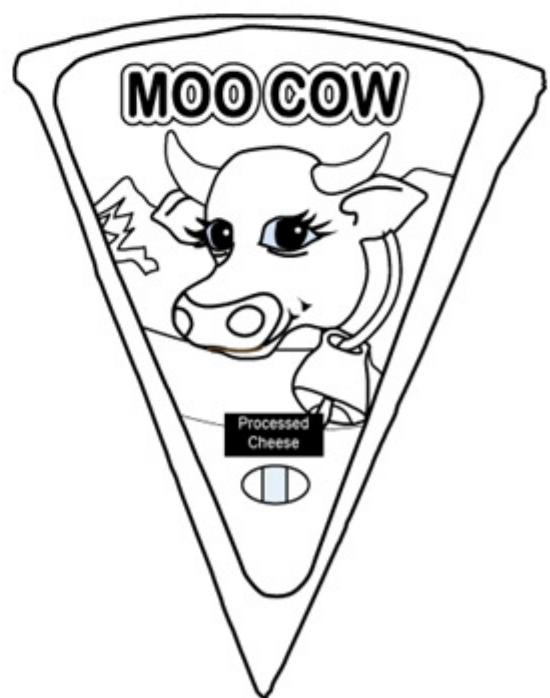
grated cheese



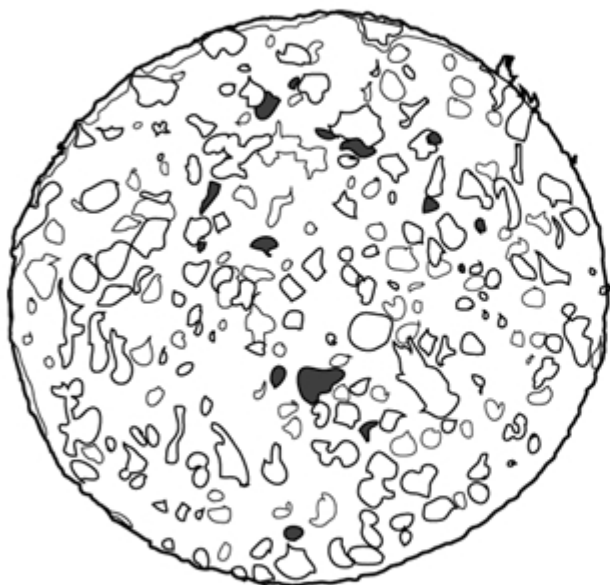
cheese slice



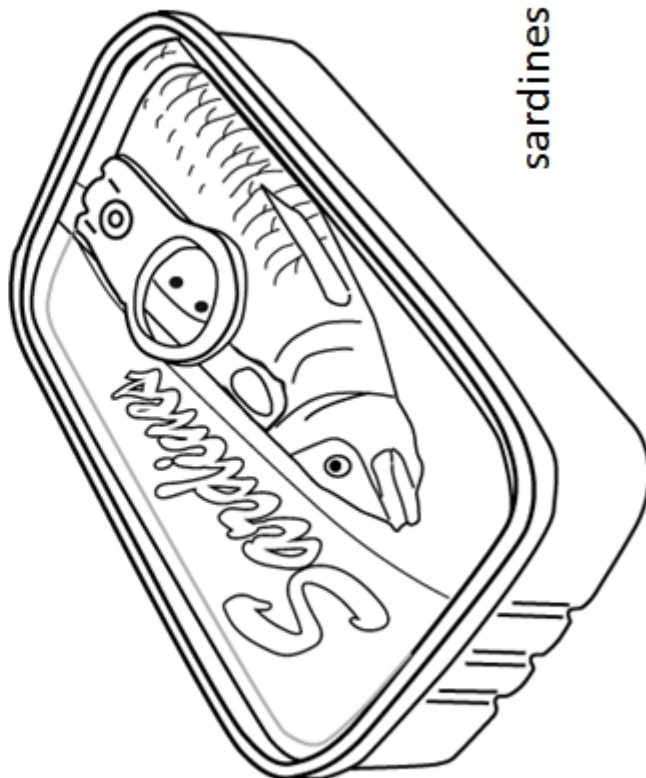
Swiss cheese



salami



sardines



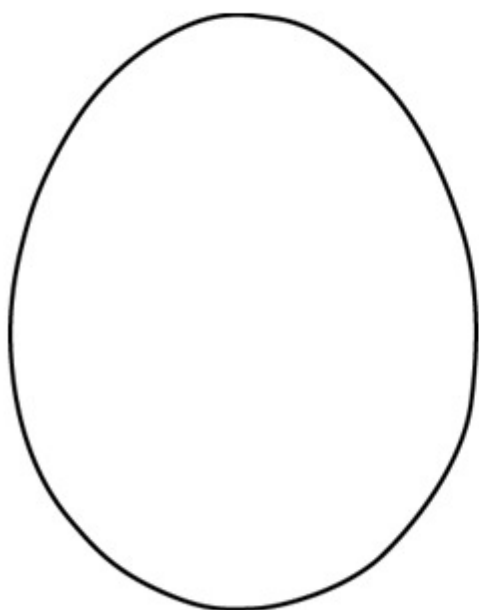
oysters



steak



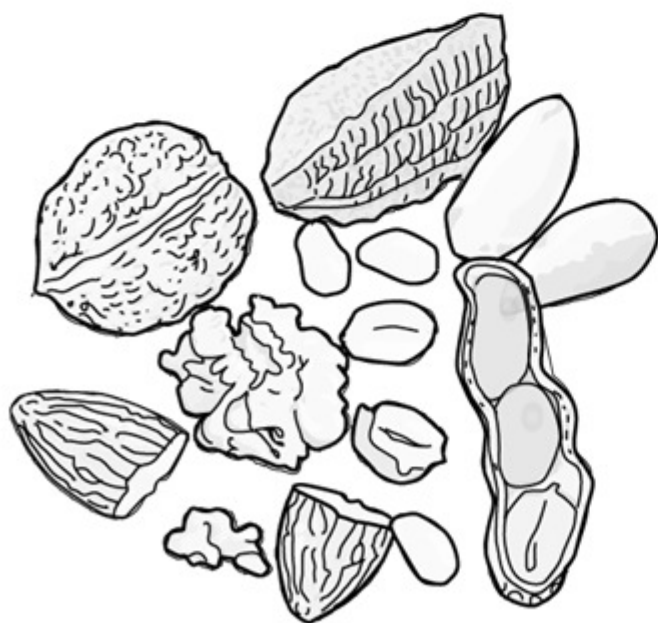
egg



ham



nuts



cooked chicken



There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### **Purpose of resource:**

To provide activities which encourage preparing a healthy lunchbox.

### **Key skills:**

This resource could be used to support making good choices for lunch

### **Target group:**

This resource is designed to be used by Australians of all ages.

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