

## Healthy Breakfast Picture Cards



Baked Beans on Toast

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Soft Drink

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Leftovers

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Coco pops

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Chips

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Peanut Butter on Toast

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**Weet-bix with Milk**

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**Meat Pie**

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**Yogurt**

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**Muesli**

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**Porridge with Milk**

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**Energy Milk**

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Fruit Loops

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Cordial

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Egg on Toast

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Fruit Muffin

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Cheese on Toast

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Takeaway Oizza

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Crumpet

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Fruit Loaf

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Egg, Tomatoes & Mushrooms

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Ham & Egg Muffin

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Glass of Milk

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Fruit

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Smoothy

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French toast

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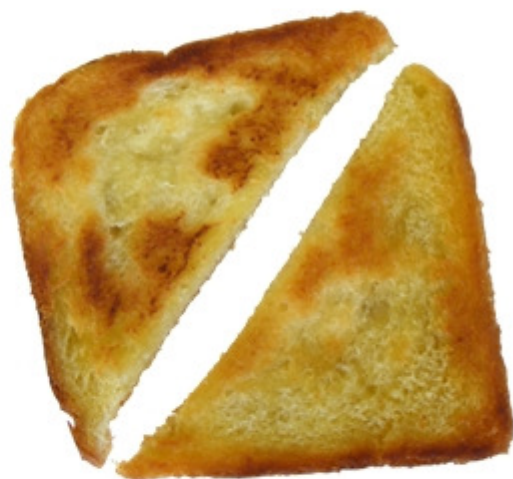
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Cheese

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Fried bread

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Marmalade on toast

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Salted chips

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## Health Professional Facilitator Information

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### Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

### Key skills:

This resource could be used to support discussion of :

- Foods normally eaten at breakfast

### Uses

### The cards can be used to group foods:

- By
  - Good & bad choices
- By type
  - Food you need:
    - Energy foods
    - Body building foods
    - Protective foods
  - Australian food guide groupings
    - Cereals
    - Vegetables
    - Protein
    - Dairy
    - Fruit
    - Extra foods
    - Flavouring
  - Star rating
    - Processed food
    - Fresh food
  - Problem foods
    - Fatty foods
    - Sugary foods
    - Salty foods
  - Senses
    - Taste
    - Smell
    - Colour
    - Texture

### Target group:

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

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