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Body Building foods			
Protective foods			
Energy foods			
Body Building foods			
Protective foods			

<p>Energy foods</p>	<p>Body Building foods</p>	<p>Protective foods</p>	<p>Energy foods</p>	<p>Body Building foods</p>	<p>Protective foods</p>
					
					
					

Energy foods			
Body Building foods			
Protective foods			
Energy foods			
Body Building foods			
Protective foods			

Energy  
foods



Body  
Building  
foods



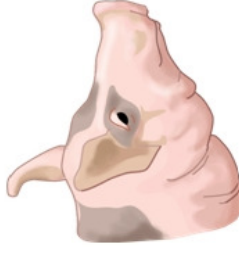
Protective  
foods



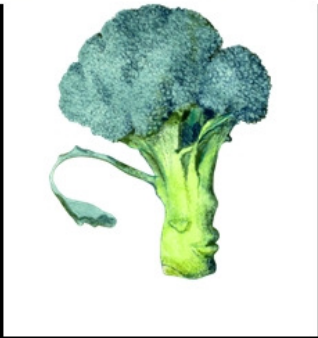
Energy  
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Body  
Building  
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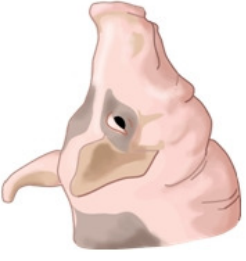





Protective  
foods


















Energy foods	Body Building foods	Protective foods	Energy foods	Body Building foods	Protective foods
					
					
					












Energy foods			
Body Building foods			
Protective foods			
Energy foods			
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Body Building foods	<p>Protective foods</p>		



















Energy foods			
Body Building foods			
Protective foods			
Energy foods			
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Energy foods			
Body Building foods			
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Energy foods		Protective foods		Energy foods		Body Building foods		Protective foods		Body Building foods		Energy foods		Protective foods		Body Building foods		Energy foods		Protective foods		Body Building foods		Energy foods		Protective foods		Body Building foods	
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Energy foods	Body Building foods	Protective foods	Energy foods	Body Building foods	Protective foods
					
					
					

Energy foods	Body Building foods	Protective foods	Energy foods	Body Building foods	Protective foods
					
					
					

Energy foods	Body Building foods	Protective foods	Energy foods	Body Building foods	Protective foods
					
					
					

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 reinforce the grouping of 'Foods you need' food plate.

This resource contains the individual bingo cards. They should be used with the Food grouping cards resource which has individual cards for all foods used on the bingo cards. You can have a winner who either gets all the foods on the card or gets a line of foods. To win the winner should be able to name the foods on the bingo card and which groups they belong to.

### **Key skills:**

This resource could be used to support development of an understanding of how food can be grouped and what they do to our bodies.

### **Target group:**

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

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