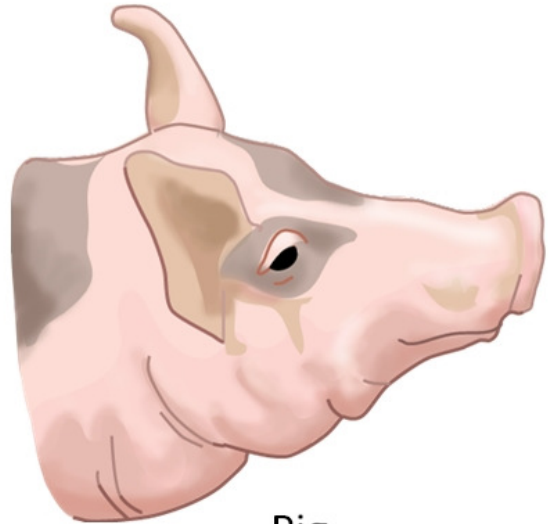


# Food grouping picture cards



Steak

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Pig

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Chicken

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Oyster

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Sardines

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Tea

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## Food grouping picture cards



Wheat  
biscuit

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Baked Beans

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Milo in Glass of Milk

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Savoury biscuits

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Orange

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Apple

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# Food grouping picture cards



Coffee

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Eggs

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Dugong

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Turtle

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Kangaroo

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Crab

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# Food grouping picture cards



Prawns

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Nuts

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Lentils

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# Food grouping picture cards



Oats

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Cabbage

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Muesli

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Bran Cereal

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Wholemeal Pasta

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White Pasta

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Breakfast Muffin

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Crumpet

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White Bread

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Wholemeal Bread

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Brown Rice

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White Rice

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Wholegrain Bread Roll

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White Bread Roll

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Wholemeal Wrap

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Kidney Beans

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Cheese

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Light Milk

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Milk Powder

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Full Cream Milk

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UHT Milk

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Soy Milk

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Custard

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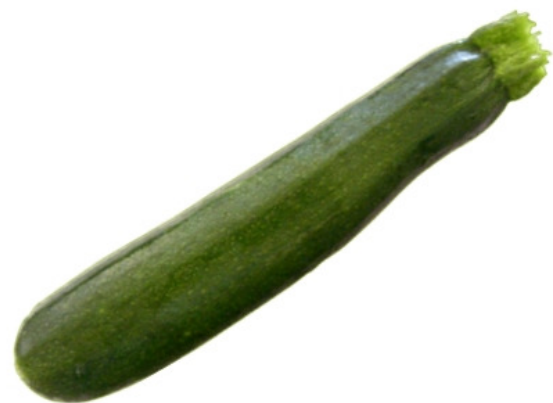
Lettuce

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Beans

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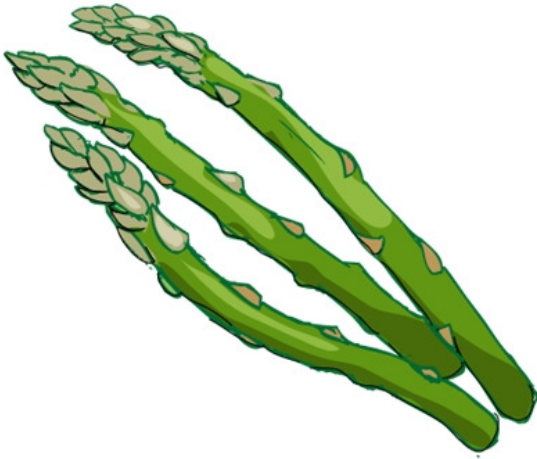


Zucchini

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# Food grouping picture cards



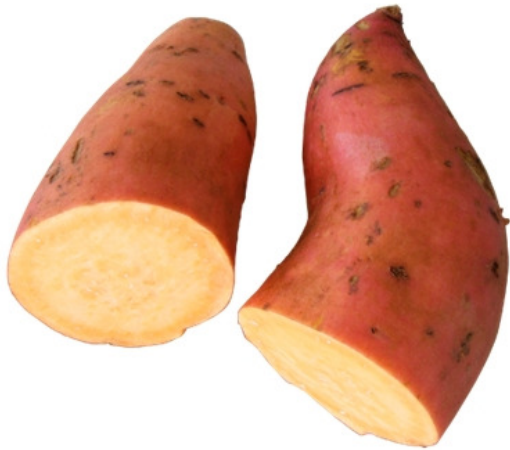
Asparagus

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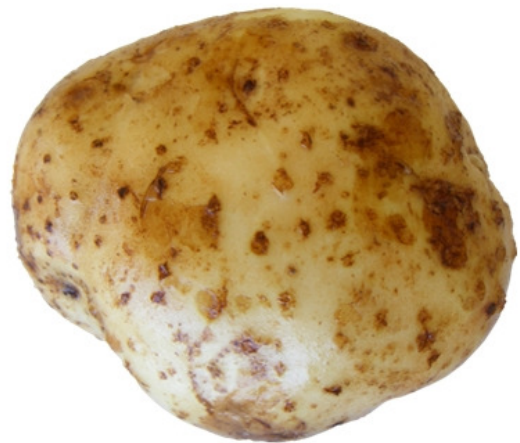
Onion

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Sweet Poato

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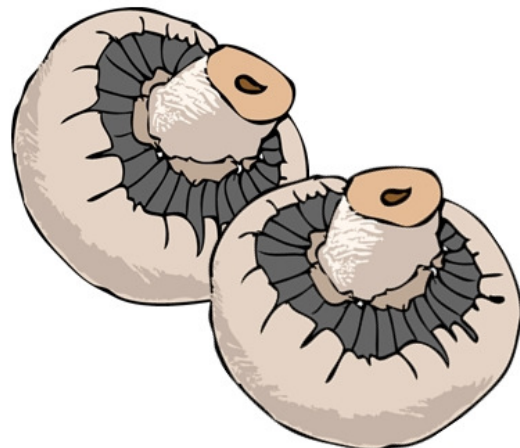
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Mushrooms

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Eggplant

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Squash

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Green Grapes

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Bananas

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Purple Grapes

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Strawberries

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Passionfruit

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Paw Paw

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Pear

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Tinned Corned Beef

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Takeaway Hamburger

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Ice Cream

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Cordial

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Chips

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Cream

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Bacon

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Salami

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Butter

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Canola oil

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Canola Margarine

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# Food grouping picture cards



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Sugar

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Meat Pie

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Coconut Milk

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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 development of an understanding of how food can be grouped and what they do to our bodies.

### Uses

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

##### · 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:

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  - e. health training.
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    - the payment of the cost of replacing the goods or of acquiring equivalent goods;
    - the payment of the cost of having the goods repaired; or
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    - the supplying of the services again; or
    - the payment of the cost of having the services supplied again.
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This Licence constitutes the entire agreement between the parties. To the full extent permitted by law, there are no understandings, agreements or representations with respect to the Work not specified here. The Licensor shall not be bound by any additional provisions that may appear in any communication from You. This Licence may not be modified without the written agreement of the Licensor and You.

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