

**Food Group Card** - Solomon Islands



Fat spread

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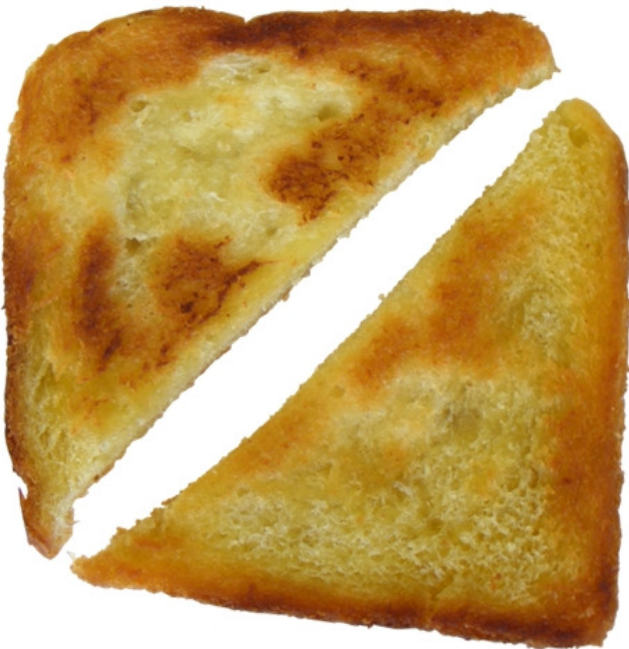
**Food Group Card** - Solomon Islands



Oil

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Fried bread

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Fried scone

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Fried chicken

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Fried sweet potato chips

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Doughnuts

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Hash brown

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Pakora

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Spring rolls

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Puri

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Fat spread on white bread

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Muffin

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Instant  
noodles

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Chocolate

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Ice cream

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Fried fish

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Tinned  
corned  
beef

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Potato chips

**Food Group Card** - Solomon Islands



Croissant

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

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Independently follow a recipe.

### **Target group:**

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

### **Notes:**

This resource is designed to be printed A3 size and then laminated.

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