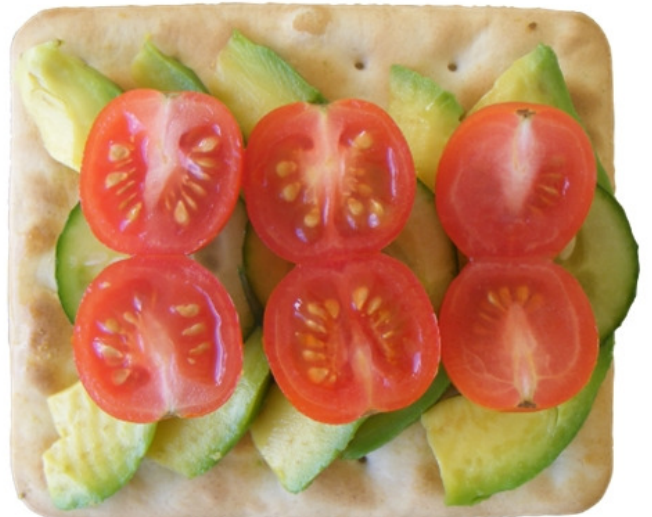
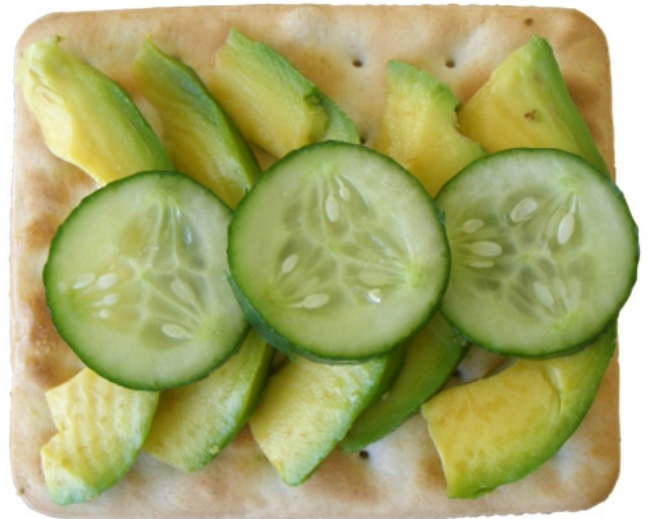
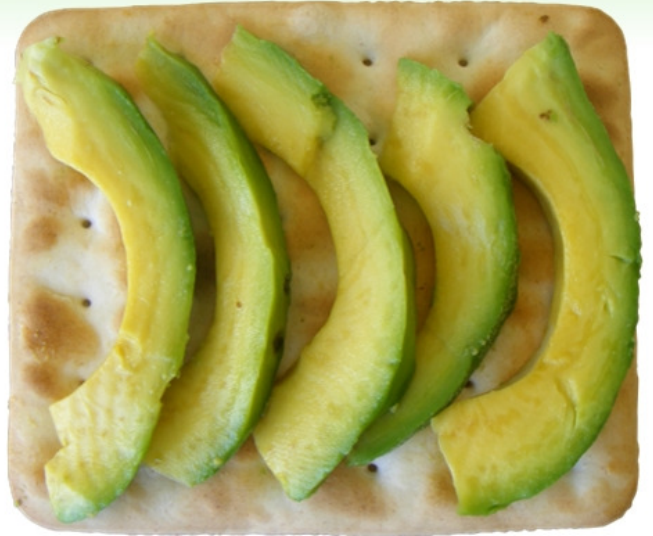


Navy biscuits



Vegetables (Protective food)



Navy biscuits

Spread

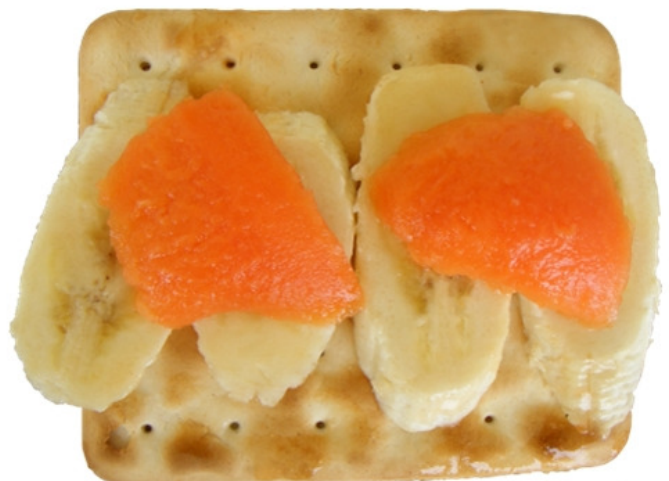
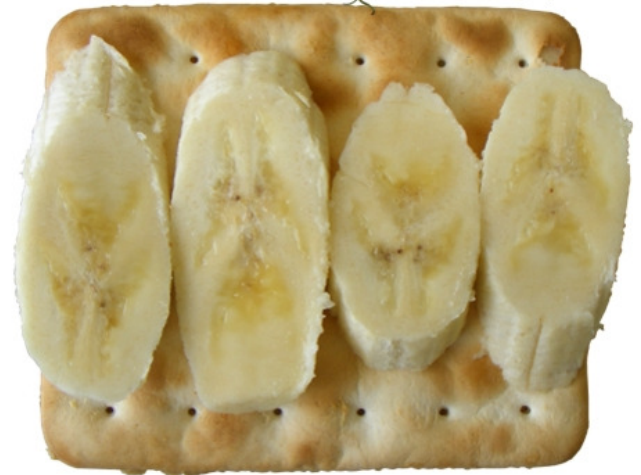
(Body building food)



How much?



Fruit (Protective food)



Flavoured navy biscuits – (Problem food)

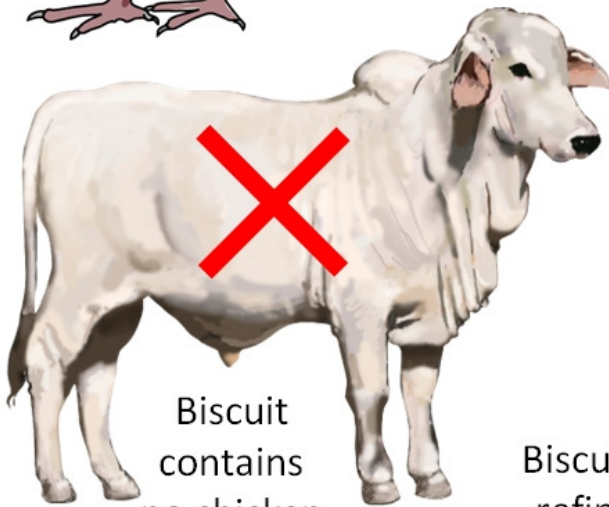
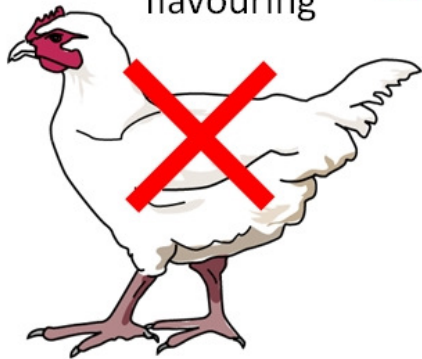
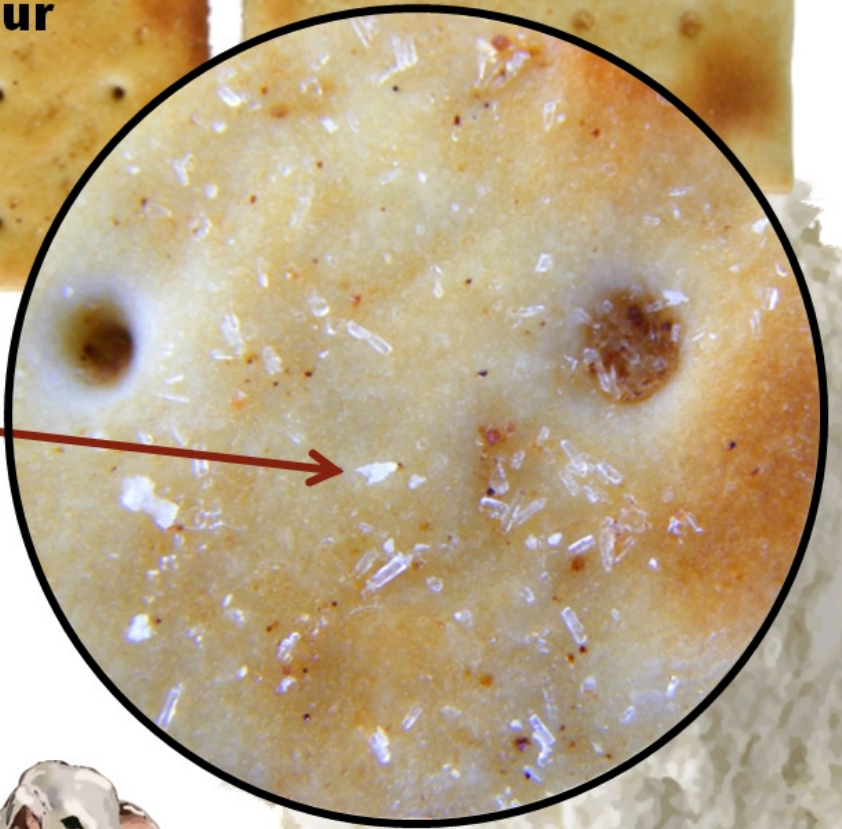


Beef flavour



Chicken flavour

Biscuit covered with salt and artificial flavouring



Biscuit contains no chicken or beef

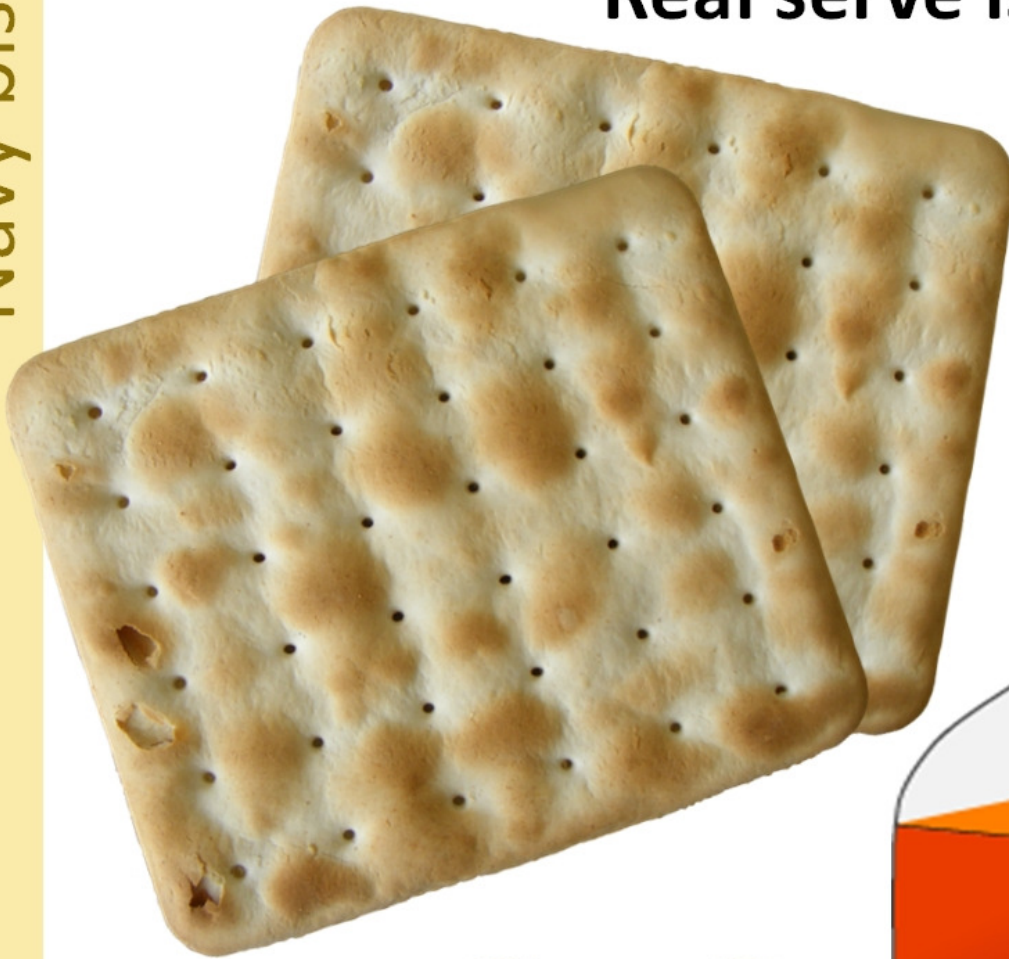


Biscuit contains refined wheat flour which makes fast sugar

High energy navy biscuits

2 biscuits = 1 manufacturer's serve **(Not a real serve)**

Real serve is 1 biscuit



2 biscuits
contain 1 ½
teaspoons of
fat

**Half the
fat is
saturated
fat**



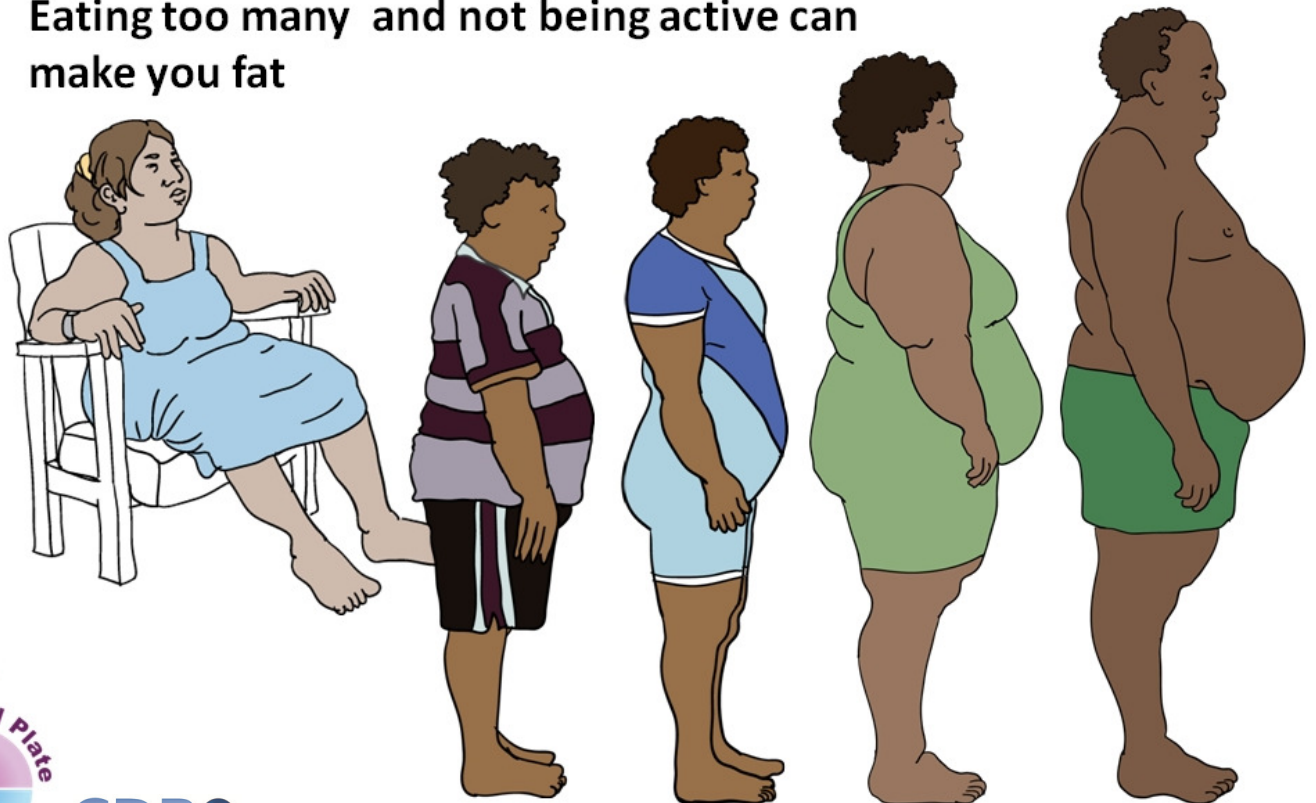
Good energy source for kids



Keeps for a long time



Eating too many and not being active can make you fat



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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