



Energy food card

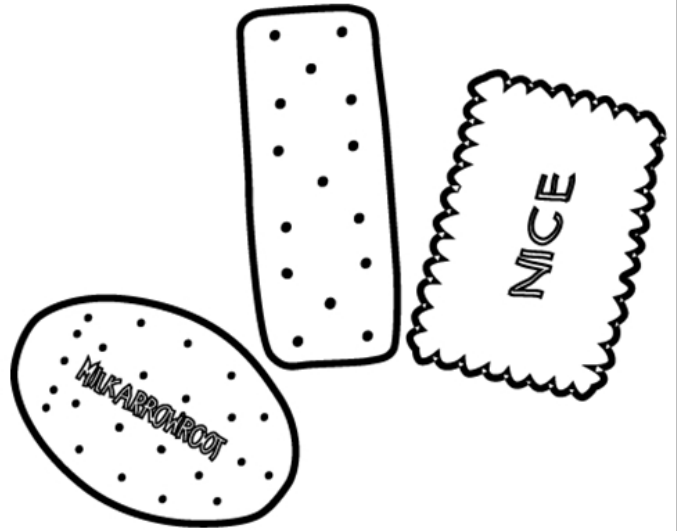


taro

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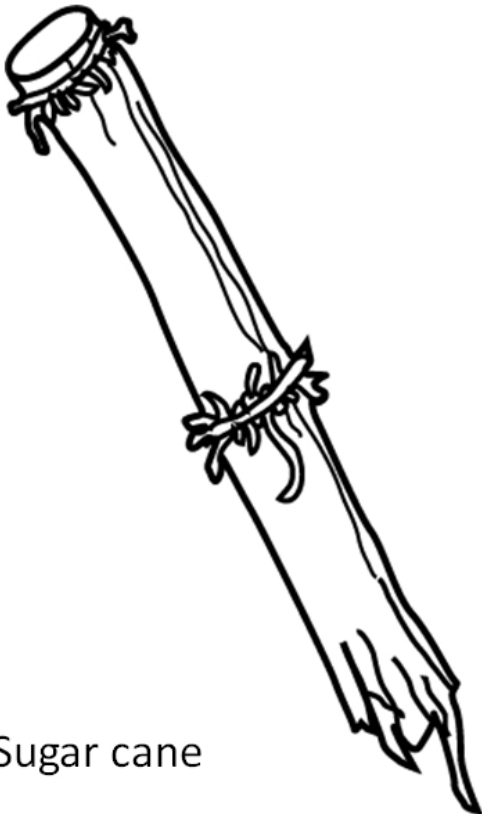


sweet biscuits

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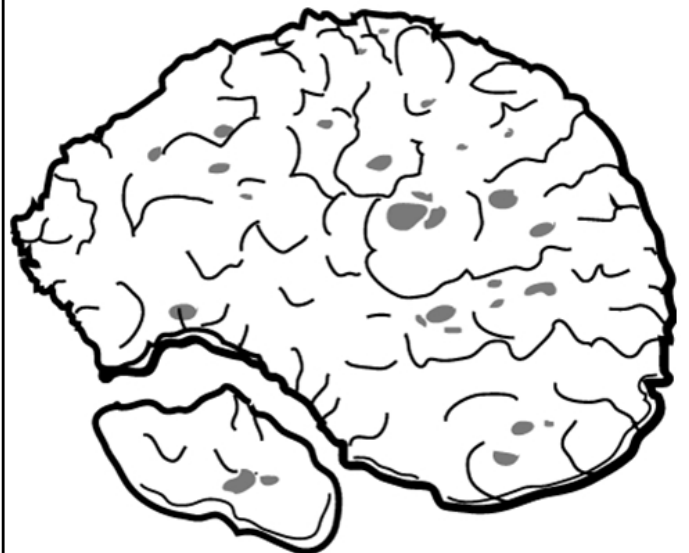


Sugar cane

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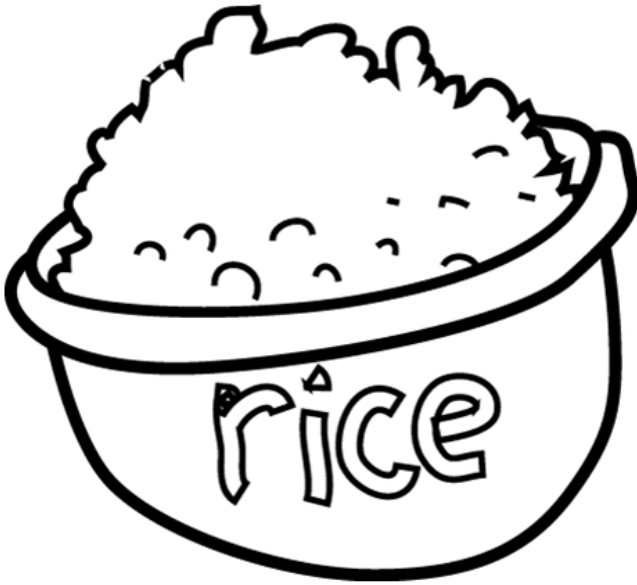


sago (flat bread)

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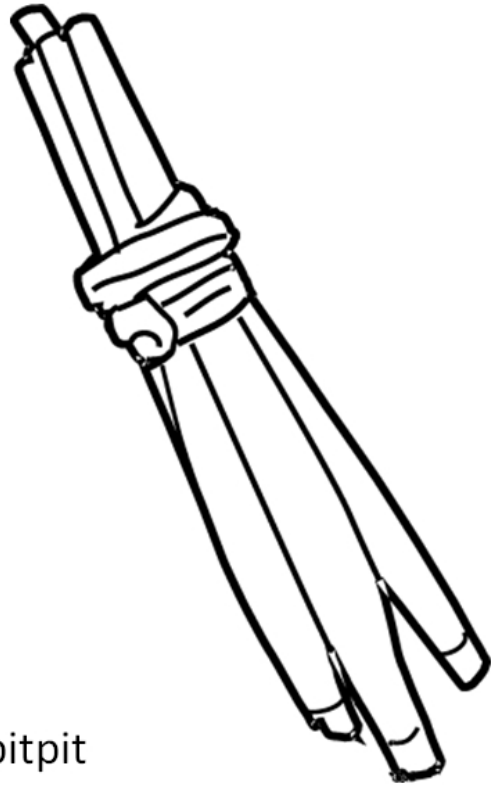


rice

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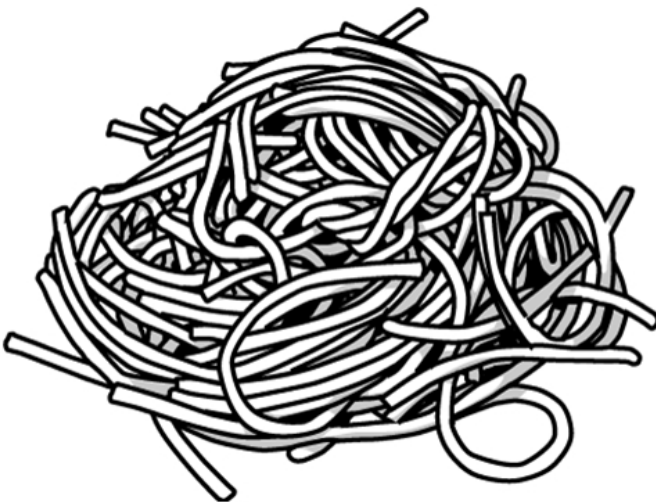


pitpit

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noodles

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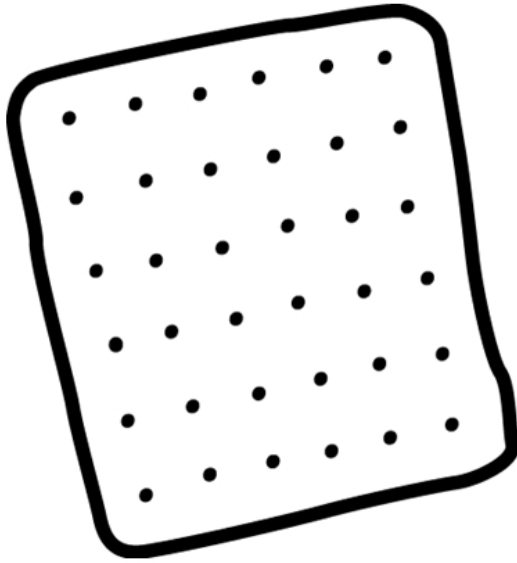


oil

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Breakfast crackers

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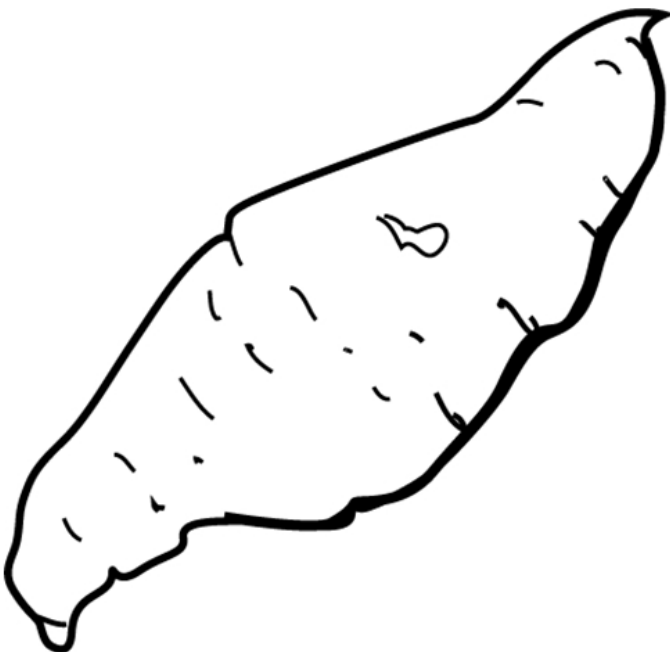


margarine

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kaukau (sweet potato)

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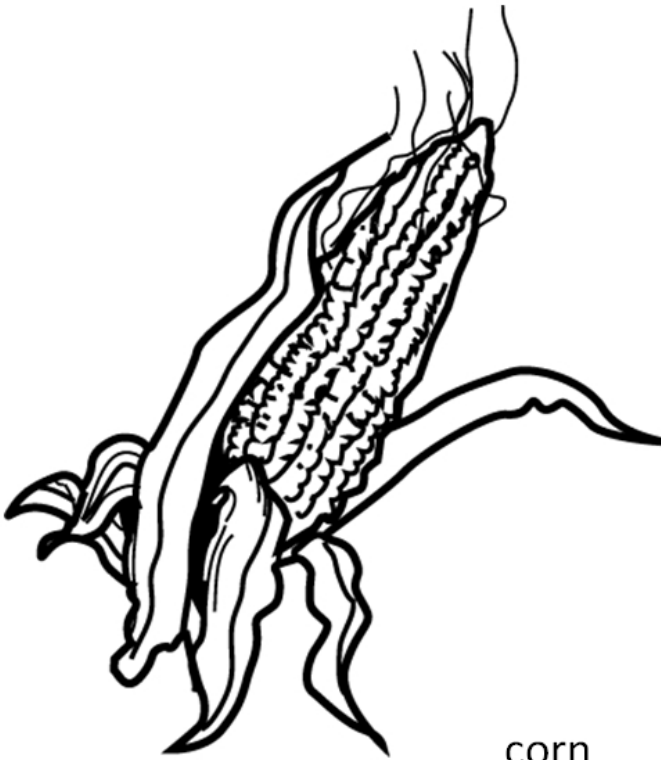


flour

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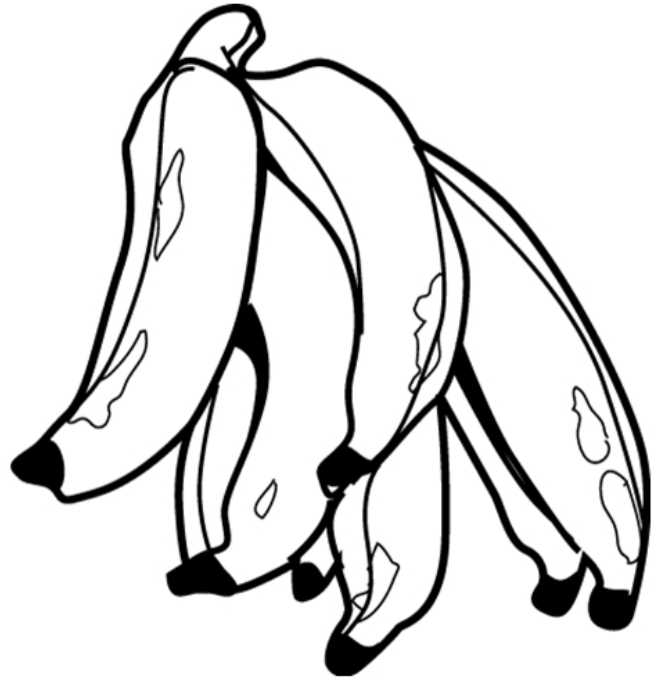


corn

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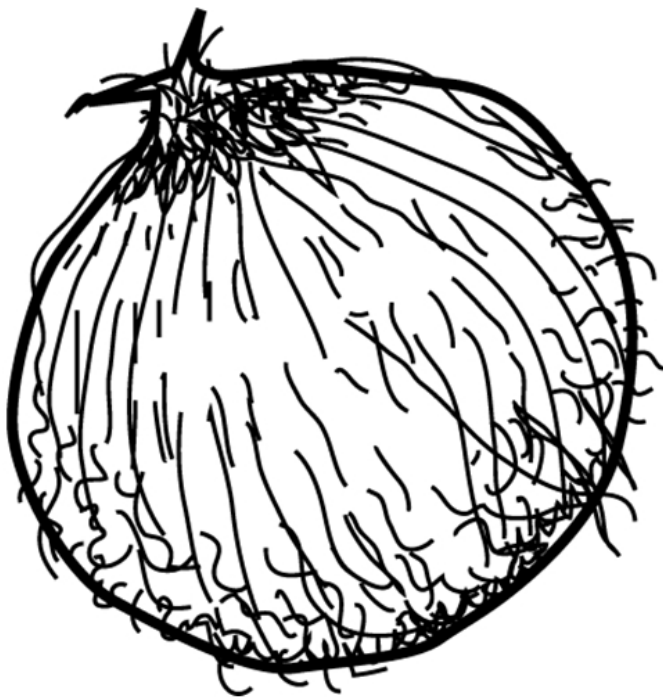


cooking bananas

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coconut

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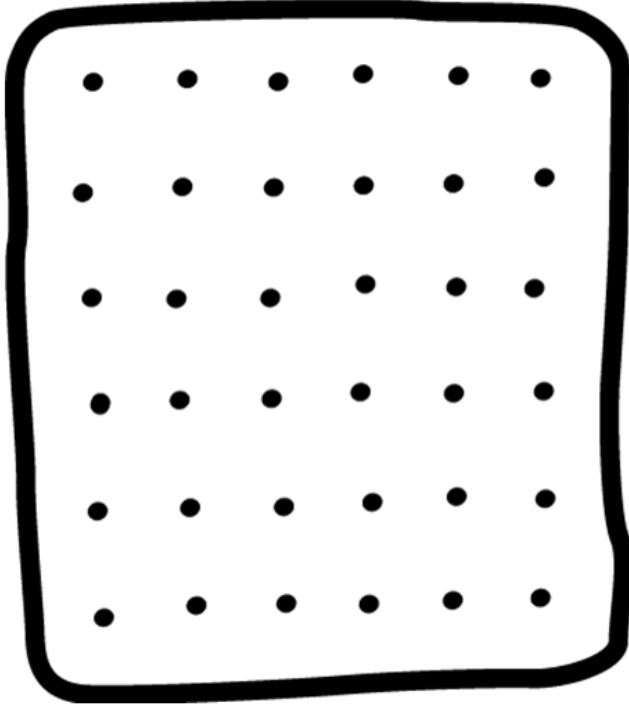


cassava

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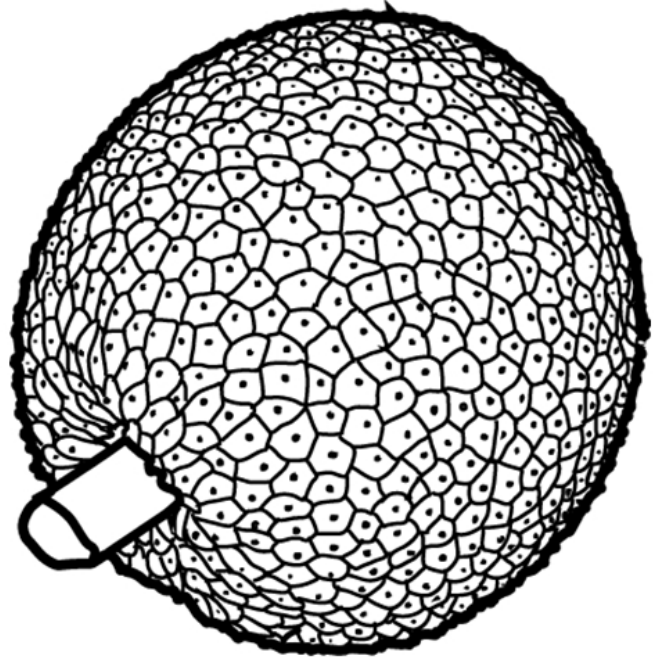


navy biscuit

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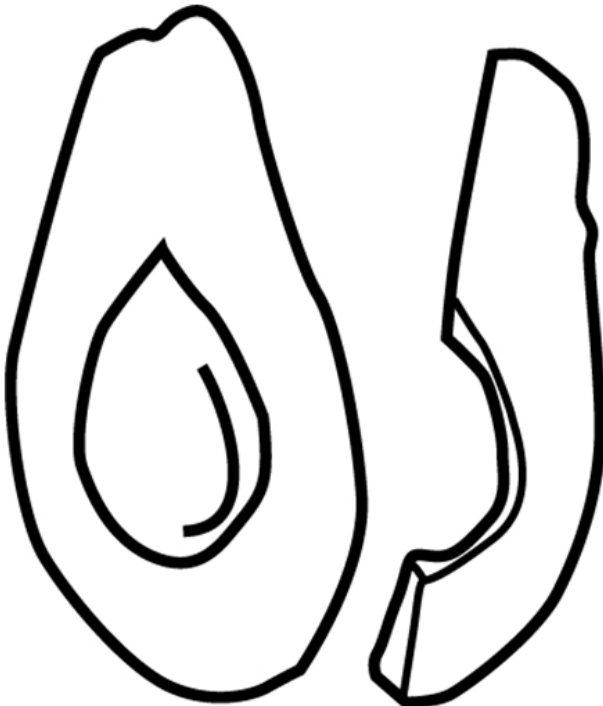


Bread fruit

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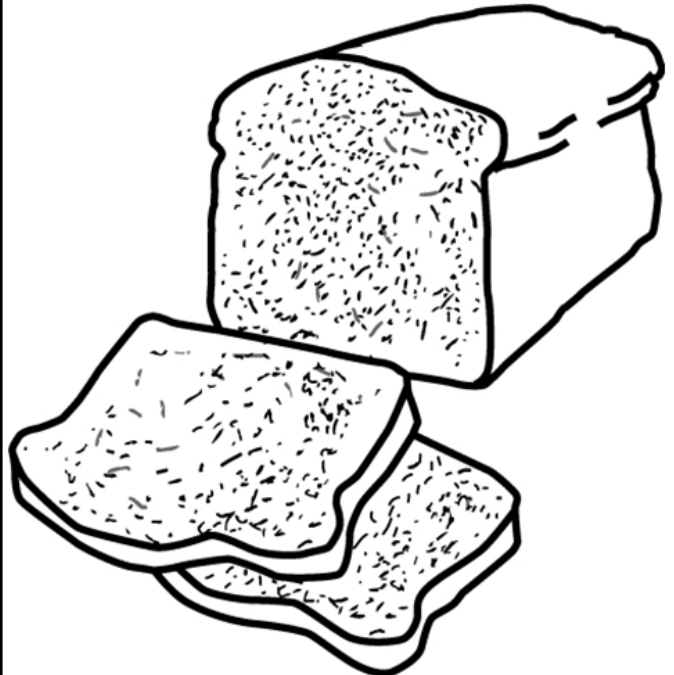


avocado

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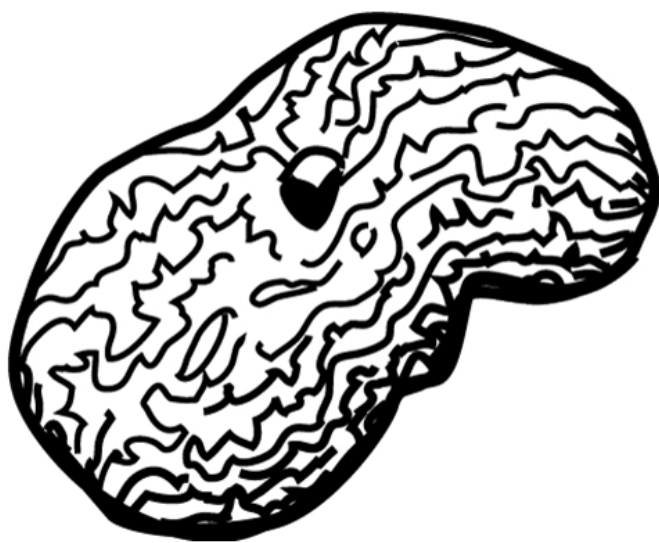


multigrain bread

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yam

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### **Purpose of resource:**

To be able to group foods into the Food Groups – Energy foods, Protective foods, Body building foods.

### **Key skills:**

This resource could be used to support making good food choices

### **Target group:**

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

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