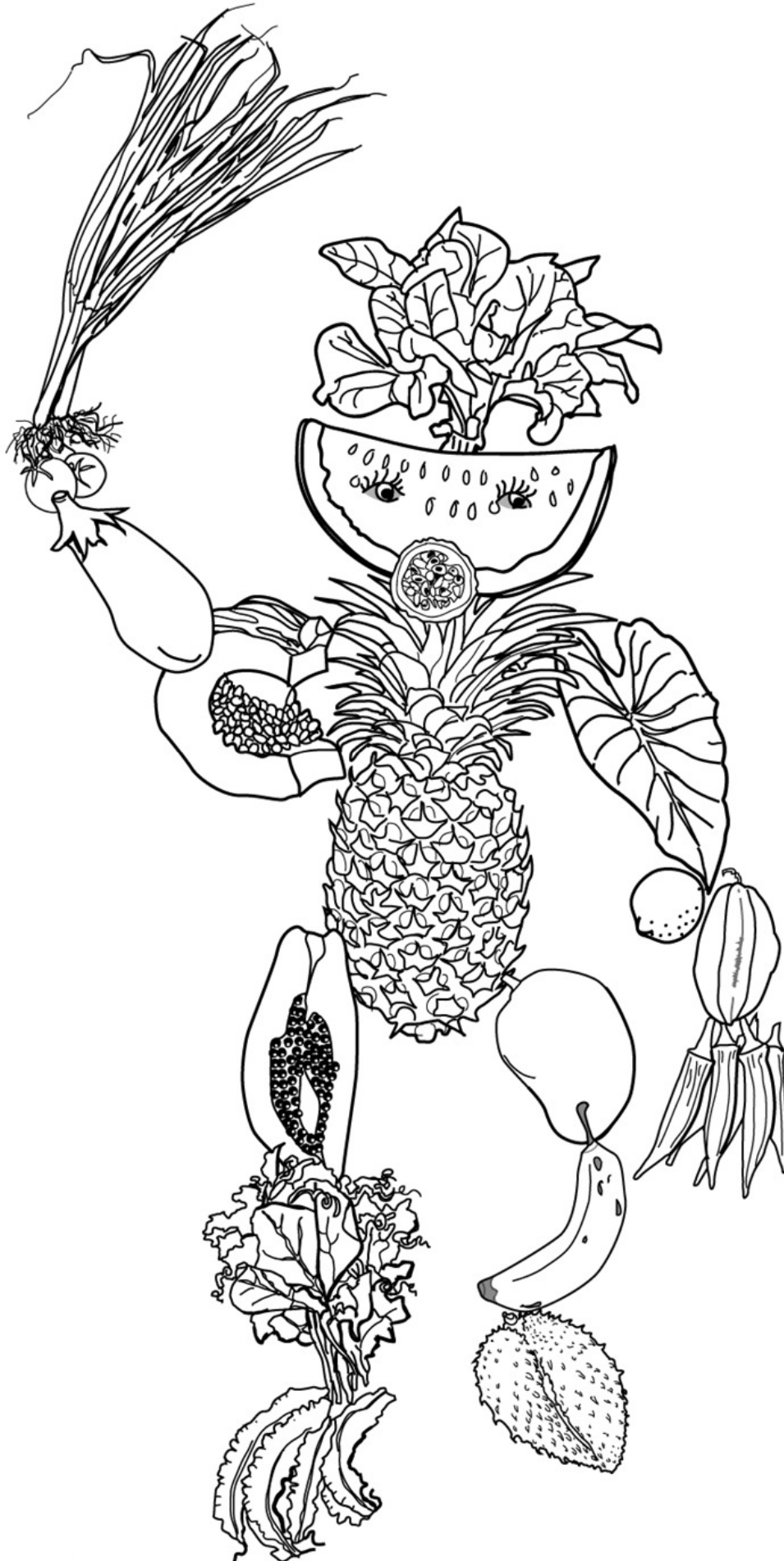
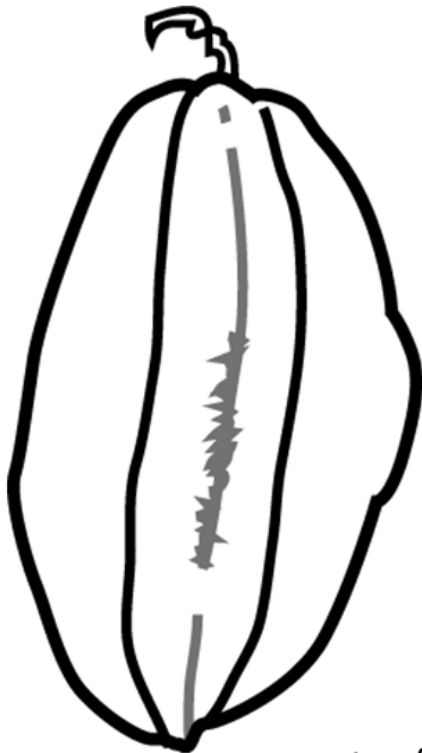


Protective Food



Protective food card

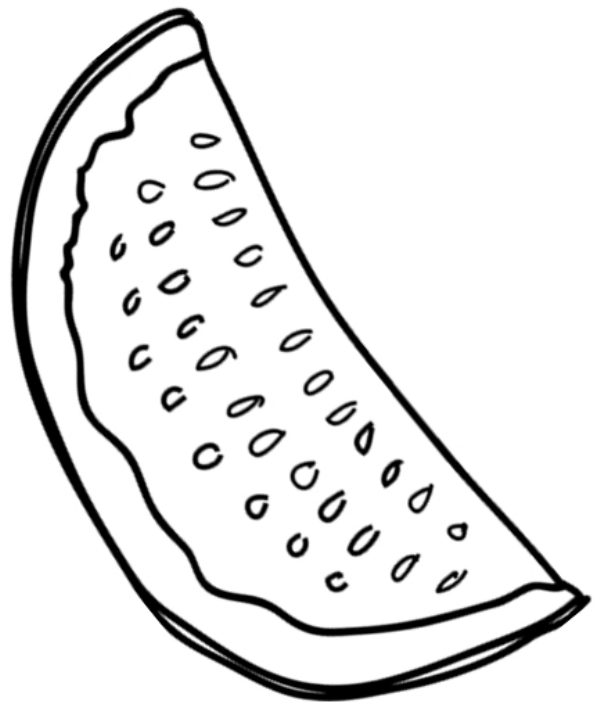


star fruit

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watermelon

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soursop

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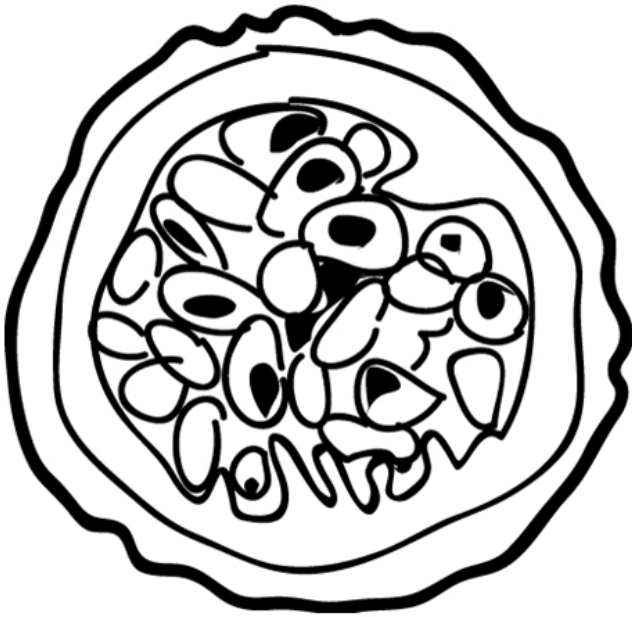
pineapple



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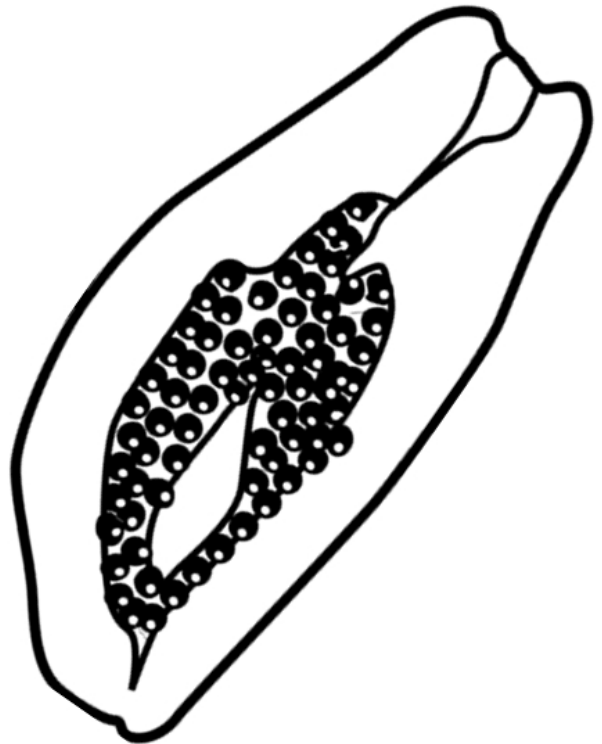


passionfruit

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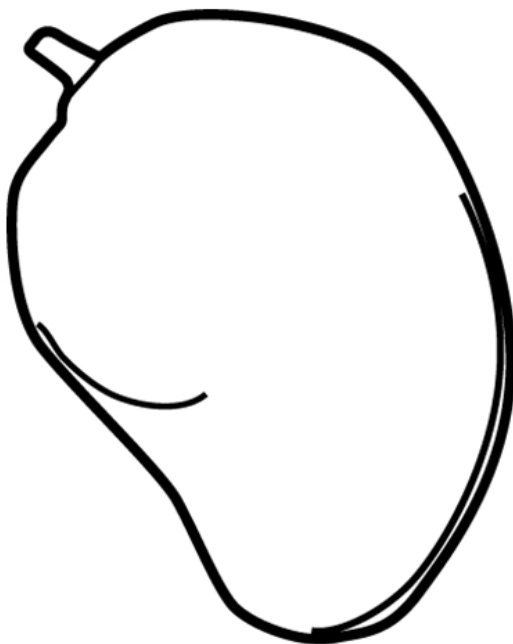


pawpaw

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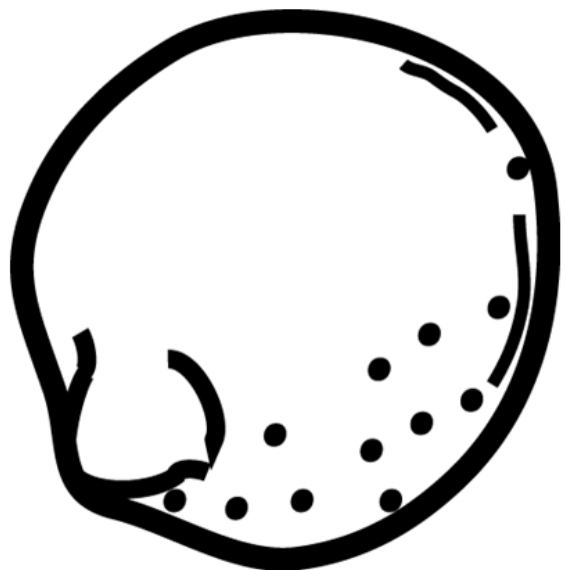


mango

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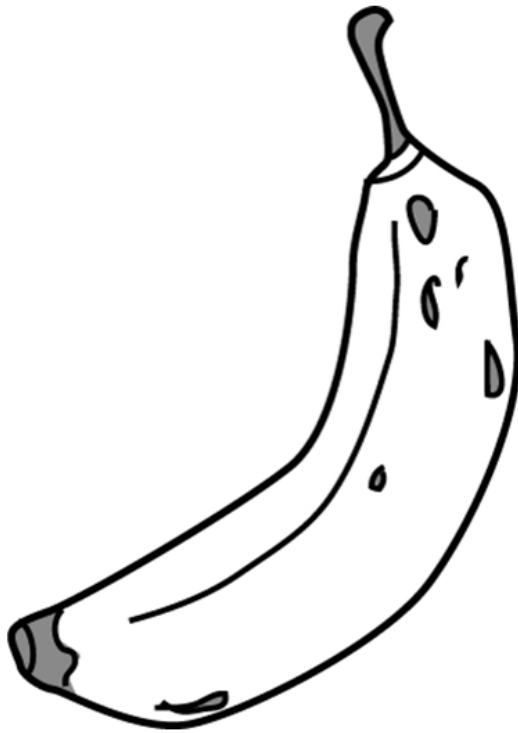


lime

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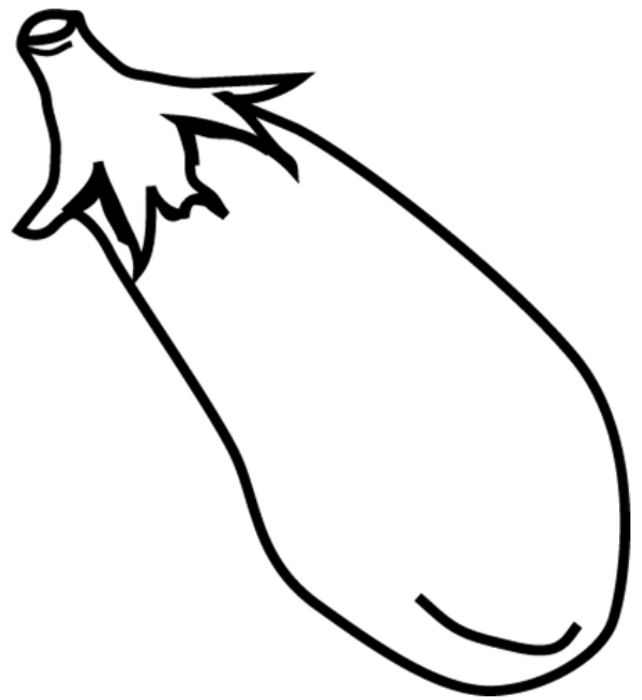


Eating banana

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eggplant

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okra (ladies fingers)

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cherry tomatoes

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aibeca (slippery cabbage)

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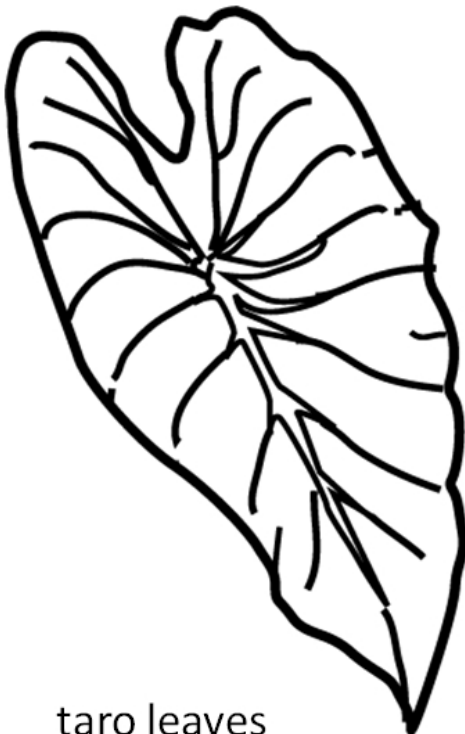


spring onions

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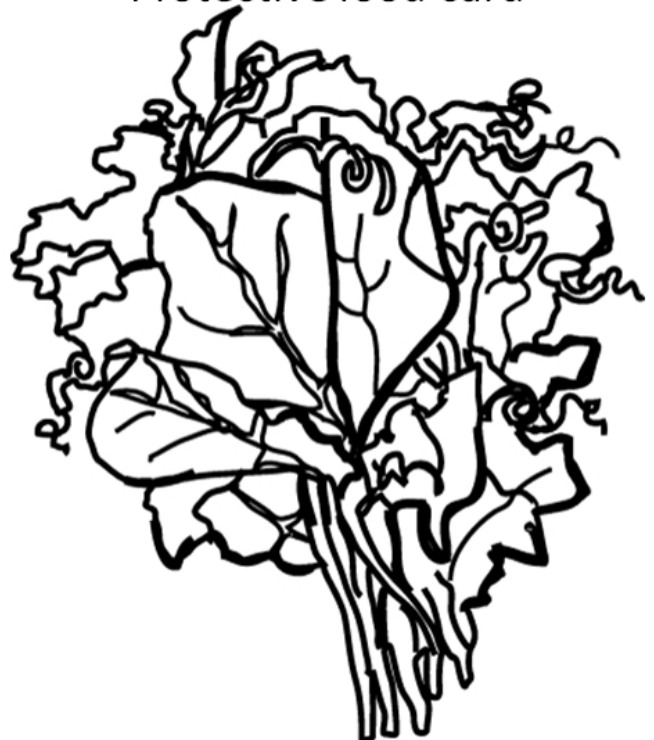


taro leaves

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pumpkin tips

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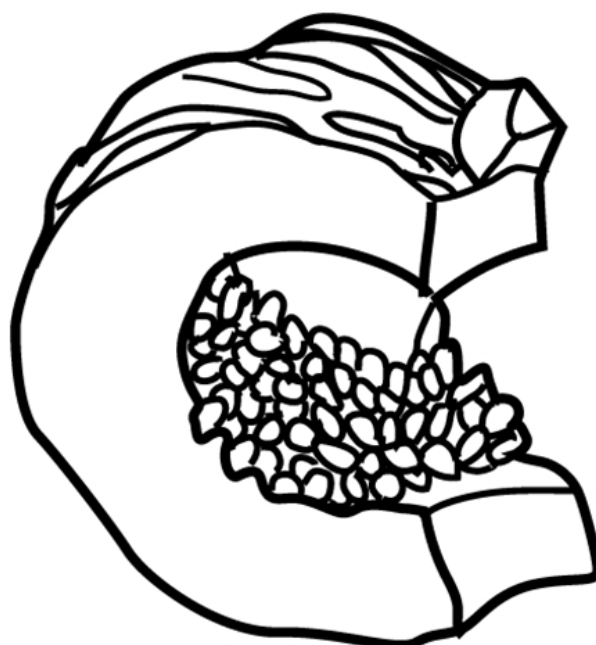


wing beans

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pumpkin

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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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