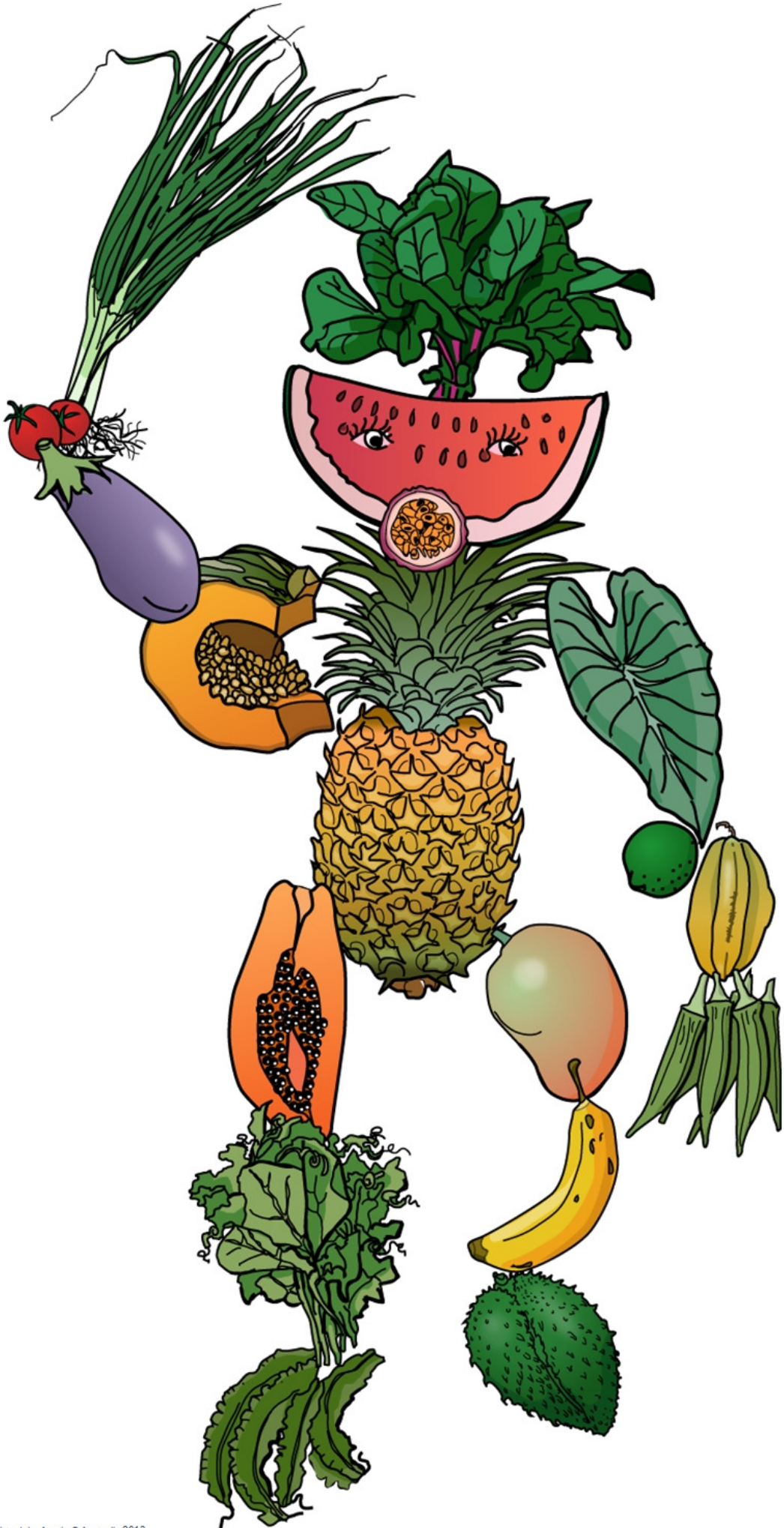
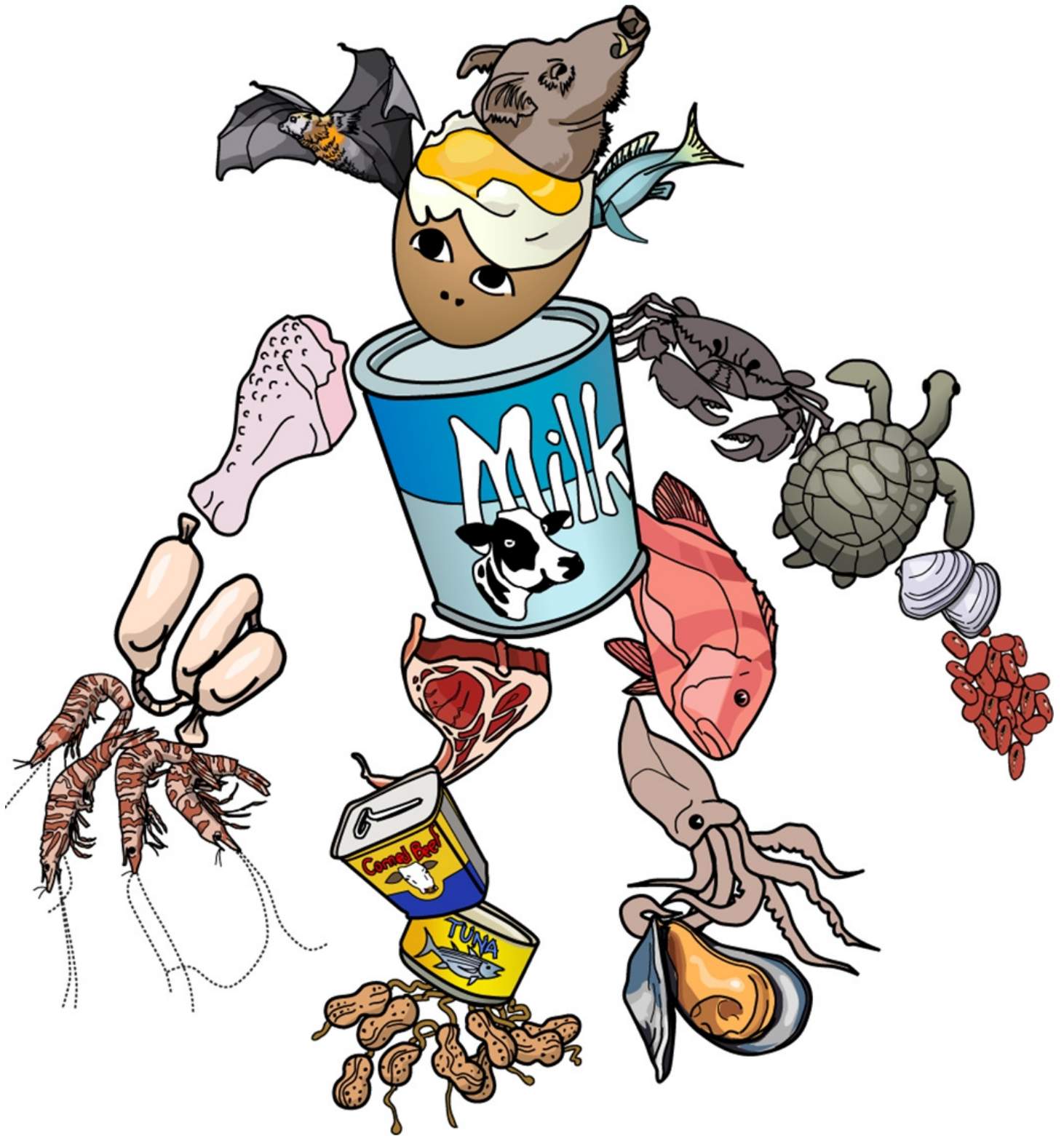


Protective foods



Body building foods



Energy foods



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

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

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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