

EASY FOOD

Activities

Easy meals activity kit

EASY MEALS ACTIVITY KIT

WHAT'S INCLUDED

- 48 food cards
 - 21 cards - foods in the cupboard (red labels)
 - 18 cards - foods in the fridge (green labels)
 - 9 cards - foods in the freezer (blue labels)
- Activity ideas
- Easy Mix and Match Meals handout



EASY MEALS ACTIVITY KIT

ACTIVITY IDEAS - PREPARATION

- a. Print pages of food cards (laminates if you wish)
- b. Cut out a set of cards

NOTES:

Protein foods have a **P** in the corner of the card

Grain foods have a **G** in the corner of the card

Vegetables and fruits have a **V** or **F** in the corner of the card

Extras (such as spices) have an **E** in the corner of the card



EASY MEALS ACTIVITY KIT

ACTIVITY IDEAS - NOTES FOR FACILITATORS

Use these activities to start a conversation about quick, easy meal ideas that are healthier and cheaper than most takeaway choices. The food cards represent items that can be kept in the pantry, fridge and freezer for times when a quick meal is needed.

More resources and recipes are available at:

isld.health.nsw.gov.au/services-clinics/health-promotion/healthy-adults/quick-and-healthy-recipes/easy-food

EASY MEALS ACTIVITY KIT

ACTIVITY IDEA - CUPBOARD CHALLENGE

1. Shuffle the cards and divide evenly among the people in the group. Use all the cards or provide a number of cards to each person (for example, six or eight cards).
2. Ask participants to create a meal or dish using the cards they have been given.
3. Discuss the meal ideas.
4. Suggest other ingredients or simple changes for more meal ideas.
5. Use the **Easy Mix and Match Meal Ideas** handout to discuss other possible meal ideas and food combinations.



EASY MEALS ACTIVITY KIT

ACTIVITY IDEA: 3-STEP MEALS

1. Divide the food cards into four categories:
Protein, Grains, Vegetables & Fruits, Extras.
2. Work as a group with all the cards, or deal out a similar number of cards from each pile to each participant.
3. Ask participants to create a meal or dish using cards from each of the Protein, Grains and Vegetables & Fruits piles (plus cards from the Extras pile if they wish).
4. Discuss the meal ideas.
5. Suggest other ingredients or simple changes for more meal ideas.
6. Use the **Easy Mix and Match Meals Ideas** handout to discuss other possible combinations.



P



Canned sardines

P



Canned tuna or salmon

V



Canned peas

V



Canned chickpeas

V



Baked beans

V



Canned sweet corn

V



Canned kidney beans

V



Canned tomatoes

G



Rice

G



Rolled oats

G



Breakfast cereal

G



Pasta

G



Couscous

G



Wholemeal crackers

G



Noodles

P



Nuts

E



Olive oil

E



**Stock cubes or
ready-made stock**

E



**Spices and
dried herbs**

E



Curry powder

E



Flour

P



Nut pastes

E



Tea and coffee

V



**Tomato passata or
pasta sauce**

F



Banana

F



Apples

F



Canned fruit

F



Oranges

V



Sweet potato

V



Potatoes

V



Onions

V



Garlic

P



Eggs

P



Cheese

P



Yoghurt

P



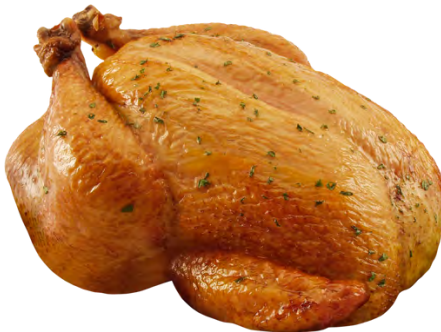
Milk

E



Margarine

P



**Barbeque chicken
(remove skin)**

P



**Ham and other
cold meats**

P



Dried red lentils

V



Avocado

V



Mushrooms

V



Tomato

V



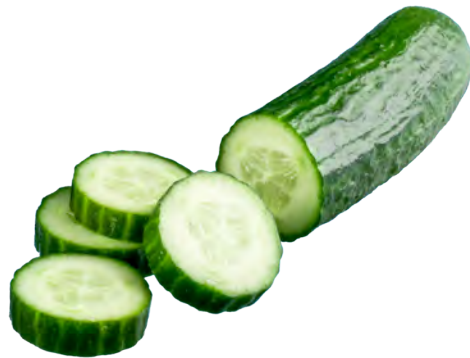
Carrots

V



Spinach leaves

V



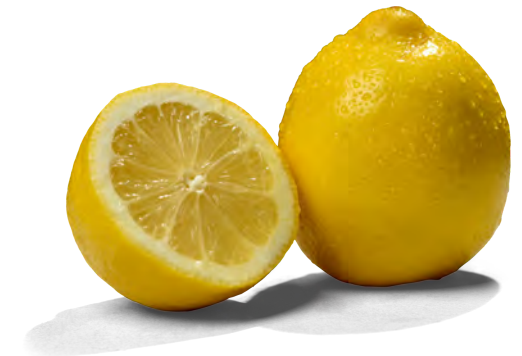
Cucumber

V



Zucchini

F



Lemons

G



Bread

F



Berries

E



Mustard

E



Soy sauce

P



**Chicken breast
(skinless)**

P



Minced meat

P



Fish fillets

V



Frozen vegetables

V or P



**Frozen
leftovers**

F



Frozen berries

G



Pizza bases

G



Bread

V



Tomato paste

V or P



**Canned or
packet soups**

V



**Bottled or packet
meal bases
Try salt-reduced
varieties**

G



Frozen pastry sheets

EASY MIX AND MATCH MEAL IDEAS

STEP ONE: CHOOSE SOME PROTEIN



Baked beans



Cheese



Canned sardines



Canned tuna or salmon



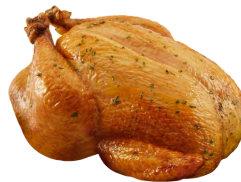
Eggs



Yoghurt



Canned legumes and beans



BBQ chicken (remove skin)



Ham

STEP TWO: CHOOSE SOME GRAINS



Rice - try brown or basmati



Wholemeal bread



Pasta



Couscous



Wholemeal crackers



Wholegrain bread



Cereal or muesli

STEP THREE: CHOOSE SOME VEGETABLES AND FRUIT



Avocado



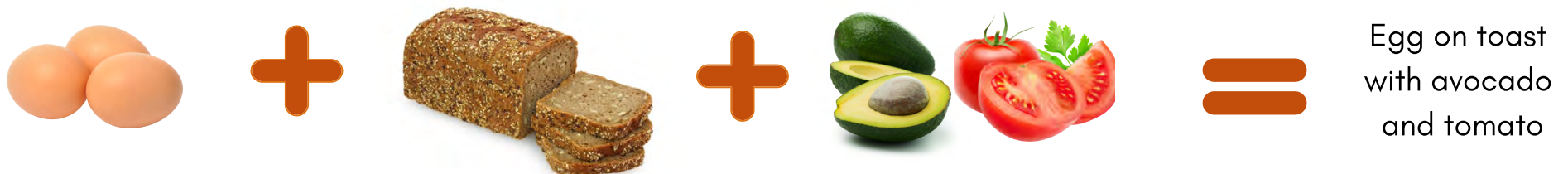
Tinned, fresh and frozen vegetables



Tinned, fresh and frozen fruit



EASY MIX AND MATCH MEAL IDEAS



EASY MIX AND MATCH MEAL IDEAS



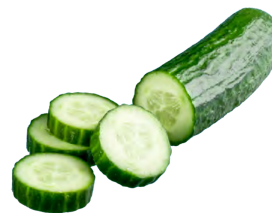
Mixed beans
with rice, spinach
and corn



Yoghurt and
fruit with muesli
or cereal



Ham and
mushroom pasta
with salad



Sardines on
wholemeal crackers
with cucumber