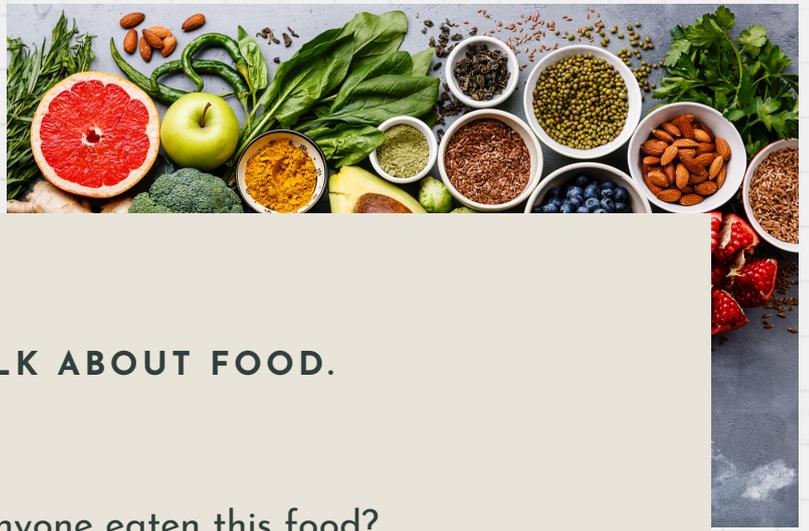
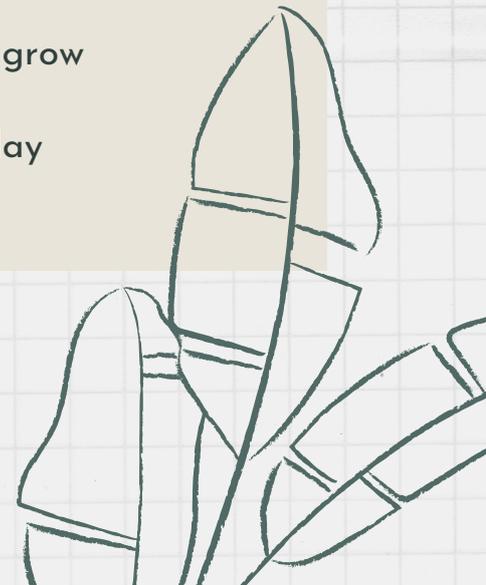


# Teachers lunchtime ideas



## LET'S TALK ABOUT FOOD.

- Has anyone eaten this food?
- I didn't like \_\_\_ until I tasted it a few times.
- Your lunch smells delicious - what are you eating today?
- What colour/shape/size is that food?
- Describe the food- 'This orange is tangy on my tastebuds' 'This carrot is crunchy'
- Is this a sometimes or everyday food?
- Who else do you think would like to eat this food?
- What crunchy food do you like best?
- How does this food grow - any ideas?
- Where does this food come from?
- What foods are <insert colour>
- This vegetable helps me run faster
- Your tastebuds may need to grow before you start liking ----
- I like how you tried ---- today





# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts



Only sometimes and in small amounts

