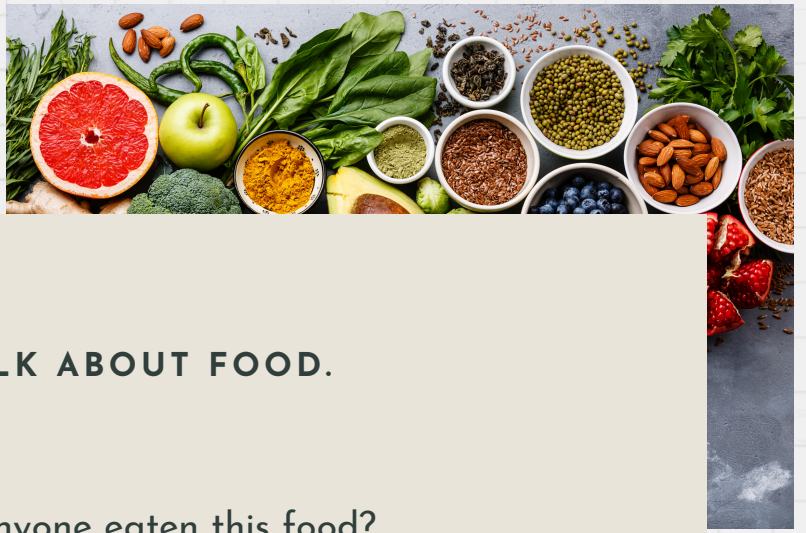


Teachers lunchtime ideas

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



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



Fruit



Use small amounts



Only sometimes and in small amounts

