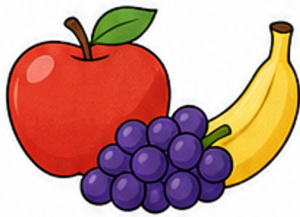


Nutrition Choices Picture Cards



Cut along the dotted lines.

FRUIT



Apple,
banana,
grapes

VEGETABLES



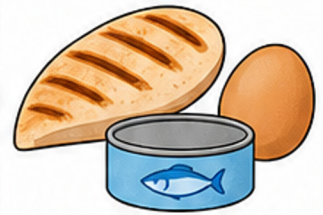
Broccoli,
carrot,
capsicum

WHOLE GRAINS



Oats and
wholemeal
bread

PROTEIN



Chicken,
egg, tuna

DAIRY



Milk and
yoghurt

HEALTHY FAT



Avocado
and nuts

DRINK



Water

DRINK



Plain milk

SOMETIMES FOOD



Cake

SOMETIMES FOOD



Chips

SOMETIMES FOOD



Lollies and
chocolate

SOMETIMES FOOD



Sugary
drink

GOOD CHOICE



Choose
nutritious
foods

GOOD HABIT



Drink water
regularly

GOOD HABIT



Eat a balance
of foods

YOUR CHOICE



You choose!