

Everyday
Foods are
Superhero
Foods in
disguise

Design a Superhero Food Meal Activity



We want to choose Superhero Foods for a healthy body and strong mind.

Using the Australian Guide to Healthy Eating design a healthy meal for breakfast, lunch or dinner.

You must:

1. Make sure you use foods from each of the 5 food groups
2. Include fresh, frozen and canned foods
3. Include a healthy drink choice

Describe your healthy meal here....

This is my healthy _____ (breakfast, lunch or dinner)

List of foods

Name of food group



Australian Government
National Health and Medical Research Council
Department of Health

www.eatforhealth.gov.au

Aboriginal and Torres Strait Islander Guide to **Healthy** Eating

Eat different types
of foods from the five
food groups every day.



Drink plenty
of water.

