



# SUPERHERO FOODS VERSUS ZOMBIE FOODS ACTIVITY



Cut out the Superhero and Zombie Foods and place them into the correct food group on the Australian Guide to Healthy Eating plate

## 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

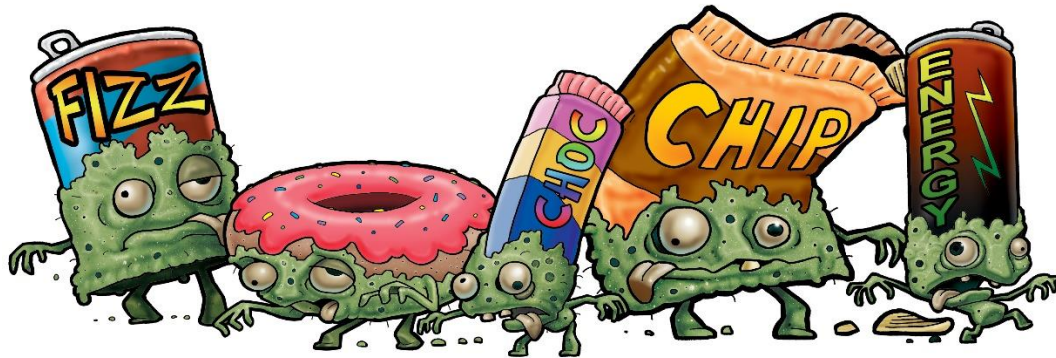
Milk, yoghurt, cheese and/or  
alternatives, mostly reduced fat

Use small amounts














Only sometimes and in small amounts



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## Meet Healthy Town's Superhero Foods

 Sporty Banana <i>alias</i> Super Fruity	 Lean Meat <i>alias</i> Beefy Boy	 Arty Carrot <i>alias</i> The Dicer	 Mixed Grain <i>alias</i> Toasty
 Cool Glass <i>alias</i> Wonder Water	 Cheesy Cheese <i>alias</i> Speedy Cheese	 Tinned Beans <i>alias</i> Bean Machine	
 Pasta Bowl <i>alias</i> Noodle Ninja	 Aces Apple <i>alias</i> Atomic Apple	 Yum Yoghurt <i>alias</i> Yo-Girl Yoghurt	
 Fish Can <i>alias</i> Flying Fish	 Healthy Cereal <i>alias</i> The Silver Spoon	 Mrs Brocc <i>alias</i> Mean Green	

Produced by Foodbank WA

## NEW Superhero Foods

 Tinned Tradie <i>alias</i> Vegie Squad	 Fruity Painter <i>alias</i> Fruit Mob		
 Melody Melon <i>alias</i> Melonator	 Outback Damper <i>alias</i> Deadly Damper	 Footy Girl <i>alias</i> Super Sweet Potato	 Crunching Capsicum <i>alias</i> Captain Capsicum
 Frozen Vegies <i>alias</i> Snap Frozen	 Garlic Dancer <i>alias</i> Garlic Shield	 Jackaroo Onion <i>alias</i> Onion Ringer	 Fresh Herbs <i>alias</i> Herbalicious
 Ranger Rex <i>alias</i> Cool Kangaroo	 Cheeky Chicken <i>alias</i> Chicken Drummer	 Hannah Goanna <i>alias</i> Go-Go Goanna	 Tucker Trackers <i>alias</i> Bush Tucker Team