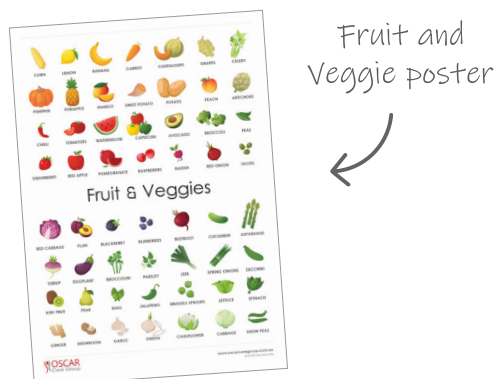
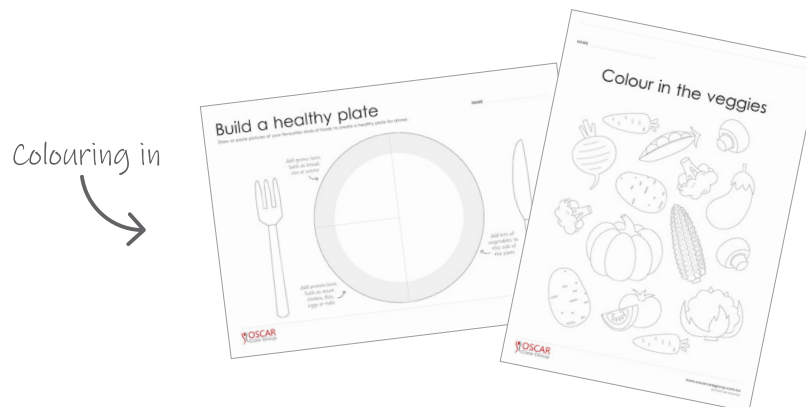


Nutrition Week 2025

This Nutritional Week Pack includes...

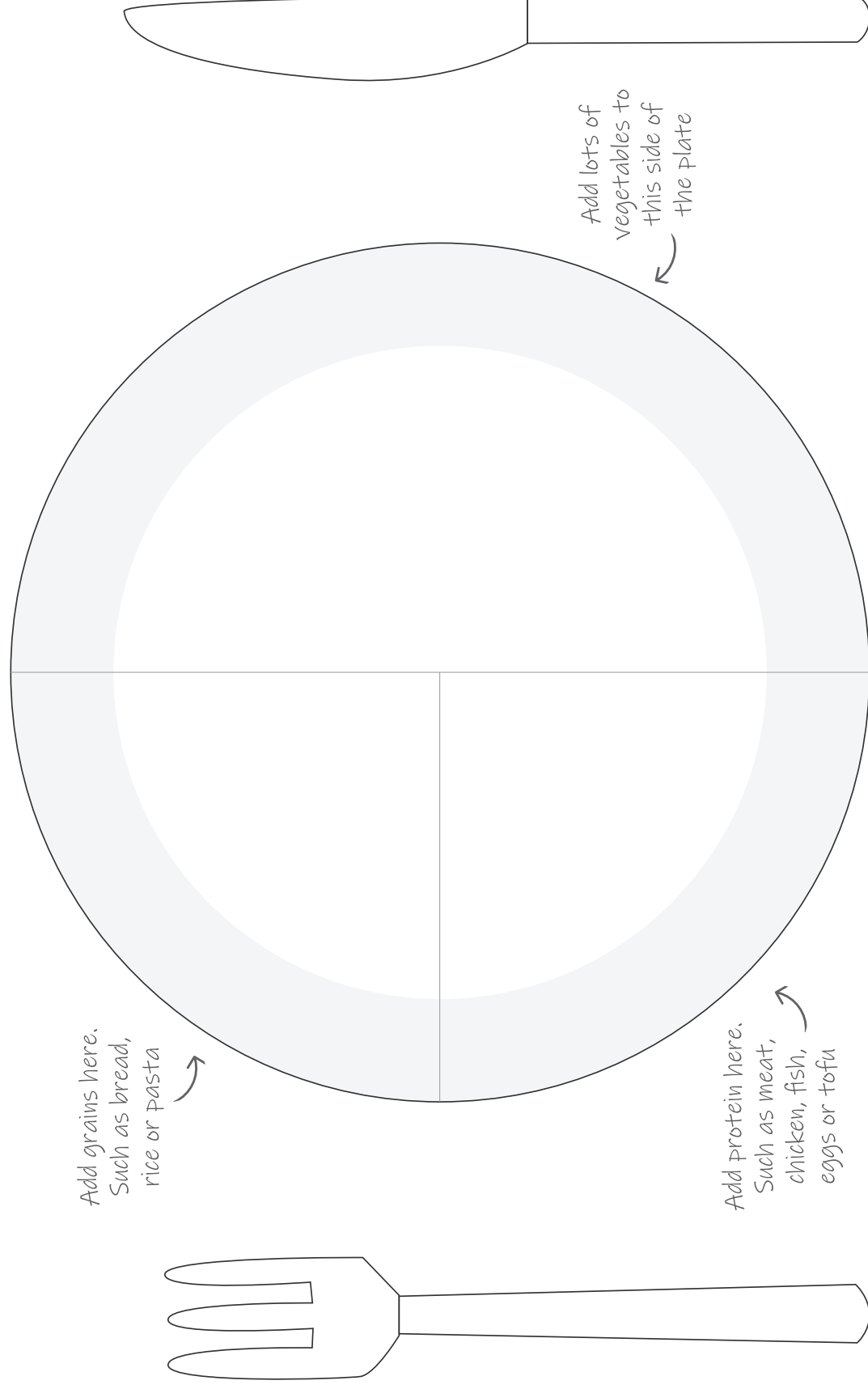


Together, we can grow the next generation of healthy eaters! Happy Nutrition Week!

Build a healthy plate

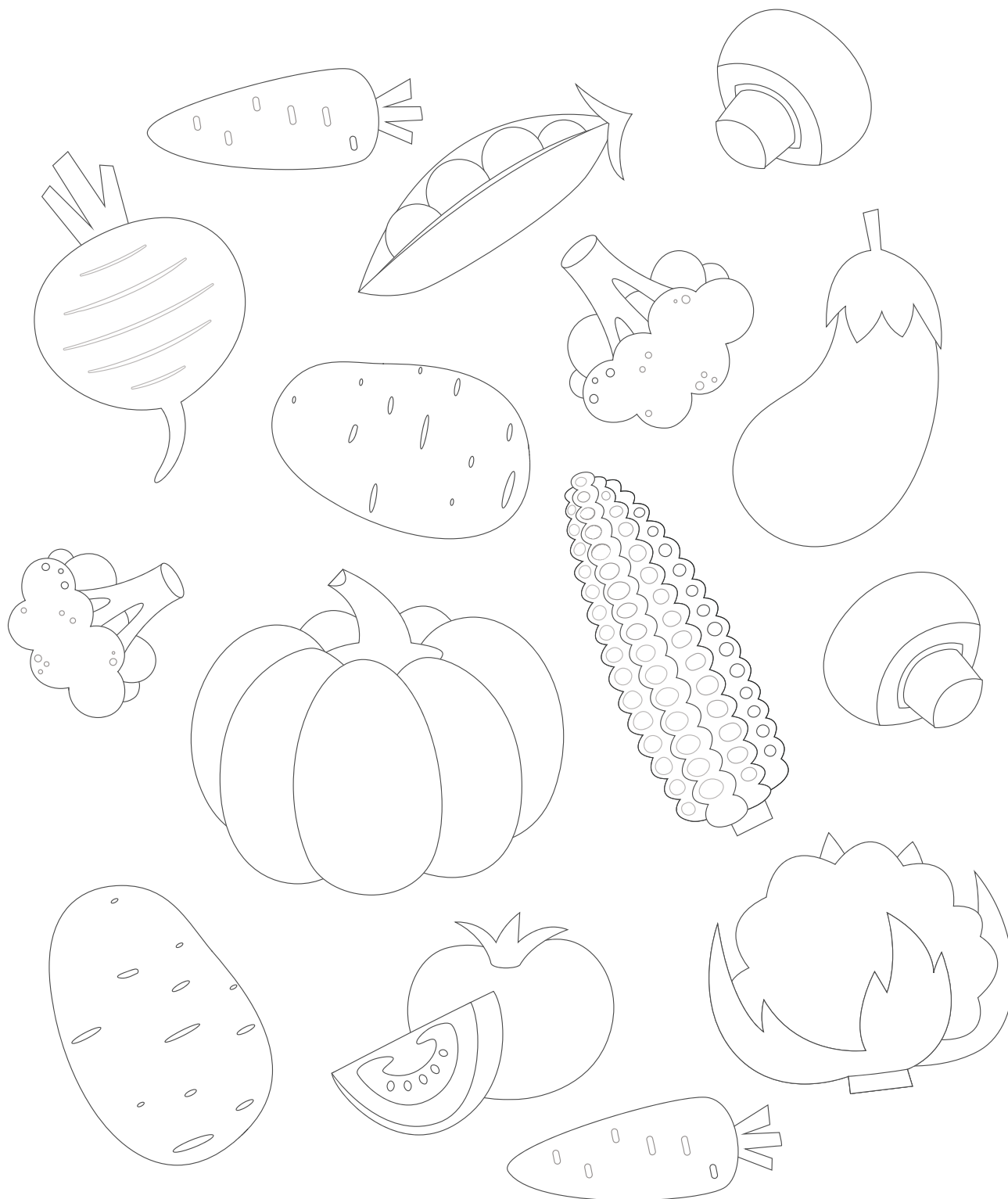
Draw or paste pictures of your favourites kinds of foods to create a healthy plate for dinner.

NAME _____



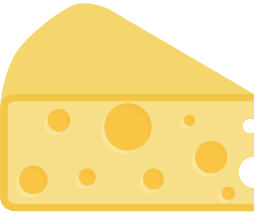
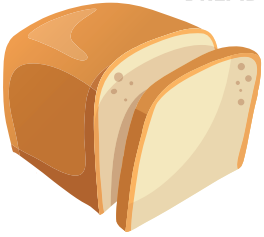
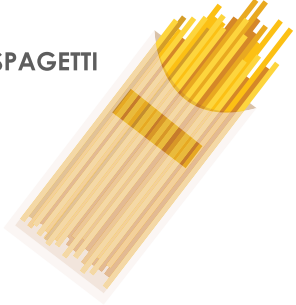
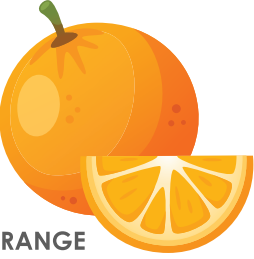
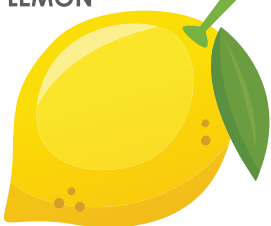
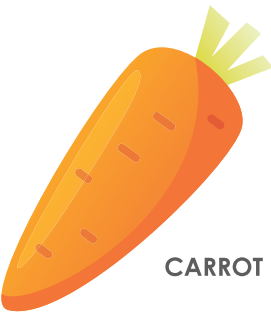
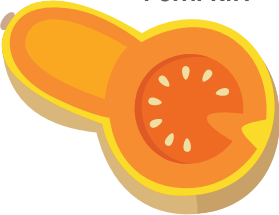
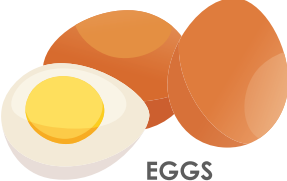
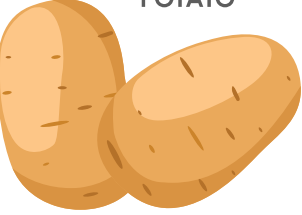
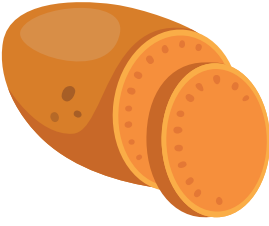
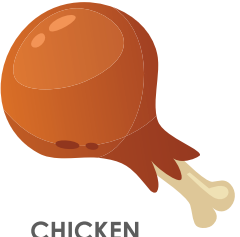
NAME _____

Colour in the veggies



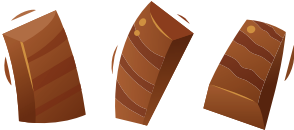
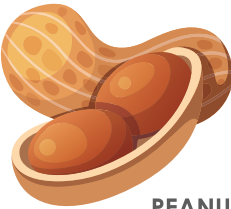
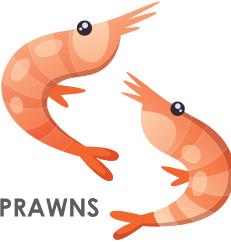
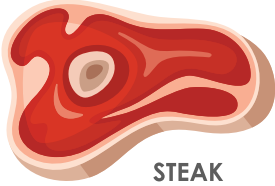
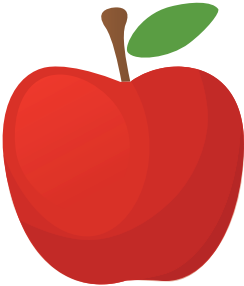
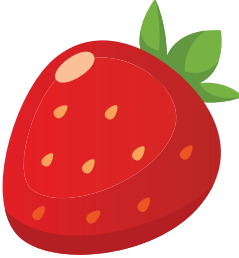
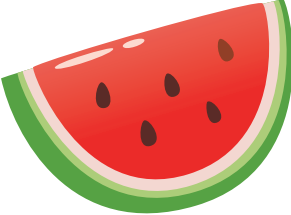
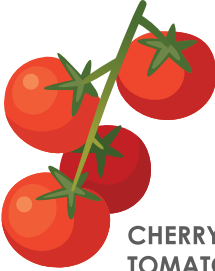
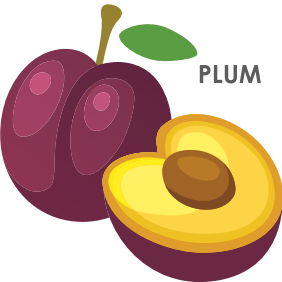
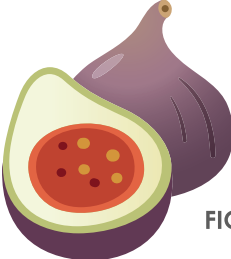
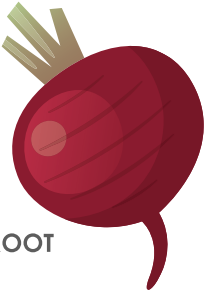
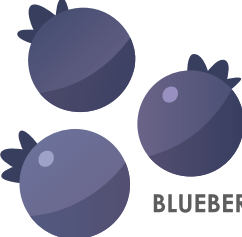
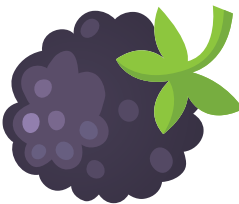
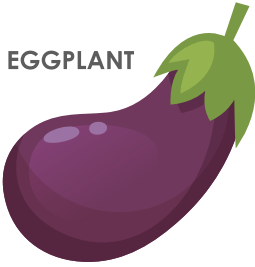
Food Group Cards

Cut them out to use during nutrition week activities

 CORN	 PASTA	 BANANA	 PINEAPPLE
 CHEESE	 CASHEWS	 BREAD	 SPAGETTI
 ORANGE	 CHEESE SLICES	 LEMON	 CHICKPEAS
 CARROT	 BUTTERNUT PUMPKIN	 EGGS	 SALMON
 POTATO	 CANTALOUPE	 SWEET POTATO	 CHICKEN

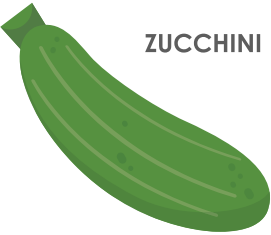
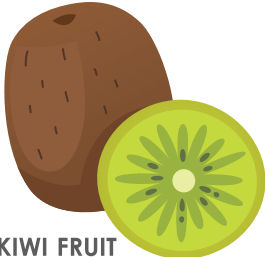
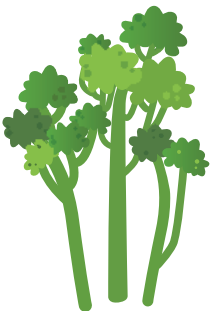
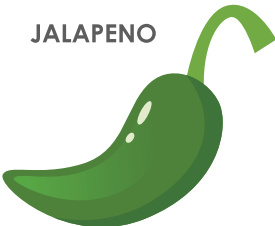
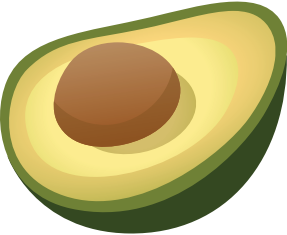
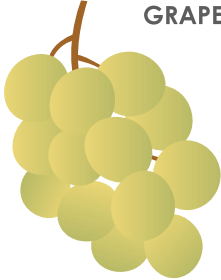
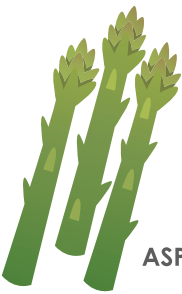
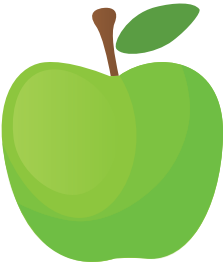
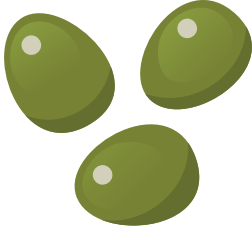
Food Group Cards

Cut them out to use during nutrition week activities

 BEEF	 PEANUTS	 PRAWNS	 STEAK
 TOMATOES	 RED APPLE	 STRAWBERRY	 WATERMELON
 RASPBERRIES	 CHILLI	 CHERRY TOMATOES	 KIDNEY BEANS
 RED ONION	 RED CABBAGE	 PLUM	 FIG
 BETROOT	 BLUEBERRIES	 BLACKBERRY	 EGGPLANT

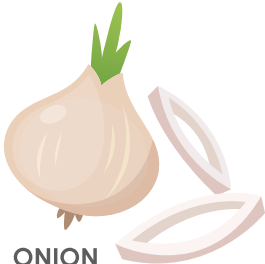
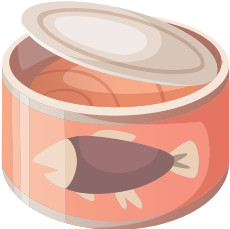
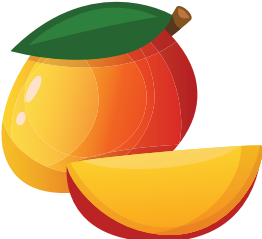
Food Group Cards

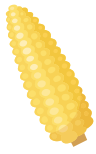
Cut them out to use during nutrition week activities

 ZUCCHINI	 LETTUCE	 SPINACH	 CUCUMBER
 BROCCOLI	 CELERY	 LEEK	 KIWI FRUIT
 PEAS	 SPRING ONIONS	 PEAR	 BRUSSELS SPROUTS
 BROCCOLINI	 JALAPENO	 AVOCADO	 GRAPES
 ASPARAGUS	 GREEN APPLE	 BASIL	 OLIVES

Food Group Cards

Cut them out to use during nutrition week activities

CAULIFLOWER 	 ONION	 GARLIC	 TOFU
 CAPSICUM	 TUNA	 MUSHROOM	 GINGER
 MANGO	 PUMPKIN	 YOGHURT	 MILK



CORN



LEMON



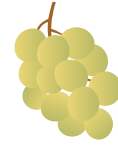
BANANA



CARROT



CANTALOUPE



GRAPES



CELERY



PUMPKIN



PINEAPPLE



MANGO



SWEET POTATO



POTATO



PEACH



ARTICHOKE



CHILLI



TOMATOES



WATERMELON



CAPSICUM



AVOCADO



BROCCOLI



PEAS



STRAWBERRY



RED APPLE



POMEGRANATE



RASPBERRIES



RADISH



RED ONION



OLIVES

Fruit & Veggies



RED CABBAGE



PLUM



BLACKBERRY



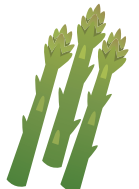
BLUEBERRIES



BEETROOT



CUCUMBER



ASPARAGUS



TURNIP



EGGPLANT



BROCCOLINI



PARSLEY



LEEK



SPRING ONIONS



ZUCCHINI



KIWI FRUIT



PEAR



BASIL



JALAPENO



BRUSSELS SPROUTS



LETTUCE



SPINACH



GINGER



MUSHROOM



GARLIC



ONION



CAULIFLOWER



CABBAGE



SNOW PEAS



We're your secret ingredient to
nurture & protect growing bodies