



**Healthy Ageing
Tasmania**

Classifying Foods

Activity kit

Healthy Ageing Tasmania

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Funded by the Australian Government Department of Health.

Visit the Department of Health website (www.health.gov.au) for more information.



**Tasmanian
Government**

What

This kit is for staff and volunteers to use with clients to help them learn more about food groups.

Some foods and drinks are easy to categorise, some are a bit trickier. We give you the answers and discussion points to guide the activity.

This kit contains:

- 1 title page
- 1 introduction page
- 1 discussion points page
- 2 answer pages
- 1 Australian Guide to Healthy Eating poster
- 12 sheets of food tiles
- 7 food groups pages.

How

To prepare:

- Print all pages of this activity kit. Print single-sided, in colour if you can.
- If possible, laminate the pages so they can be reused.
- Use scissors to cut the food and drink images into individual tiles.

To play:

- Discuss the Australian Guide to Healthy Eating poster.
- Place the food group pages on a flat surface, making sure they are visible to everyone in the group.
- Shuffle food tiles and ask clients to decide which food group they belong in.
- Once the food and drinks have all been grouped, check the answer pages. Talk about any issues or misclassifications.



Discussion points

- Each food in this activity can be put into at least one food group.
- Some foods can belong to more than one group depending on how much fat, salt, sugar has been added, or fibre removed. Potatoes for instance, are a vegetable, but hot potato chips are high in added fat and salt and are not classified as a vegetable.
- The only foods that can be correctly placed into two food groups are nut butters and lentils and legumes.
- Nut butters such as peanut butter can be in the unsaturated spreads and oil group and fit within meat, fish, poultry, nuts, legumes. This is because nut butters contain beneficial fats as well as being a valuable source of protein.
- Lentils and legumes belong to the vegetable food group and meat, fish, poultry, nuts, legumes. This is because lentils and legumes contain the nutrients of vegetables (minerals and fibre), as well as being a valuable source of protein.



Answers for classifying foods

Grain (cereal) foods

Eat wholemeal or wholegrain breads, if possible, for more fibre. White bread still fits in this food group. Try to choose one with added fibre.

Crispbread	Oats	Pasta
Crumpets	Pikelets	Weet-bix™
Scones	Polenta	Wrap
English muffin	Quinoa	White bread
Multigrain bread	Rice	
Naan bread	Rice noodles	

Vegetables and legumes/beans

Frozen vegetables are just as nutritious as fresh. Canned vegetables are also a great option. Try to buy products with no added salt.

Canned vegetables	Fresh vegetables	Potatoes
Fresh herbs	Frozen vegetables	

Fruit

Dried fruit and 100% fruit juice fits into this group. Choose mostly fresh, frozen or fruit canned in natural juice.

Canned fruit in juice	Fresh fruit	Dried fruit
100% fruit juice	Frozen fruit	



Milk, cheese, yoghurt and (non-dairy) alternatives

If choosing non-dairy alternatives like soy milk, choose products with added calcium.

Cheese	Milk	Soy milk
Yoghurt	Custard	Smoothies

Meat, fish, poultry, nuts and legumes/beans

Red meat	Poultry	Egg
Chicken	Pork Loin	Nut butter
Fish and Tinned fish	Tofu	Baked beans
Unsalted nuts	Baked falafel	Lentils and legumes

Unsaturated spreads and oils

Unsaturated oil (eg olive oil and canola oil)	Nut butters (eg almond)	Margarine
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Food and drinks to eat sometimes

The food and drinks in this section are generally high in fats, salt and added sugars.

If you can, make your own muffins, biscuits and pies. That way you can reduce the amount of fat, salt and sugar added.

Biscuits	Salami	Savoury biscuits	Iced fruit bun
Butter	Ice cream	Beer	Wine
Soft drink	Hot chips	Muffin	Sausages
Meat pie	Ham	Chicken nuggets	





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



Cheese



Smoothie



Custard



Milk



Soy milk



Yoghurt



Dried fruit



Fresh fruit



Frozen fruit



Fruit juice



Canned fruit in juice



Pasta



Crispbread



Crumpets



Scones



Wraps



English muffins



Multigrain bread



Naan bread



Oats



Pikelets



Polenta



Quinoa



Raisin bread



Rice



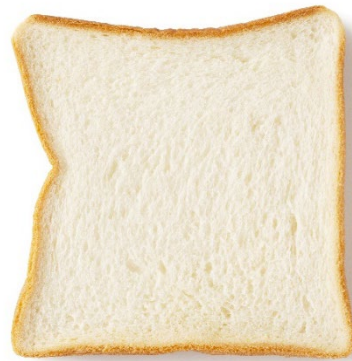
Rice noodles



Weet-Bix™



White bread



Baked beans



Baked falafel



Chicken



Egg



Fish



Legumes



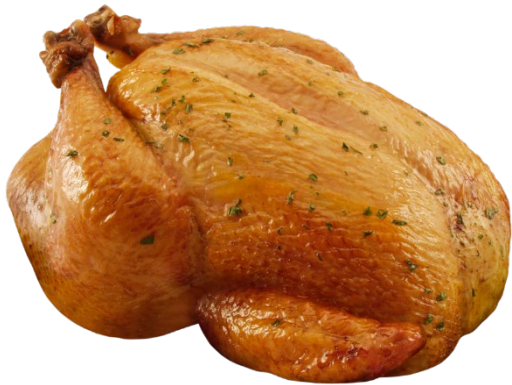
Lentils



Nut butter



Poultry



Red meat



Tinned fish



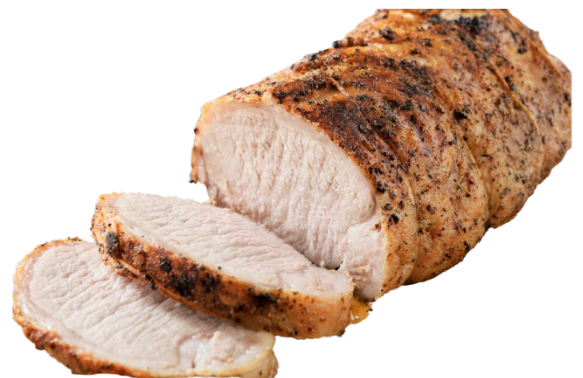
Tofu



Unsalted nuts



Pork Loin



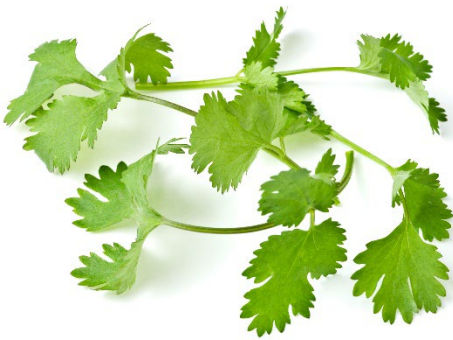
Unsaturated oil (eg olive, canola, sunflower)



Canned vegetables



Fresh herbs



Fresh vegetables



Frozen vegetables



Potatoes



Margarine



Butter



Muffin



Chocolate



Soft drink



Wine



Biscuits



Cream



Crisps



Beer



Ham



Hot chips



Iced fruit bun



Meat pie



Pastries



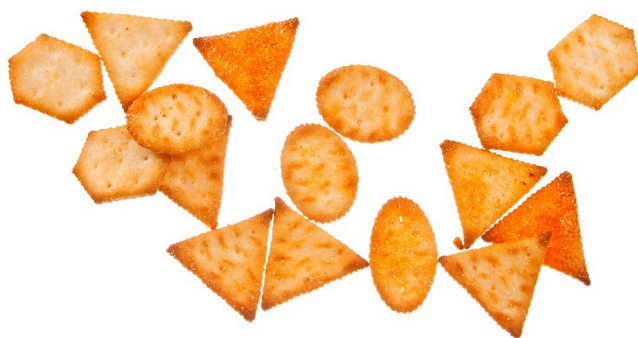
Salami



Sausages



Savoury biscuits



Ice cream



Chicken nuggets



Fruit



Vegetables



Grain (cereal) foods



Meat and alternatives



Dairy and alternatives



Foods to eat sometimes



Unsaturated oils and spreads

