

Eat a Rainbow of fruit and vegetables



**Fruit and vegetables have vitamins and minerals.
Vitamins and minerals help our body grow.**



Centre Support Pty Ltd
Phone: 1800 440 102
www.centresupport.com.au

My brain, muscles, skin, hair and nails are made from protein



Meats & Proteins red/white meat cooked legumes (baked beans, lentils, chickpeas) and eggs

**Discuss nutritional aspects of food with
children during mealtimes**



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Element 2.2.1

Carbohydrates give my body the fuel to play all day



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**Fibre, the skin on my vegetables helps
keep my tummy and insides clean.**



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children during mealtimes**





**Good fats make your skin, hair and cells healthy.
Fats protect your organs and keep you warm.**



**Discuss nutritional aspects of food with
children during mealtimes.**

