

FOOD AND DRINK

WHAT IS YOUR FAVOURITE FOOD?
WHAT DO YOU USUALLY HAVE FOR BREAKFAST?

- BREAD
- BUTTER
- CEREALS
- CHEESE
- EGGS
- FLOUR
- MILK
- SALT
- SUGAR
- DAIRY PRODUCTS

BASIC FOOD ITEMS



- BEANS
- CARROTS
- LETTUCE
- ONIONS
- POTATOES
- TOMATOES

VEGETABLES



vegetables

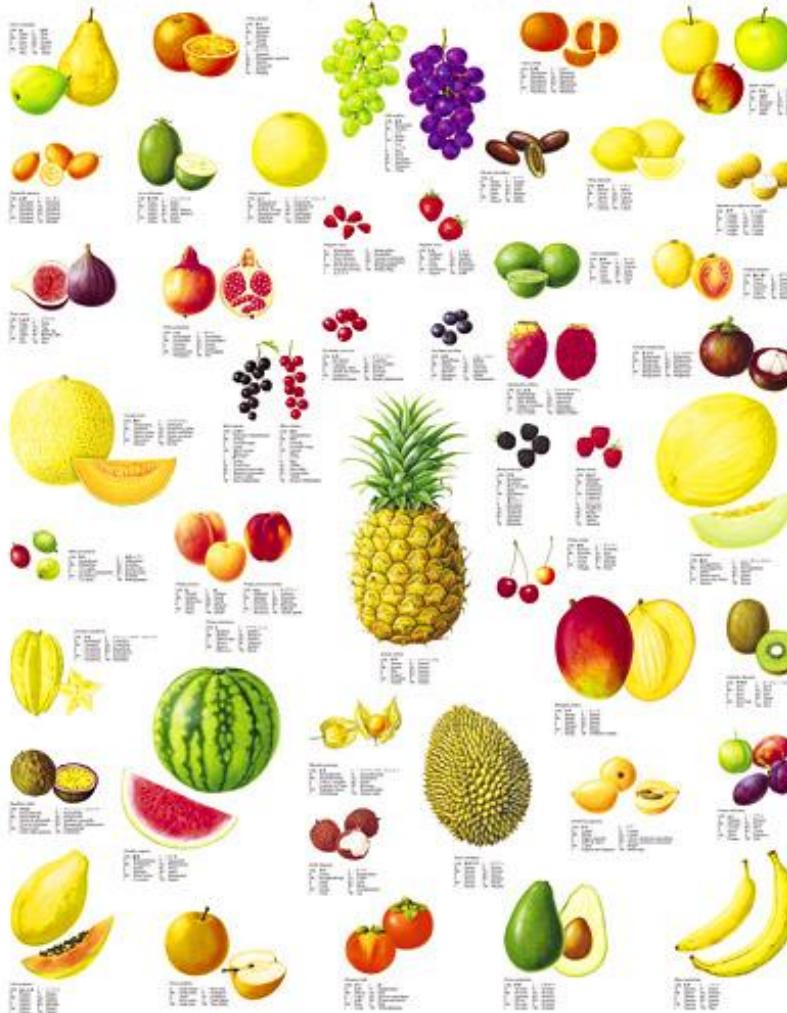
MECRON



- APPLE
- BANANA
- FRUIT
- ORANGE
- PEAR
- PINEAPPLE

FRUITS

FRUGTER FRUITS FRÜCHTE FRUTAS





Strawberry



Peach



Wildberry



Pina Colada



Banana



Passion Fruit



Margarita



Raspberry



Ice Cream



Mango



Caribbean



Rum Runner



- BACON
- CHICKEN
- HAM
- HAMBURGERS
- HOTDOG
- PORK
- ROAST BEEF
- SAUSAGES

MEATS



- BEER
- COFFEE
- ORANGE JUICE
- TEA
- WATER
- WINE

DRINKS



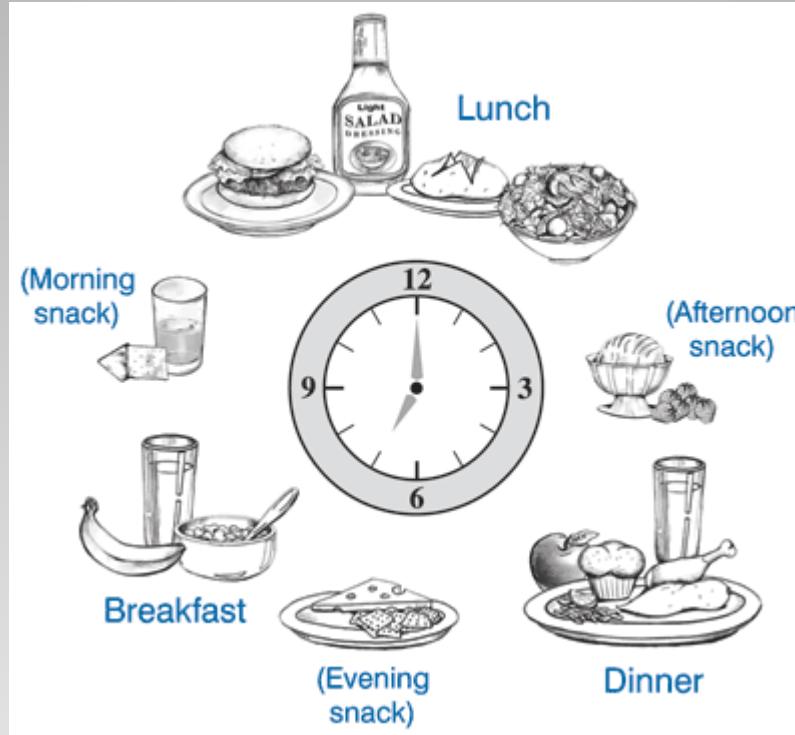
Standard Drinks Guide

									
1.5 375ml Full Strength Beer 4.9% Alc./Vol	1 375ml Mid Strength Beer 3.5% Alc./Vol	0.8 375ml Light Beer 2.7% Alc./Vol	1.5 375ml Full Strength Beer 4.9% Alc./Vol	1 375ml Mid Strength Beer 3.5% Alc./Vol	0.8 375ml Light Beer 2.7% Alc./Vol	1 285ml Middy/Pot* Full Strength Beer 4.9% Alc./Vol	0.7 285ml Middy/Pot* Mid Strength Beer 3.5% Alc./Vol	0.5 285ml Middy/Pot* Light Beer 2.7% Alc./Vol	1.5 170ml Standard Serve of Sparkling Wine/ Champagne 11.5% Alc/Vol
									
1.5 375ml Pre-mix Spirits 5% Alc/Vol	1.5 340ml Alcoholic Soda 5.5% Alc/Vol	1 30ml Spirit Nip 40% Alc/Vol	22 700ml Bottle of Spirits 40% Alc/Vol	0.9 60ml Port/Sherry Glass 18% Alc./Vol.	1 100ml Standard Serve of Wine 12% Alc/Vol	1.8 180ml Average Restaurant Serve of Wine 12% Alc/Vol	7 750ml Bottle of Wine 12% Alc/Vol	38 4 Litres Cask Wine 12% Alc/Vol	

* NSW, WA, ACT = Middy; VIC, QLD, TAS = Pot; NT = Handle; SA = Schooner

- BREAKFAST
- LUNCH
- DINNER
- SUPPER

MEALS



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



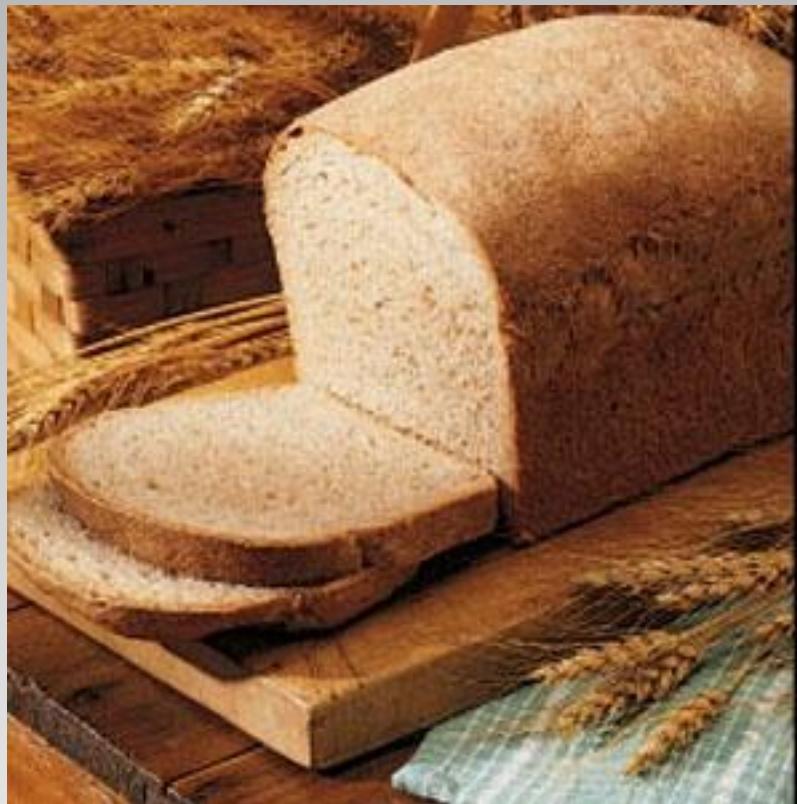


- A BOTTLE OF
- A BOX OF
- A CARTON OF
- A CUP OF
- A LOAF OF
- A PACKET OF
- A PIECE OF

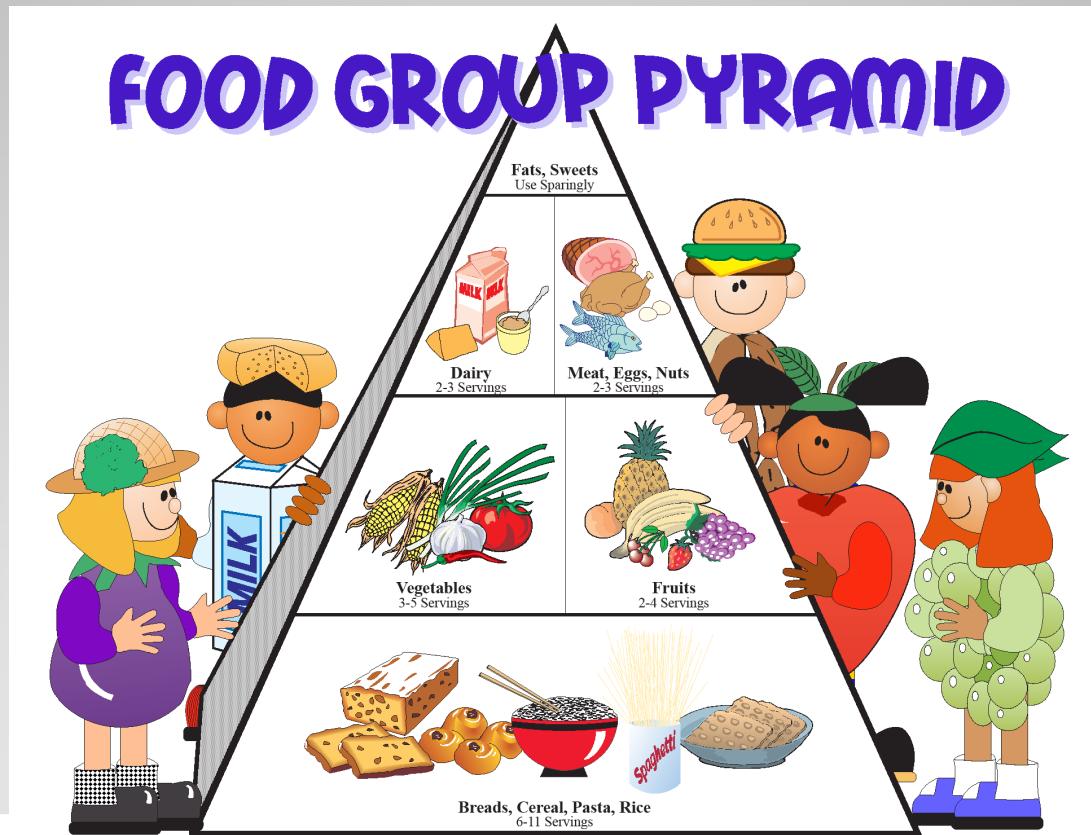
CONTAINERS



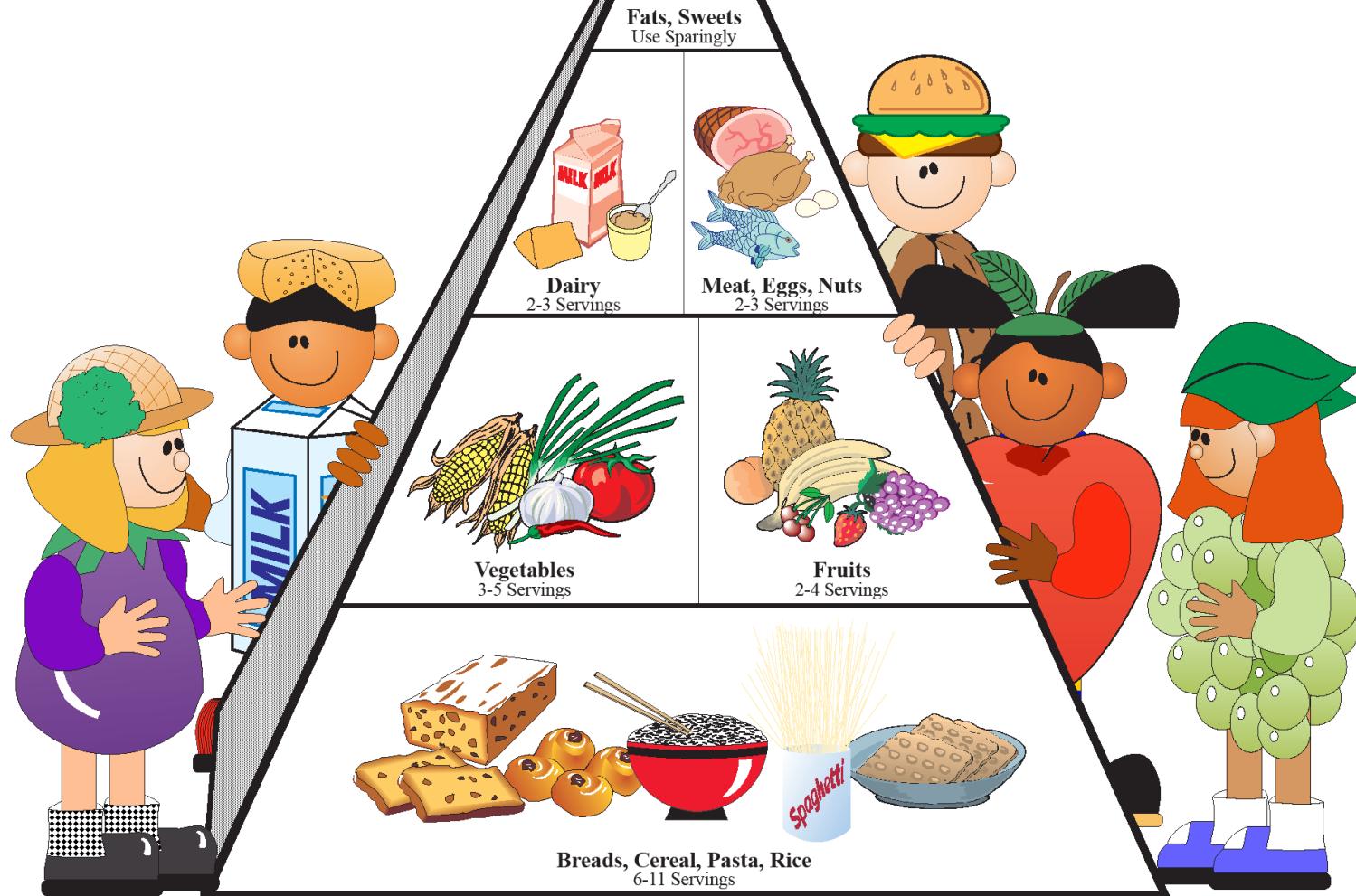




- FAST FOOD
- JUNK FOOD
- HEALTHY FOOD



FOOD GROUP PYRAMID



- <http://www.foodafactoflife.org.uk/index.aspx>