

# FOOD AND DRINK

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

teacheranasorpesa



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

## **BASIC FOOD ITEMS**



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

**VEGETABLES**

**Squash**



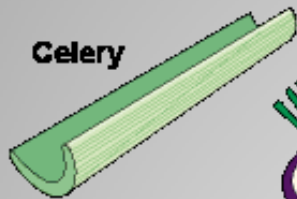
**Turnip**



**Cauliflower**



**Celery**



**Radishes**



**Scallions**



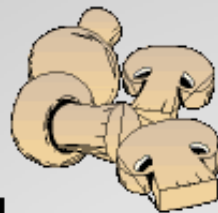
**Beet**



**Eggplant**



**Mushrooms**



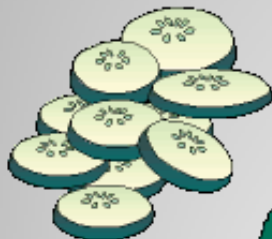
**Broccoli**



**Lettuce**



**Cucumbers**



**Carrots**



**Corn**



**Potatoes**



**Peas**



**Onion**



**Pepper**





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

**FRUITS**

## FRUGTER



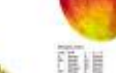
## FRUITS



## 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

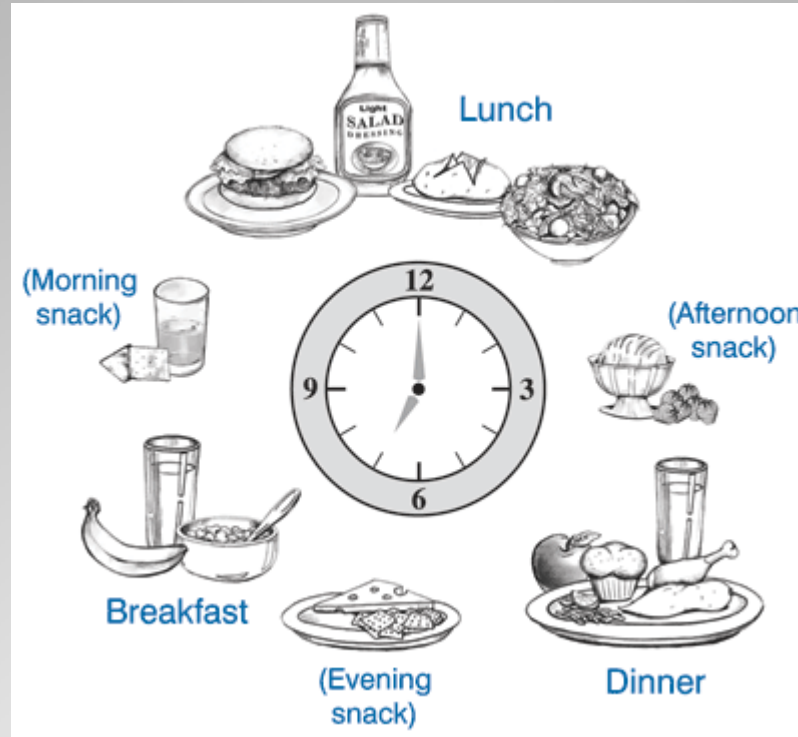
									
<b>1.5</b>	<b>1</b>	<b>0.8</b>	<b>1.5</b>	<b>1</b>	<b>0.8</b>	<b>1</b>	<b>0.7</b>	<b>0.5</b>	<b>1.5</b>
375ml Full Strength Beer 4.9% Alc./Vol	375ml Mid Strength Beer 3.5% Alc./Vol	375ml Light Beer 2.7% Alc./Vol	375ml Full Strength Beer 4.9% Alc./Vol	375ml Mid Strength Beer 3.5% Alc./Vol	375ml Light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







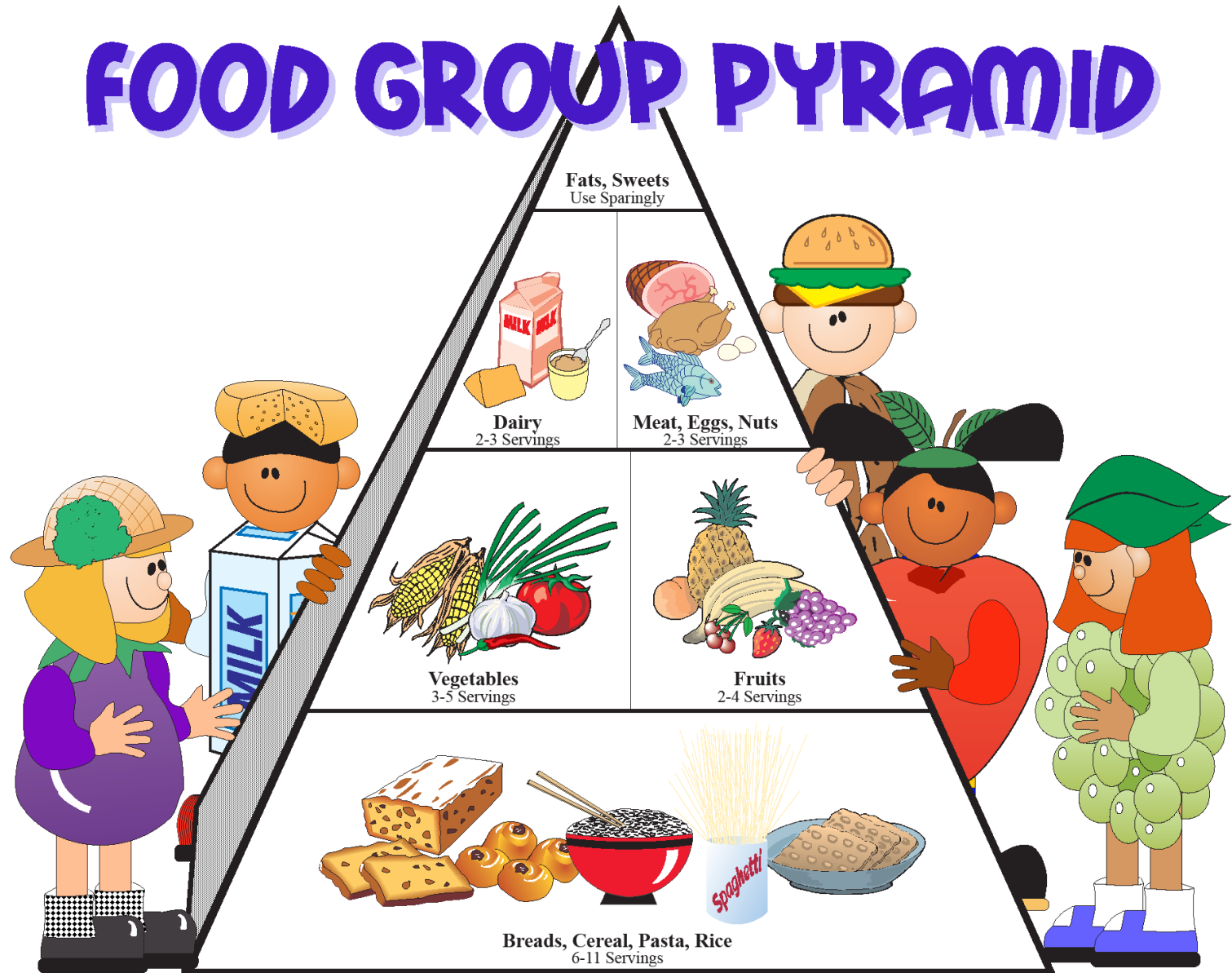


- FAST FOOD
- JUNK FOOD
- HEALTHY FOOD





# FOOD GROUP PYRAMID



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