

Food Guides

Using the information provided on the food guides, answer the following questions.

1. Which food group should we consume the most food from? Why?

2. Which food group should we consume the least food from? Why?

3. What type of information do the food guides provide for Australians? Why do you think the Government has introduced these?

4. Identify **FOUR** positive and negative aspects about each food guide.

	Positives	Negatives
Healthy Eating Pyramid		
Australian Guide to Healthy Eating		

