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Classifying Foods

Activity kit

Funded by the Australian Government Department of Health. Visit the [Department of Health website \(www.health.gov.au\)](http://www.health.gov.au) for more information.

Although funding for this resource has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

About the kit

This activity kit is designed for you to use with clients to help them learn more about the food groups and which foods belong to which group. Some foods and drinks are easy to categorise whereas others are more difficult.

This kit contains:

- 1 title page
- 1 introduction page
- 1 Australian Guide to Health Eating poster
- 5 sheets of food tiles
- 7 food groups pages
- 1 points to consider page
- 2 answer pages

Set up

- Print pages 3 - 15 of this activity kit (colour is best).
- If possible, laminate the pages so they can be reused.
- With scissors cut the food and drink images into individual tiles.
- Place the food group pages side by side on a flat surface.
- Shuffle food tiles and stack.

How to play

Discuss with your clients the Australian Guide to Healthy Eating poster on page 3 of this activity kit.

Make sure the food group pages are visible to everyone.

Ask your clients to decide which foods and drinks go into which group.

Answers

Once your clients have sorted each food and drink tile by food group, check the answer pages. Talk about any issues or misclassifications that occurred during the activity.



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



Baked beans



100% fruit juice



Tinned vegetables



Frozen vegetables



Fresh vegetables



Lentils and legumes
(chickpeas, kidney beans, red lentils)



Tinned fruit



Fresh fruit



Sausages



Pasta



**Whole-wheat breakfast
biscuits**



Bread



Fruit bread



Salami



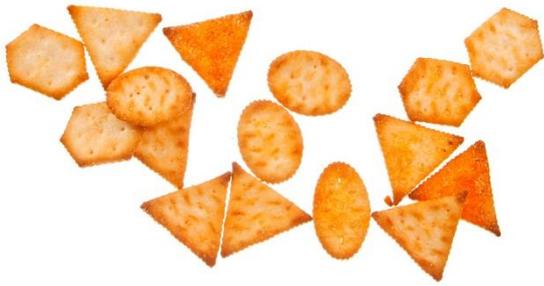
Iced fruit bun



Muffin



Savoury biscuits



Peanut butter



Blackcurrant cordial



Tinned fish



Margarine



Fresh meat



Fresh milk



Soy milk



Cheese slice



Beer



Ice cream



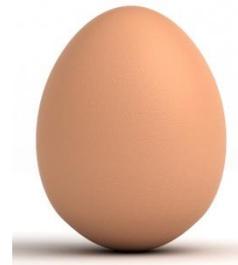
Yoghurt



Custard



Eggs



Unsaturated oil



Butter



Sweet biscuits



Salad



Hot chips



Rice



Meat pie



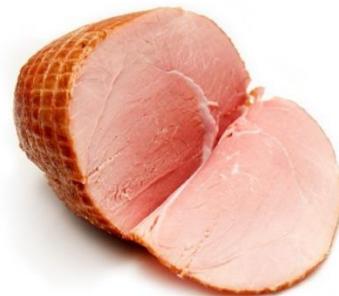
BBQ chicken



Red wine



Ham



Crumpets



Fruit scone



Soft Drink



Lollies



Pita bread



Porridge



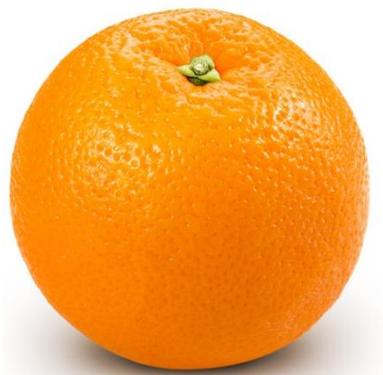
Grain (cereal) foods



Vegetables and legumes/beans



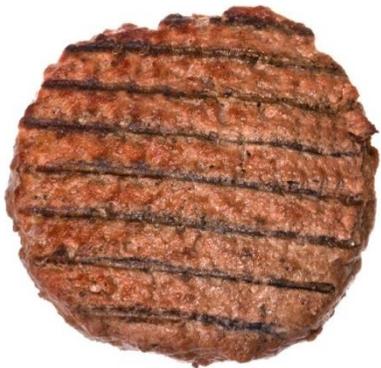
Fruit



Milk, yoghurt, cheese and alternatives



**Lean meat, poultry, fish, eggs,
tofu, nuts and seeds,
legumes/beans**



Sometimes Foods



Unsaturated fats, oils and spreads



Points to consider

- Each food in this activity can be put into at least one food group.
- A number of 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 popular vegetable, but hot chips are high in added fat and salt and should only be eaten sometimes.
- 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

Breakfast biscuits	Pasta
Fruit bread	Rice
Crumpets	Fruit scones
Pita bread	Porridge

Bread: wholegrain and wholemeal are better choices

Vegetables and legumes/beans

Fresh vegetables	Salad
Frozen vegetables	Lentils and legumes
Tinned vegetables	Baked beans

Fruit

Fresh fruit
Tinned fruit
100% fruit juice

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

Cheese slice	Fresh milk
Custard	Soy milk

Yoghurt

Meat, fish, poultry, nuts and legumes/beans

Fresh meat	Baked beans	
Lentils and legumes	Eggs	
Nut butters (Peanut)	Tinned Fish	BBQ Chicken

Answers for classifying foods

Unsaturated spreads and oils

Margarine

Unsaturated oil (e.g. olive oil and canola oil)

Nut butters (e.g. peanut)

Foods to eat sometimes

Overall the foods in this section are generally high in fats, salt and added sugars and should only be eaten sometimes.

Sweet biscuits

Salami

Butter

Ice cream

Savoury biscuits

Iced fruit bun

Blackcurrant cordial

Beer

Wine

Lollies

Soft

Hot chips

Sausages

Muffins

Meat pie

Ham

Instead try to make your own sometimes foods, to help reduce the amount of fat, salt and sugar that is added.