

Fruit and Vegetable Alphabet

Letter	Fruit	Vegetable
A	Apples Apricots	Avocados Alfalfa sprouts Artichokes
B	Bananas Blackberries	Blueberries Boysenberry Beans Beetroot Bok choy
C	Cherries Custard apples Custard apple	Cranberries Cumquats Carambola Cabbage Capsicums Carrots Cauliflower Chillies
D	Dates	Durian
E	Elderberry	Eggplant Endive
F	Figs	Feijoa Fennel
G	Grapefruit Guava	Grapes Garlic Gourd
H	Honeydew melons	
I		
J	Jackfruit	
K	Kiwifruit	Kale Kohlrabi
L	Lemons Limes	Lychees Lillipilli Leeks Lettuce
M	Mangoes Mulberry	Mandarins Mushrooms
N	Nashi pears	Nectarines
O	Oranges	Olive
P	Passionfruit Papaws Peaches Pears	Persimmons Pineapples Plums Parsley Parsnips Peas Potatoes Pumpkins
Q	Quince	Quandong
R	Raspberries rambutan	rockmelon Radishes Rhubarb Rocket rocket
S	Strawberry Star fruit	Sapote Star apple Shallots Silverbeet Snow peas Spinach Squash Swedes Sweet potato Spring onions
T	Tamarillo	Tamarind Tomatoes Taro turnips
U		
V		
W	Watermelon	Watercress Witlof
X		
Y		Yam
Z		Zucchini

Websites

Anaphylaxis Australia Inc

<http://www.allergyfacts.org.au>

Australasian Society of Immunology & Allergy

<http://www.allergy.org.au/aer/infobulletins>

Australian Council of Health, Physical Education and Recreation (ACHPER)

<http://www.achper.org.au>

Australian Dairy Corporation

This site provides information about dairy products and calcium as well as general nutrition information and information about how to obtain free resources.

<http://www.dairyaustralia.com.au>

Breastfeeding

Fact sheets from the Australian National Breastfeeding Strategy

<http://www.health.gov.au/pubhlth/strateg/brfeed/index.htm>

Australian Breastfeeding Association Website

<http://www.breastfeeding.asn.au/>

Children's Health

<http://www.kidshealth.org>

Children's Health Development Foundation

Includes useful links and resources for those working with children.

<http://chdf.org.au>

Coles 7-a-day

<http://www.7aday.coles.com.au>

Department of Health

This section of the website contains information on nutrition and healthy eating, physical activity and promoting healthy weight.

<http://www.health.gov.au/internet/wcms/publishing.nsf/Content/Nutrition+and+Physical+Activity-1>

Dietitians Association of Australia

Information on healthy eating, contains smart eating facts and food ideas

<http://www.daa.asn.au>

Early Childhood Association

<http://www.earlychildhoodaustralia.org.au>

Food Standards Australia New Zealand

A range of information about food products, labelling, food safety and food laws.

<http://www.foodstandards.gov.au>

Food Watch

Catherine Saxelby's award-winning nutrition site.

<http://www.foodwatch.com.au>

Fresh for kids

<http://www.freshforkids.com.au>

Interactive website for kids to learn more about healthy eating.

Go Grains

Information about the nutrition and health benefits of grains and pulses.

<http://www.gograins.grdc.com.au>

Heart Foundation

Information on eating and exercise, project materials for students, teacher resources, healthy school program.

<http://www.heartfoundation.com.au>

Healthy Eating Club

This site aims to improve health and education worker's knowledge of nutrition.

www.healthyeatingclub.com

Meat and Livestock Australia

<http://www.mla.com.au>

The meat and livestock pamphlet on iron for toddlers and babies

http://www.australianbeef.com.au/uploads/pdf/iron_for_toddlers.pdf

http://www.australianbeef.com.au/uploads/pdf/iron_for_babies.pdf

Nutrition Australia

Information and advice on nutrition, health and well-being, lists healthy programs and events.

<http://www.nutritionaustralia.org>

NSW Health

A range of leaflets relevant for ages 0-5 years. Leaflets also available in languages other than English.

<http://www.mhcs.health.nsw.gov.au/health-public-affairs/mhcs/publications/6855.html>

Queensland Health

<http://www.health.qld.gov.au/cchs/nutrition.asp>

<http://www.health.qld.gov.au/healthtopics/default.asp>

<http://www.health.qld.gov.au/healthieryou/food&nutrition.asp>

<http://www.health.qld.gov.au/child&youth/factsheets>

Sanitarium

<http://www.sanitarium.com.au>

The Lady Gowrie Child Centre

<http://www.gowrie-brisbane.com.au>

Victorian Government

Child nutrition fact sheets

<http://www.dhs.vic.gov.au/mch> (link to 'maternal and child health' then 'mch Information for parents' then 'child health and nutrition fact sheets')

Website on healthy eating for adults and children produced by the Victorian Government

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/hl_healthyeating?open

<http://www.goforyourlife.vic.gov.au/hav/articles.nsf/web1/families?open>

Westmead Hospital

Westmead Hospital fact sheets for parents including infant and childhood nutrition.

<http://www.chw.edu.au/parents/factsheets/>

Woolworths

Healthy eating tips and recipes from Rosemary Stanton.

<http://www.woolworths.com.au>

Publications

Australian Guide to Health Eating

The national food selection guide.

<http://health.gov.au/pubhlth/strateg/food/guide/index.htm>

Eat Well Qld 2001-2012: Smart Eating for a Healthier State

<http://www.health.qld.gov.au/qphf/FoodNutrition.htm>

NHMRC

Contains Dietary Guidelines for Child and Adolescents in Australia incorporating the Infant Feeding Guidelines for Health Workers. These recently released guidelines provide information for health professionals and the public about healthy food choices.

<http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm>

What is better food?

Nutritional Information

- Helps to assist early childhood professionals in making decisions about the food provided or brought into childcare settings.
- Lists the types and amounts of food required during child care hours to meet minimum dietary recommendations.
- Lists examples of food substitutes that are more suitable for children
- Provides information on label reading, children's nutritional requirements, introducing solids to infants and preventing tooth decay.
- Makes comparison of the fat and sugar content of different types of foods



Information for Parents

- Helps childcare centres provide parents with nutritional information and food ideas and tips.
- Provides newsletter articles and tips for parents, including ideas for lunchboxes, better snacks and sandwich fillings, appropriate drinks
- Provides fact sheets which may be photocopied for parents, e.g. Better Snack Ideas, Tips for Busy Parents and Fussy Eaters

Food Activities

- Gives details of food learning activities suitable for children in childcare settings
- Provides information on setting up your own Better Food display
- Suggests activities to learn about other cultures through food

Other Topics Covered

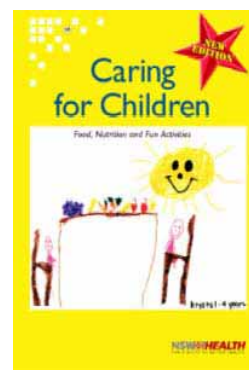
- Food Safety and Hygiene
- Food Allergies and Intolerances

<http://www.health.qld.gov.au/phs/Documents/shpu/6656.pdf>

Caring for Children: Food, Nutrition and Fun Activities (4th Edition, 2005)

Nutritional Information

- Is a practical guide to meeting the food and nutrition needs of children in care
- Provides information about the nutrition requirements of children for growth and activity, including the Dietary Guidelines for Children and Adolescents
- Provides a list of the types and amounts of food required to meet children's minimum daily nutritional recommendations while in long day care
- The following nutritional topics are covered: introducing solid food to infants, drinks, snacks & desserts for children, reading food labels, catering for infants and children with special dietary needs
- Information for parents is provided including: a lunchbox checklist – for food brought from home, and ideas for packed lunches



Food Preparation and Menu Planning

- Topics covered: food safety and hygiene, budgeting, menu planning, food ordering and equipment needs, recipes scaled to serve 40 children.
- Nutritional checklists for long day care menu planning and sandwich menu planning is included in assist in developing adequate menus
- Provides examples of menu plans

Food Awareness Activities

- Details are provided of activities which can be used to stimulate children awareness and interest in foods through learning

Nutrition Policies

- Discusses why a child care centre may wish to adopt a nutritional policy
- Provides a sample nutritional policy for both a centre providing all meals and a centre where parents provide meals.

Other Information Provided

- Choking precautions for children in care
- Ideas/suggestions on ways to provide nutritional information to parents

Produced by: The Nutrition and Physical Activities Branch
NSW Department of Health

Available from: Lady Gowrie Child Centre, Sydney
PO Box 6385 Alexandria NSW 2015
Tel (02) 8345 7608
Fax (02) 93137022
Email: ressales@gowrie-sydney.com.au

Cultures, Cuisines & Child Care: A Multicultural Resource for Child Care Centres

- Describes the role multicultural food activities can play in increasing children's cultural awareness and acceptability of different foods and flavours
- Gives details on how to plan food activities, including hygiene and safety issues to be aware and age appropriate food handling skills

For each culture information is provided on:

- Geography
- General characteristics of the diet
- Common ingredients used
- How to make meals specific for the culture
- How food is traditionally served
- Special or religious occasions involving food
- Activities related to food

Cultures covered in this resource:

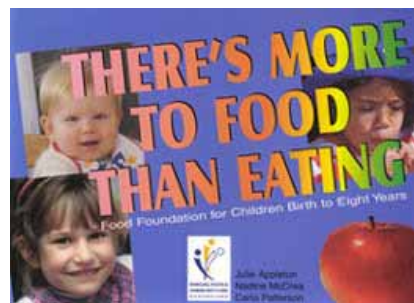
- Arabic
- Greek
- Italian
- Latin American
- Vietnamese
- Chinese

To order contact the Dietetics Department, Liverpool Health Service, ph (02) 9828 6766

There's more to Food than Eating

Provides a wide range of activities for children

- Science and Math activities – using counting and experiments with common household items eg vinegar and baking soda
- Food Cycle activities – eg composting
- Children's Books activities – including *The Little Red Hen* by Louise Pfanner and *The Very Hungry Caterpillar* by Eric Carle
- Multicultural activities
- Food preparation and cooking activities – for a range of ages and abilities, e.g. celery boats
- Physical activities and games – activities related to looking after a vegetable garden, memory games e.g. charades with food related items such as carrot, spoon or milk



Food and Nutrition Information

- Discusses children's nutritional needs, including recommendations and the Dietary Guidelines for Children
- Children with special needs
- Meal planning
- Food Safety and Hygiene
- Information and ideas for parents – such as snack ideas, lunchbox and evening meal ideas, looking after children's teeth, fussy eaters
- Provides a sample nutrition policy
- Infant Feeding

Curriculum Development

- Describes the 'Food and Nutrition Curriculum Development Framework', including key principles of formal and informal curriculum development
- The learning process

Families, Youth and Community Care, Queensland

Written by Julie Appleton, Nadine McCrea and Carla Patterson

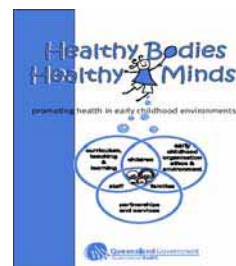
Happy Teeth

- A comprehensive kit produced by Queensland Health, which addresses oral health issues during all years of childhood. It includes activities, songs, fact sheets, oral health policies, and sample newsletters.
- Contact your local Oral Health Unit for copies.

Healthy Bodies, Healthy Minds

A comprehensive resource designed for professionals in childcare services to assist in identifying and addressing health issues in their community.

<http://www.health.qld.gov.au/phs/documents/sphun/hbhm.asp>



Caring for Infants

A glossy ring-bound book with additional A4 sized posters covering nutrition and food hygiene for 0-1 Year olds. It is currently being updated to include the new Dietary Guidelines for Children and Adolescents.

Copies can be obtained from:

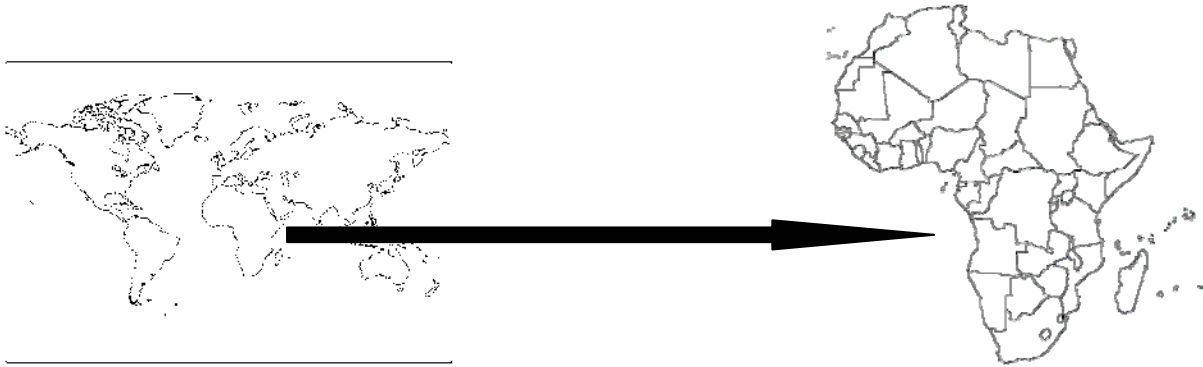
The Early Childhood Nutritionist

Sydney South West Area Health Service

Ph: (02) 9515 9737

African culture

Where in the world is Africa?



Neighbouring Countries

Spain, Saudi Arabia, Yemen, Israel, Jordan

Neighbouring Bodies of Water

- Atlantic Ocean, Indian Ocean, Mediterranean Sea, Arabian Sea

General Characteristics of the Diet:

- Traditionally, as in almost all cultures, the cuisine of Africa uses a combination of locally available fruits, grains, and vegetables, milk and meat products.
- Each country in Africa has its own distinct cuisine and eating patterns
- The primary characteristic of African meals is the use of starchy foods as a focus, particularly root vegetables. This is often accompanied by steamed greens or a stew containing meat, often chicken, or vegetables, or both.
- Cassava and yams are the main root vegetables used in African cooking.
- Peanuts, called groundnuts in Africa, feature heavily in many dishes as a garnish or flavouring.

Common Ingredients

Maize flour

Maize flour can sometimes be called mealie meal and is used to make porridge.

Beans/pulses

Black-eyed beans, mung beans and red kidney beans are most commonly used. Beans are used in several types of dishes, for instance soups, stews, rice dishes, salads and as snacks.

Cassava

The cassava is an important source of dietary carbohydrates in many parts of Africa. It comes with hard and starchy white flesh. This vegetable is the basis in the making of cassava flour. The cassava contains a strong poison, cyanide, which needs to be eliminated during the preparation of the flour. This is done by cooking or fermenting the vegetable. Drying and grinding comes next. The cassava flour is then ready for storage or use.

Yams

The yam is a vegetable that should not be confused with the sweet potato. Yams come with a white flesh and texture, similar to a turnip. The flesh can be eaten boiled, roasted, baked, mashed or made into chips.

Sweet Potato

Sweet potatoes are a root vegetable; they can be eaten boiled, roasted, fried, creamed or baked in their skins. They are easily combined with both sweet and savoury dishes.

Plantains

The plantain is a member of the banana family. They are served as the starchy component of the main meal. These fruits can either be green, yellow or almost black, according to their ripeness. When plantains are green and unripe, they have a chalky texture and flavour resembling a potato. Plantains should not be eaten raw, but be prepared by cooking, boiling, frying, baking or roasting.

Millet

Millet is fairly drought resistant and is a useful crop in any soil, even ones with little nutrition. This makes millet an important food staple all over the African continent, especially in the semi-arid areas. Millet is usually ground into a flour to be used in breads or as porridge.

Bananas

Ripe bananas of the sweet variety are commonly eaten without further preparation and are mostly served at the end of a meal. Unripe green bananas are sometimes eaten in Africa as a green vegetable, mostly boiled, with or without their skin.

Groundnuts

Groundnut is the African term for peanut. The main use of the groundnut is as a source of edible oil, but the high oil and protein contents also make it an important food crop. Groundnuts are mostly cooked and pureed into a thick, rich sauce and spooned over plantains, rice and different kinds of animal or vegetable based dishes.

Meat, Poultry and Fish

The role that meat, poultry and fish has in the diet is different in different parts of Africa. Meat is often used as part of the flavouring of a meal rather than as a main ingredient. Fish, fresh or dried and chicken are commonly used in main meals such as stews.

Vegetables

Vegetables form an important part of the African diet and are often as a stew or steamed as a side dish. Common vegetables include:

- Sweet potato
- Cassava
- Beans
- Pumpkin leaves
- Legumes
- Cowpeas
- Black eyed peas
- Cabbage
- Okra
- Eggplant
- Spinach

Fruit

Fruits are enjoyed in the African diet; they are often consumed at breakfast or at the end of the meal as a dessert. Common fruits include:

- Coconut
- Orange
- Pawpaws
- Lemons
- Date palm
- Bananas

Herbs and Spices

Herbs and spices are often used in cooking in Africa, curry powder features regularly as a flavour in the main meal. Some common herbs and spices include:

- Curry powder
- Chillies
- Cloves
- Cinnamon
- Coriander
- Ginger
- Onion
- Tamarind
- Garlic
- Cardamon
- Nutmeg
- Turmeric

How to give your menu an African Flavour

- To flavour dishes add cinnamon, coriander, cardamom, onion, ginger, garlic, nutmeg or turmeric. Most meat can also be marinated using a variety of these flavours.
- Include vegetables such as sweet potato, okra and eggplant in dishes.
- Offer commonly used fruits in a fruit platter eg bananas and pawpaws
- Include dishes based on legumes such as red kidney beans

How is the food served?

- Many Africans will eat with their hands, using bread to scoop up their food where necessary.
- Food is usually placed in the middle of the table on serving platter or in bowls, and people help themselves.

What religious or special occasions are celebrated?

- Many people from Africa follow the Islamic religion and are called Muslims.
- Islamic food laws prohibit the eating of pork and pork products, products containing pig fat such as biscuits and ice cream, alcohol and some seafood. Carnivorous animals, birds that seize their prey with talons, and the flesh of domestic animals are also forbidden foods for Muslims.
- Halal, when used in relation to food or drink means that it is permitted and fit for consumption by Muslims. Some foods are termed Halal (allowed) and others are Haram (forbidden).

Cultures, cuisines and Child Care



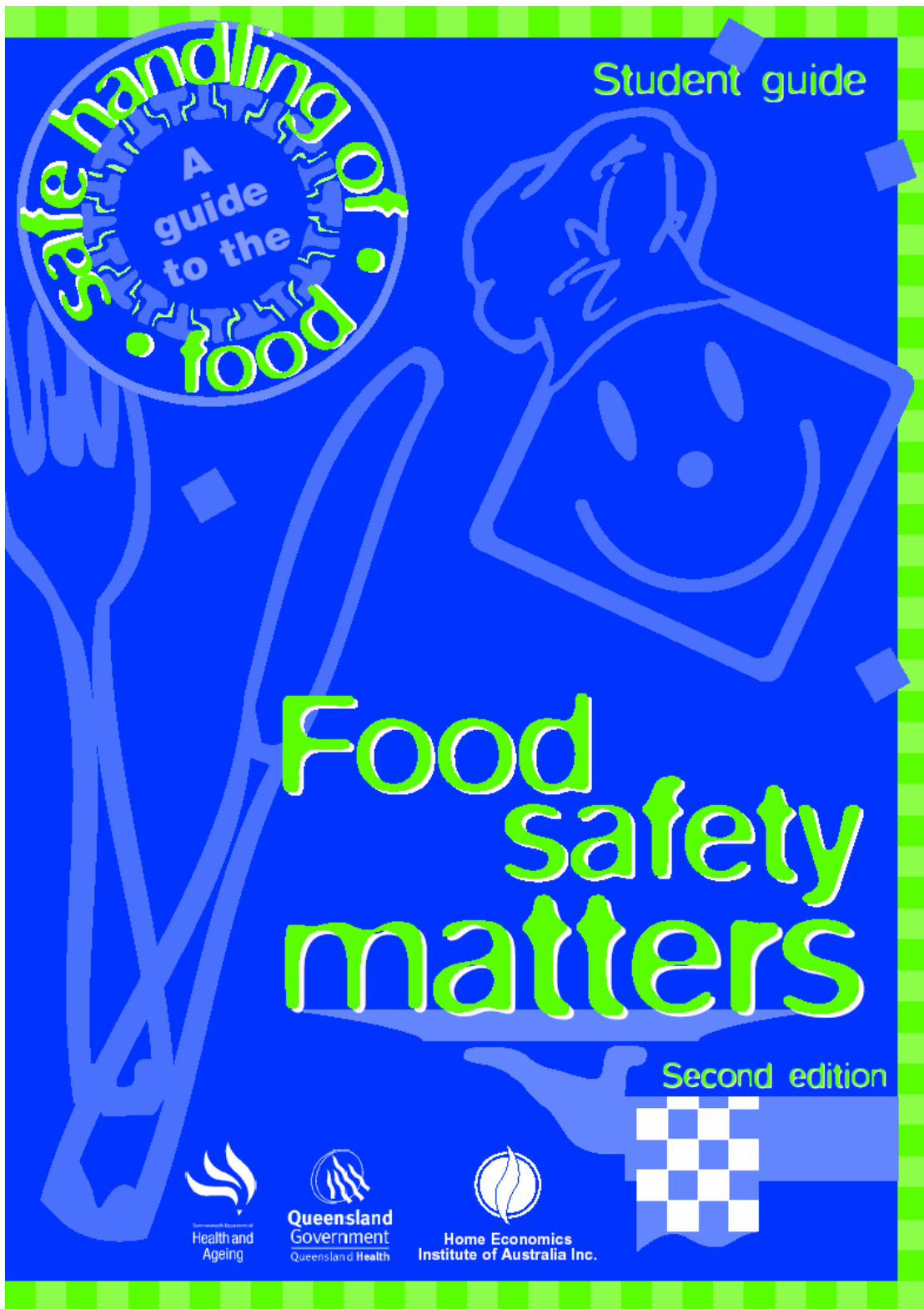
More Than Just Nutrition

**A Multicultural Resource
For Child Care Centres**

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