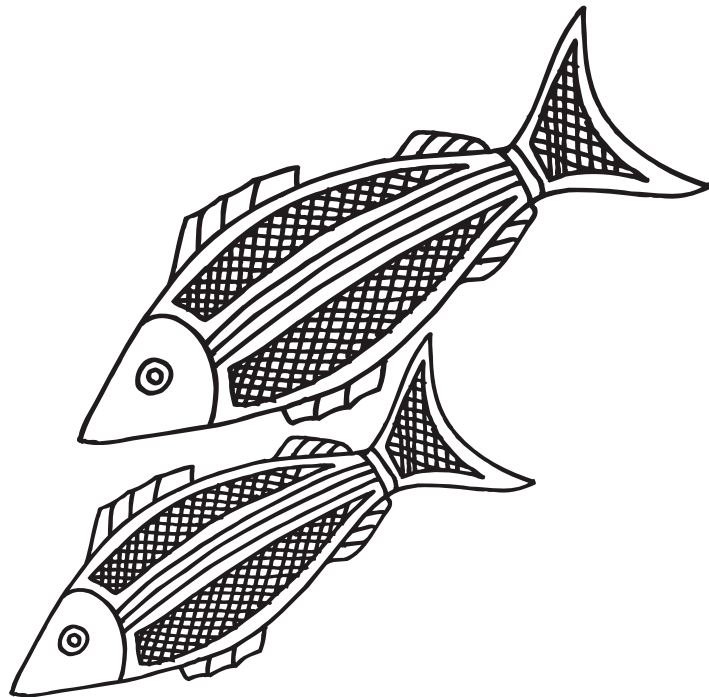


8.
Photocopy Masters



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Healthy jarjums make healthy food choices



Dear Parent/Guardian

Over the next weeks your child will be participating in a school nutrition program called Healthy jarjums make healthy food choices. This program will be looking at

- the relationship between food and health
- classifying foods as 'everyday foods' and 'sometimes foods'
- exploring Aboriginal and Torres Strait Islander culture and foods, and
- food safety, hygiene and food preparation.

The program will involve many practical, hands on activities. We will be sending invitations to all parents to participate in some of these activities with their children.

The children will also be bringing home worksheets that may need your assistance to complete. Please help your child with these activities to help reinforce the healthy messages.

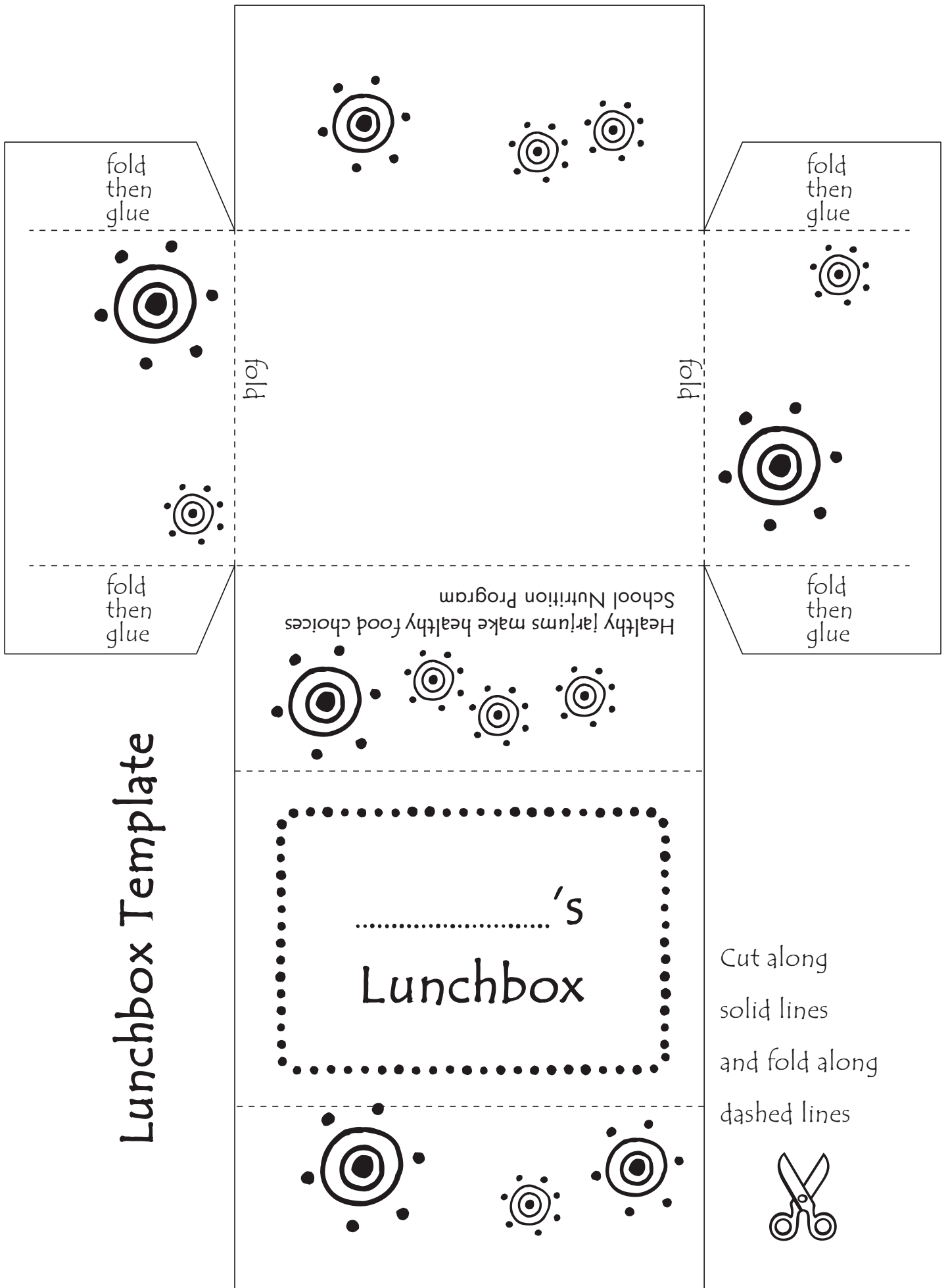
Thank you



Queensland
Government



Lunchbox Template



Foods for the lunch box



noodles



corn



chicken drumstick



watermelon



egg



sausage roll



lollies



grapes



meat pie



yoghurt



ice cream



water



cup-cake



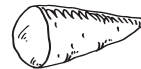
pizza



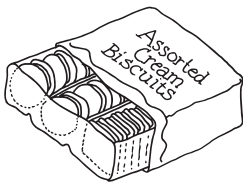
apple



rice



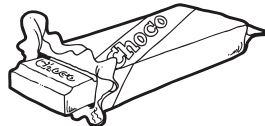
sweet potato



biscuits



fries



chocolate



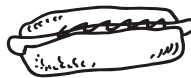
chips



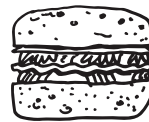
salad roll



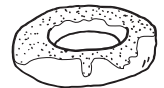
cheese and biscuits



hotdog



hamburger



donut



soft drink



milk



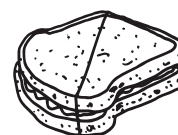
sultanas



deep fried fish and dim sim



fruit roll



sandwich

Please circle the 'everyday' foods

Name: _____

Pre-test/post-test



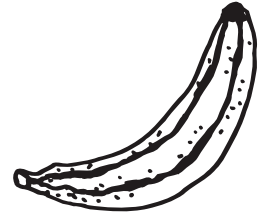
milk



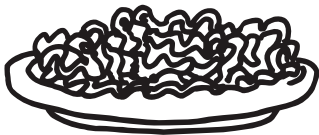
chicken
drumstick



soft drink



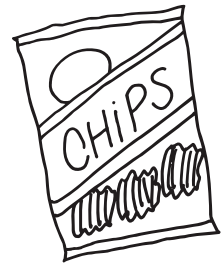
banana



noodles



meat pie



chips



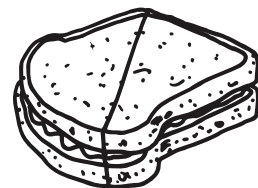
rice meal



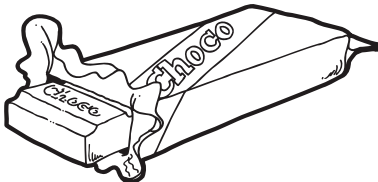
fries



lollies



sandwich



chocolate



yoghurt



pizza



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Healthy jarjums make healthy food choices