

# *Fairfield Refugee Nutrition Project*

## Food Groups

## LESSON PLAN FOOD GROUPS

### Background

The diet of many people from refugee backgrounds is very sound; however prior learning relating to nutrition is not a common experience. The Australian Dietary Guidelines provide a framework for nutrition learning and disease prevention. Information on healthy eating provides a context within which refugees can evaluate the place of new and unfamiliar foods and drinks, especially those high in fat and sugar<sup>1</sup>.

**Messages** Eat most fruit, vegetables, beans, legumes and whole grains  
 Eat moderately meats, chicken, fish, and dairy  
 Eat little sweets, tea, coffee, sugars and oils  
 No Salt  
 Drink water

**Topic** Food pyramid and food groups

### Focus Questions

What are food groups and the correct proportions for healthy eating?

What does healthy eating look like?

Are my family and I eating a balanced diet, like the food pyramid?

### Learning Experiences

Competency	Activity	Resources
Food groups	<ul style="list-style-type: none"> <li>- Group leader discusses the concept of food groups.</li> <li>- Using pictorial client resources and food models discuss recommended servings, serving sizes, and varieties within each food group.</li> </ul>	<ul style="list-style-type: none"> <li>- White board or butchers paper and marker.</li> <li>- Food groups hand-out <a href="http://www.refugeehealth.nsw.gov.au">www.refugeehealth.nsw.gov.au</a>.</li> <li>- Collection of food containers or food models.</li> </ul>
Comprehension	<ul style="list-style-type: none"> <li>- Using the food cards or cut-outs design a 1 day meal plan. Assist participants to decipher the food groups and servings.</li> </ul>	<ul style="list-style-type: none"> <li>- White board or butchers paper and marker.</li> <li>- Food cut-outs <a href="http://www.refugeehealth.nsw.gov.au">www.refugeehealth.nsw.gov.au</a> or food cards <a href="http://www.rph.wa.gov.au/hpnetwork/GFNA/Goodfood.htm">www.rph.wa.gov.au/hpnetwork/GFNA/Goodfood.htm</a>.</li> </ul>

Comprehension and learning	<ul style="list-style-type: none"> <li>- Post evaluation; participants individually complete a food group exercise by writing down or drawing yesterday's food intake and counting the food groups and servings.</li> <li>- For very low-literacy repeat this exercise in a group.</li> </ul>	<ul style="list-style-type: none"> <li>- Post-evaluation form <a href="http://www.refugeehealth.nsw.gov.au">www.refugeehealth.nsw.gov.au</a>.</li> </ul>
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### Review Questions

What will you do to eat the right amount of the right type of foods?

How can you help your children to eat from all of the food groups?

What are the challenges to eating from all of the food groups? Discuss as a group strategies for change.

### Evaluation

Participants individually complete a food group exercise by writing down or drawing yesterday's food intake and counting the food groups and servings.

### Other resources and lessons

From 'Easing the Transition', p36, 'Conveying information about healthy eating- The healthy food pyramid'.

[www.foundationhouse.com.au](http://www.foundationhouse.com.au)

Australian Dietary Guidelines, NHMRC

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

Eat big

# Vegetables

# Legumes & Fruit

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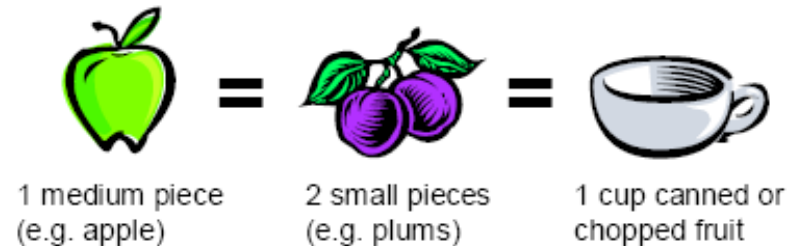
# Eat big: Fruit

## How Much

2 to 4 serves of fruit/day

## One serve

1 medium piece, 2 small pieces or 1 cup chopped fruit.



# Eat big: Fruit



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=



1 medium piece  
(e.g. apple)

2 small pieces  
(e.g. plums)

1 cup canned or  
chopped fruit

# Eat big: Vegetables

## How Much

4 to 8 serves of vegetables/day

## One serve

1 cup of salad or 1/2 cup of cooked vegetables.



=



1/2 cup cooked vegetables  
or cooked legumes

1 cup salad vegetables



## Eat big: Vegetables



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1/2 cup cooked vegetables  
or cooked legumes

1 cup salad vegetables



Eat big

# Cereals, Breads, Pasta & Noodles

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## Eat big: Cereal, bread, pasta & noodles

### How Much

4 to 9 serves/day for women

5 to 12 serves/day for men

### One serve is:

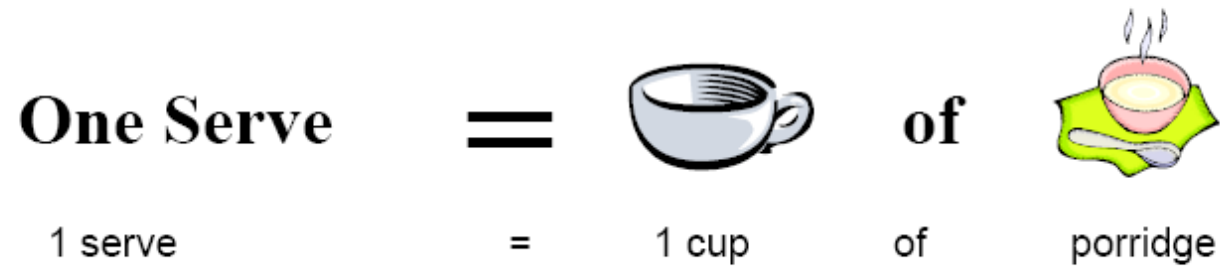
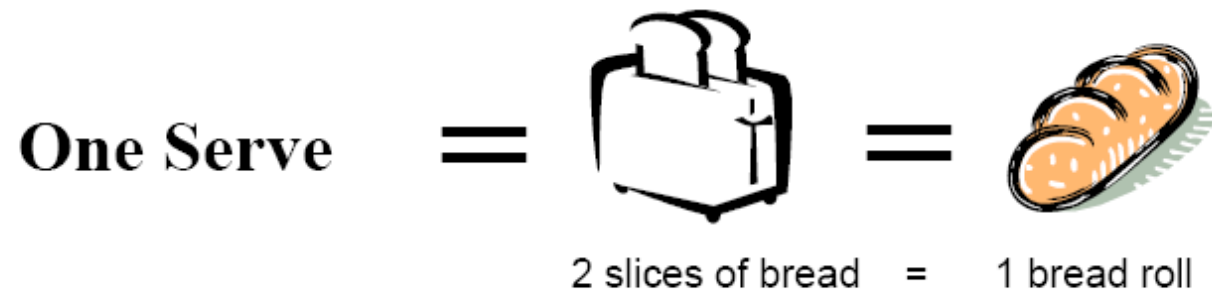
2 slices of bread

1 cup cooked rice, pasta, noodles

1 cup porridge

1/3 cup breakfast

# Eat big: Cereal, bread, pasta & noodles



# Eat big: Cereal, bread, pasta & noodles

**One Serve**

1 serve

=



1 cup

of



of

cooked rice

**One Serve**

1 serve

=



1 cup

of



of

pasta or noodles

Eat some

Meat, chicken,  
fish, beans

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Eat some: Meat, chicken, fish, beans

How Much

1 to 1.5 serves/day

One serve is:

65 – 100g meat or chicken

½ cup cooked legumes

80- 120g fish

2 eggs

1/3 cup of almonds or ¼ cup of seeds

Eat some: Meat, chicken, fish, beans

**One Serve**

**=**



**of**



1 serve

=

85 - 100g

of

meat

**One Serve**

**=**



**of**



1 serve

=

85 - 100g

of

chicken

Eat some: Meat, chicken, fish, beans

**One Serve**

=



of



1 serve

=

80 - 120g

of

fish

**One Serve**

=

2





1 serve

=

2 eggs

*Eat some: Meat, chicken, fish, beans*

**One Serve** =  of   
1 serve = 1 cup of beans

# Eat some Milk & Dairy

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Eat some: Milk, dairy & alternatives

How Much

2 to 3 serves each day

One serve is:

1 cup milk

40g cheese

200g yoghurt

1 cup almonds

5 sardines

# Eat some: Milk, dairy & alternatives

**One Serve**

=



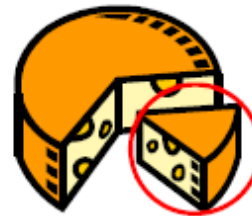
1 serve

=

1 cup milk

**One Serve**

=



1 serve

=

1 slice of cheese

# Eat some: Milk, dairy & alternatives

**One Serve**

=



1 serve

=

1 tub of yoghurt

**One Serve**

=

5



1 serve

=

5

sardines

Drink big

Water

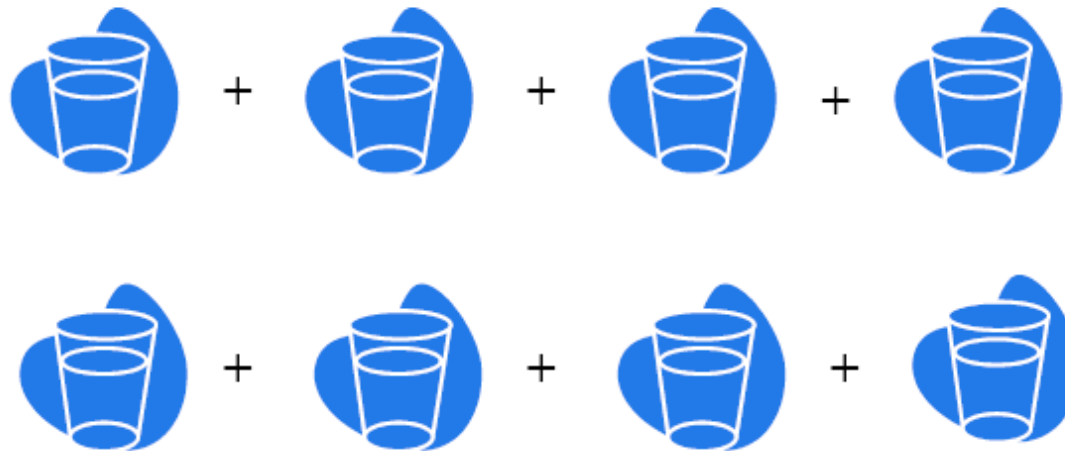
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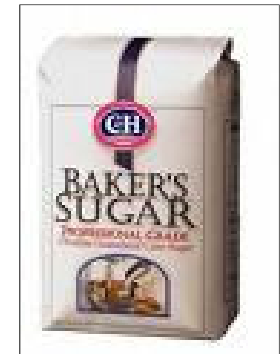
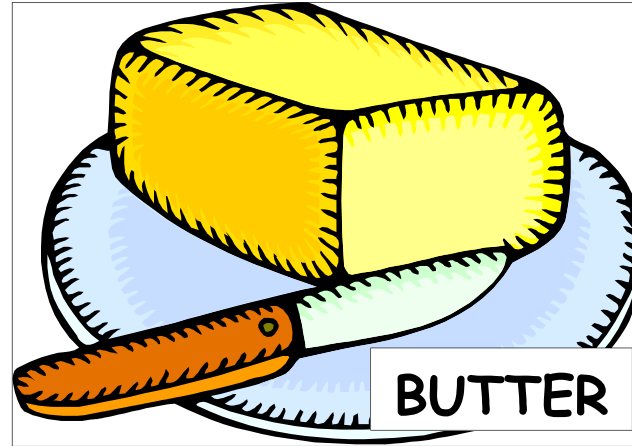


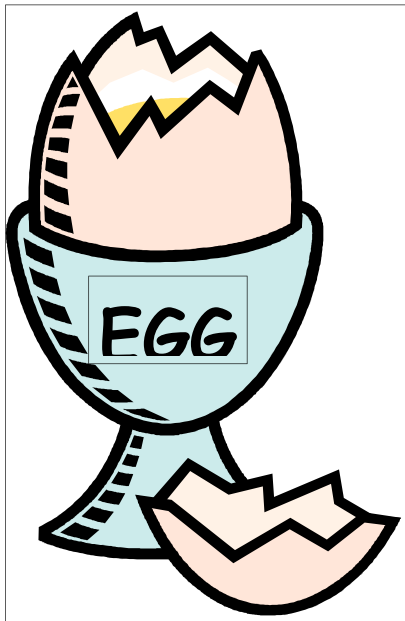
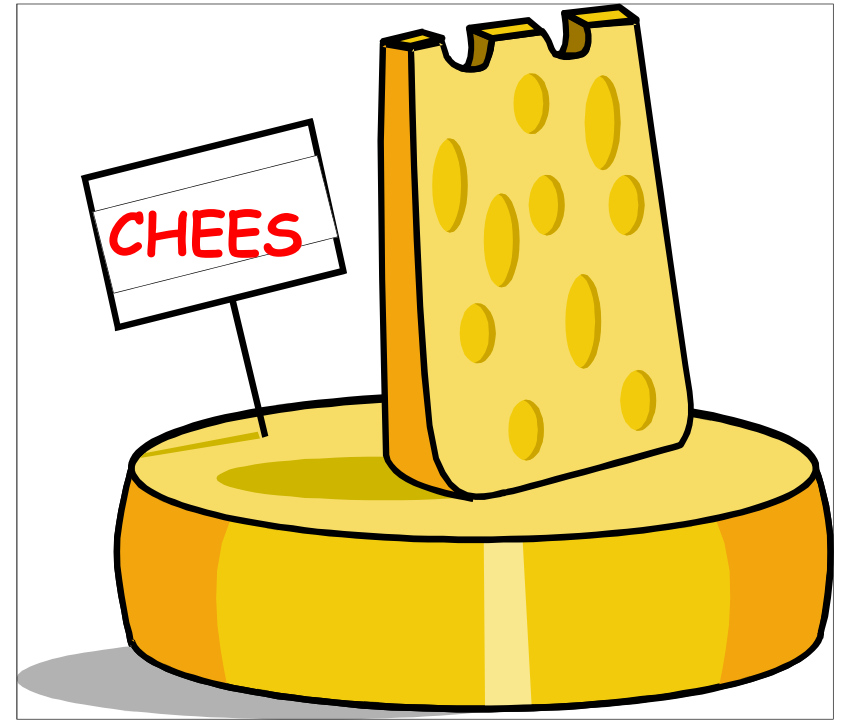
# Drink Big: Water

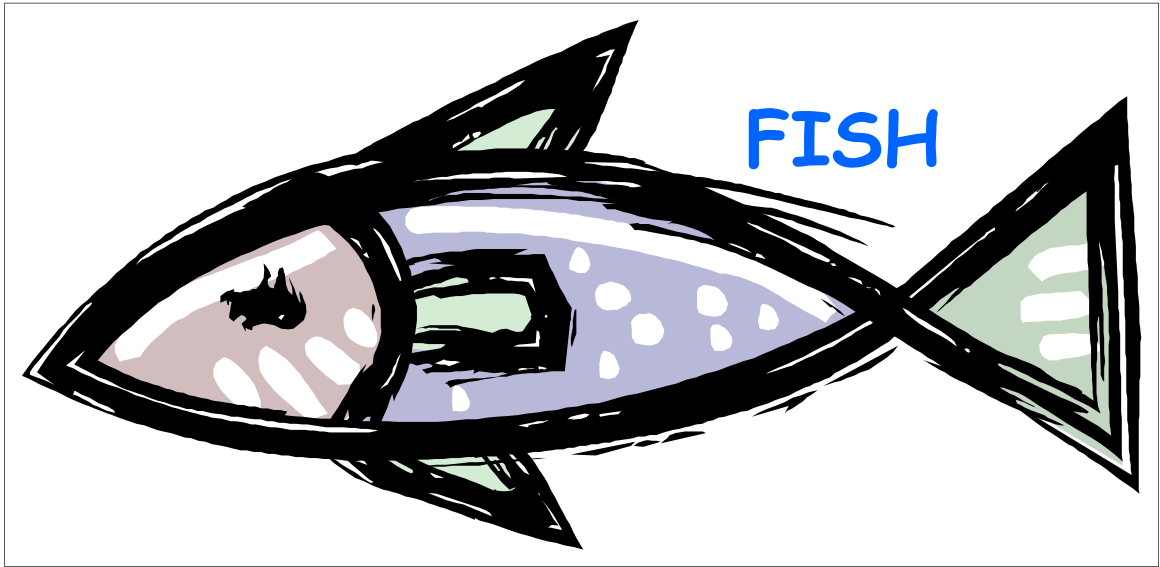
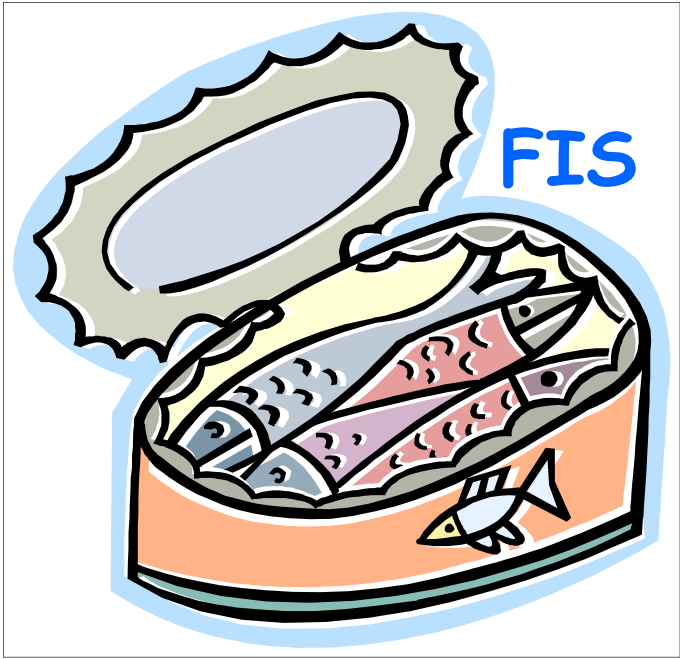
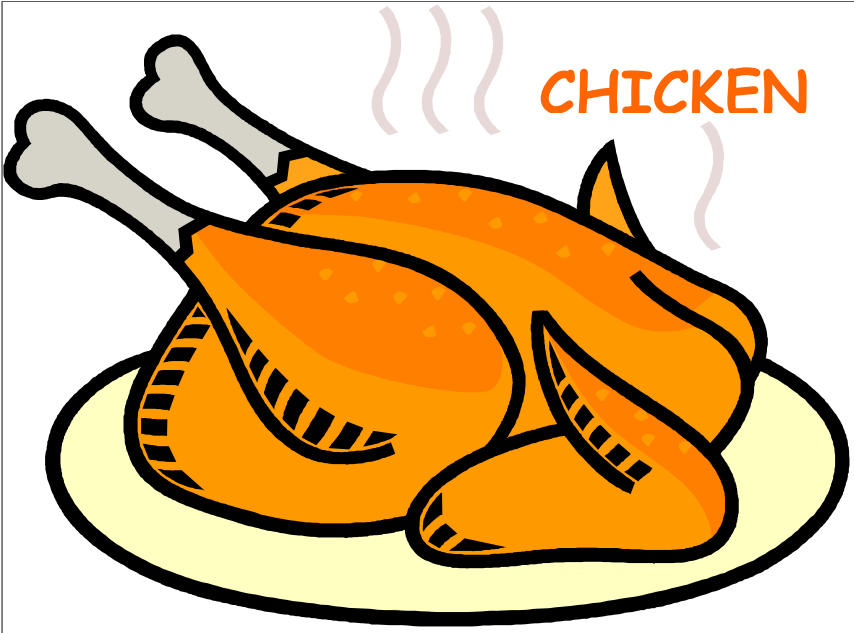
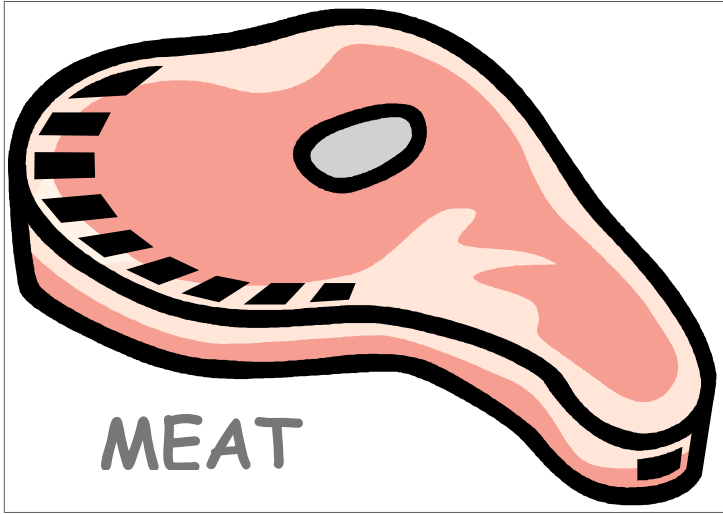
How Much

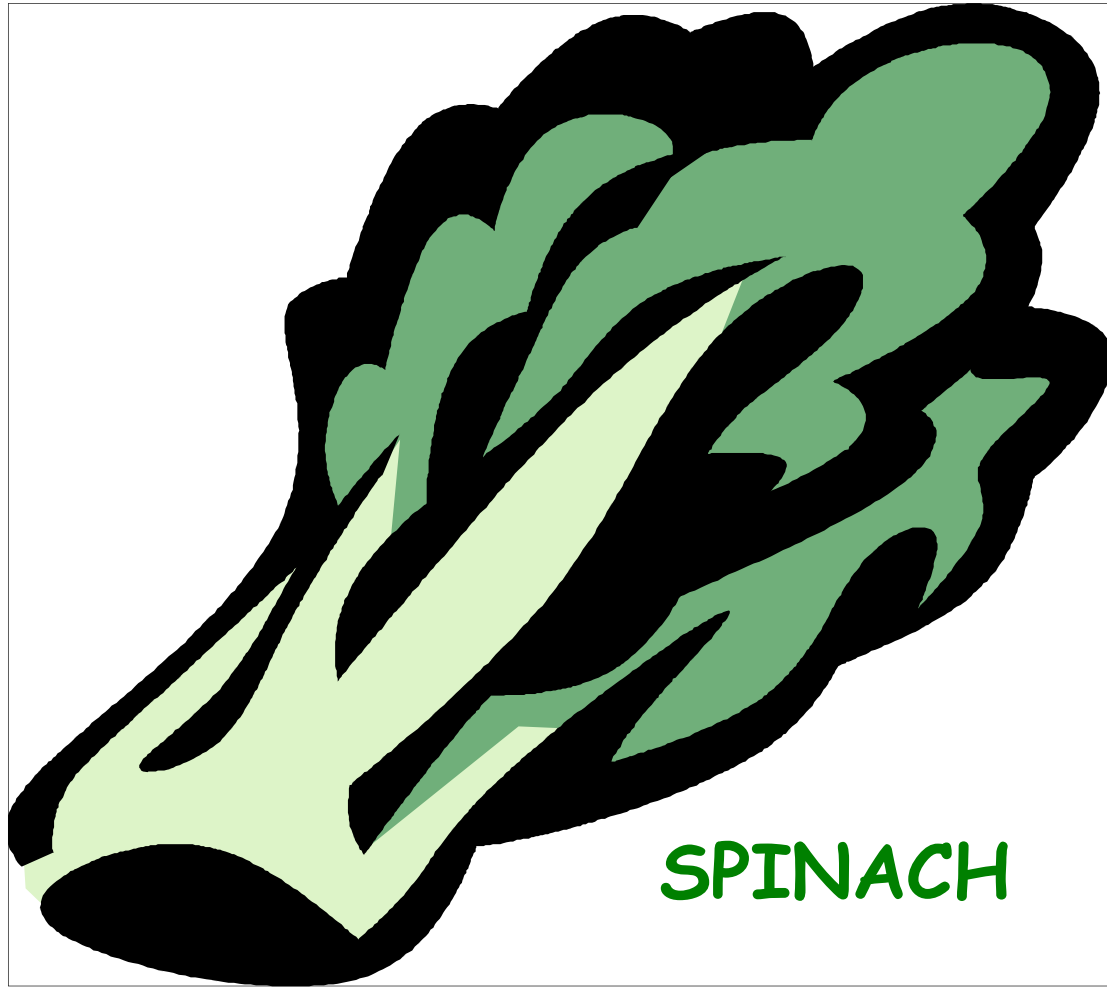
8 glasses each day



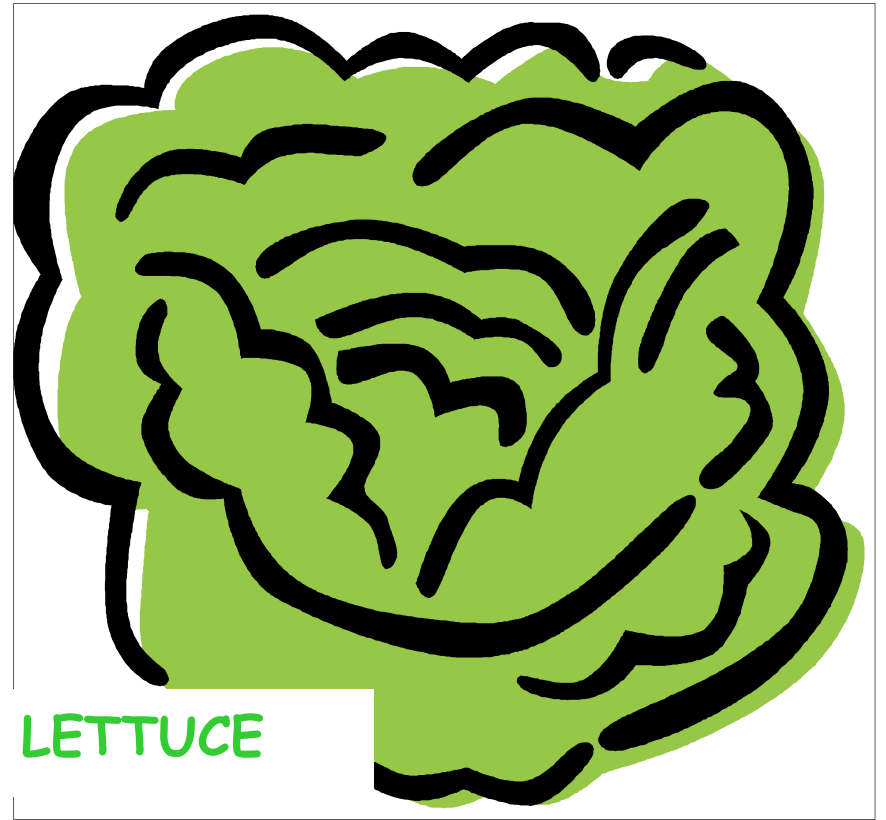




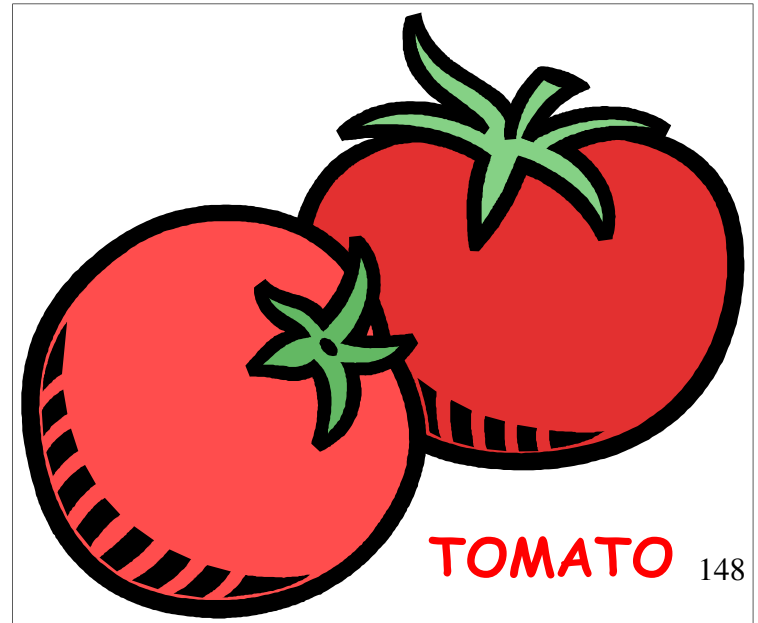




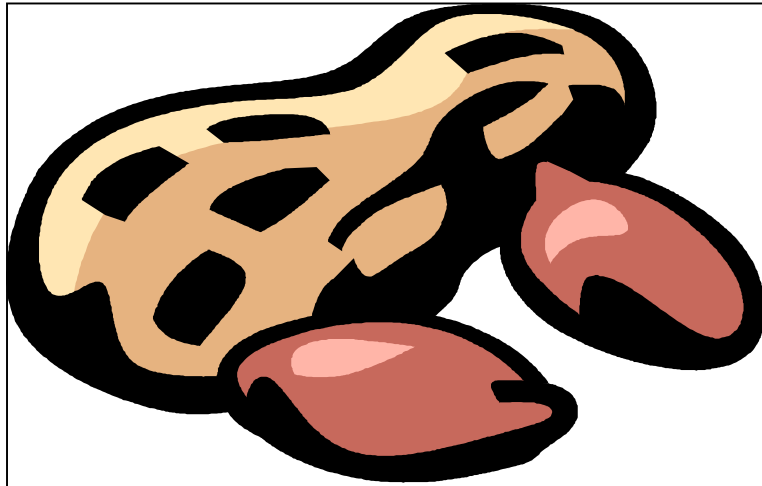
SPINACH



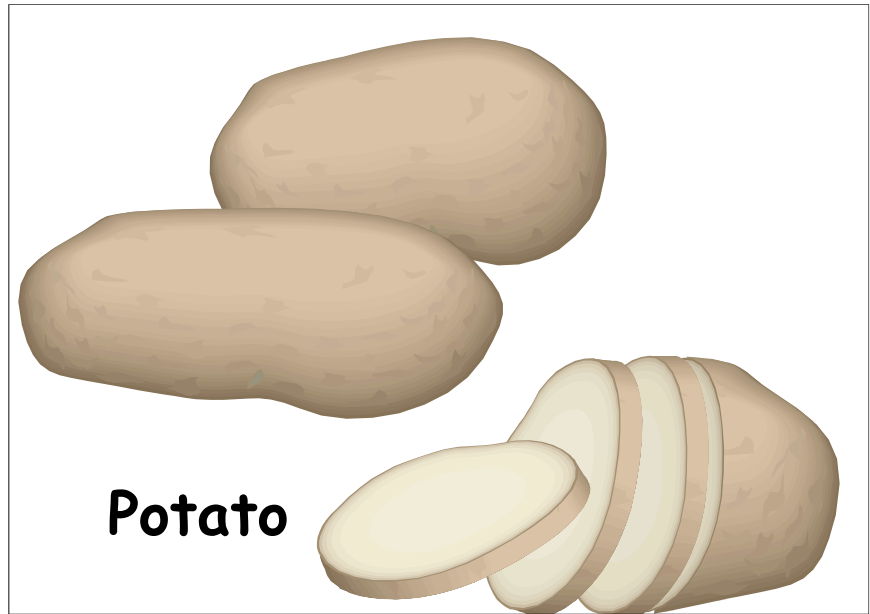
LETTUCE



TOMATO 148



Nuts



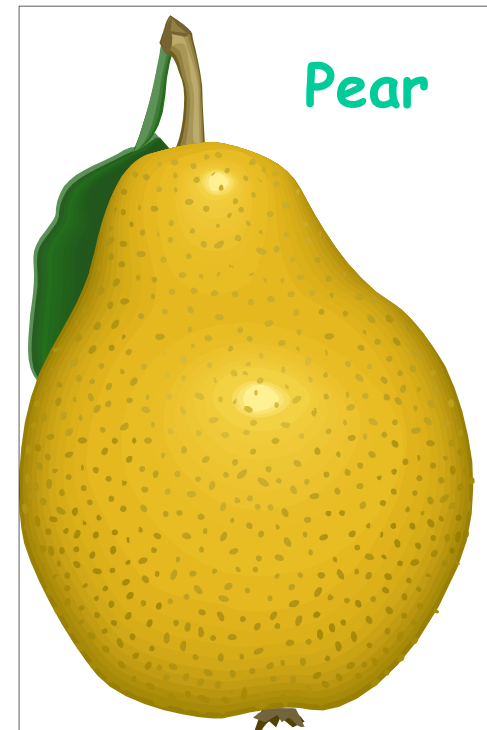
Potato



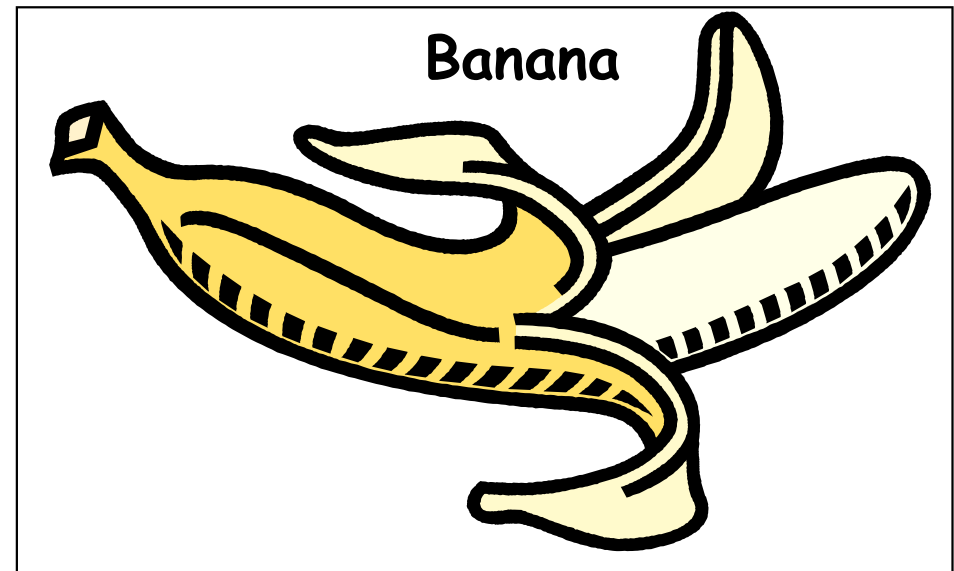
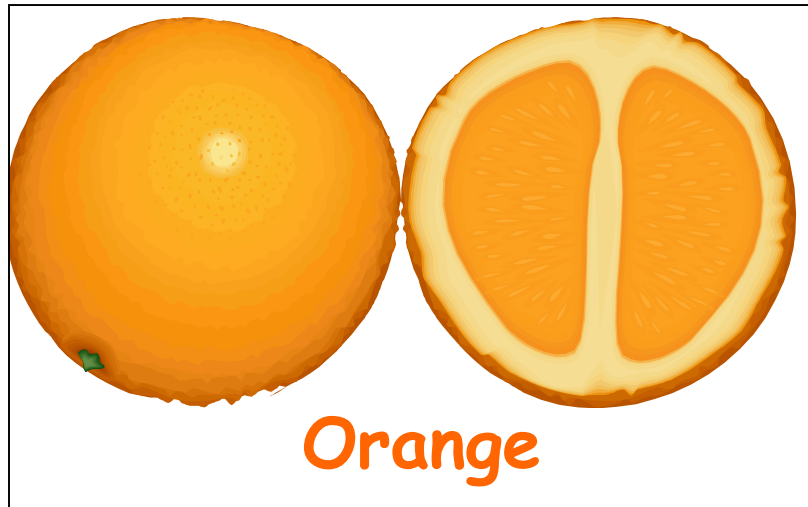
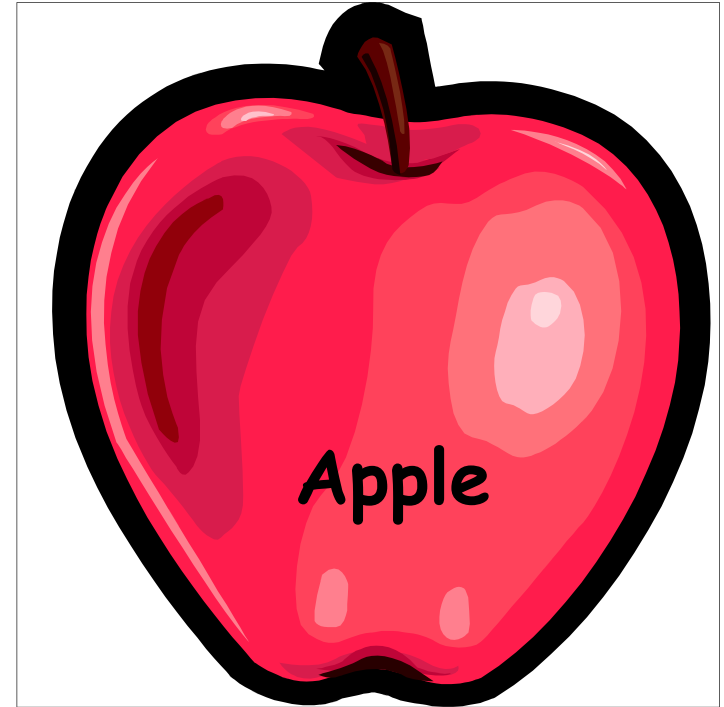
Lentils

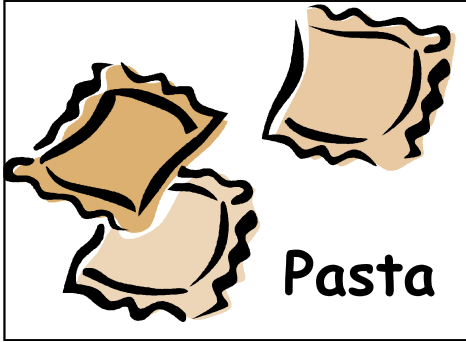
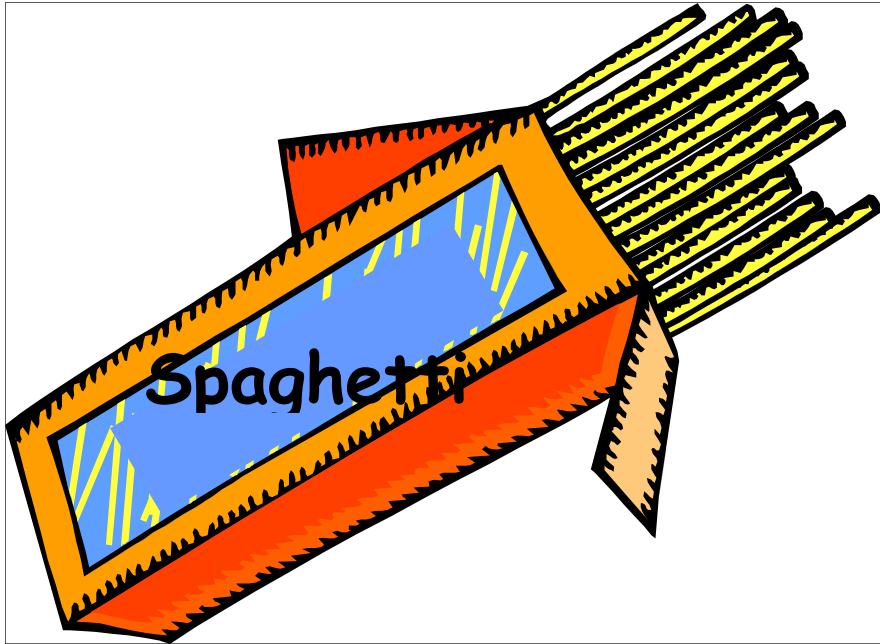
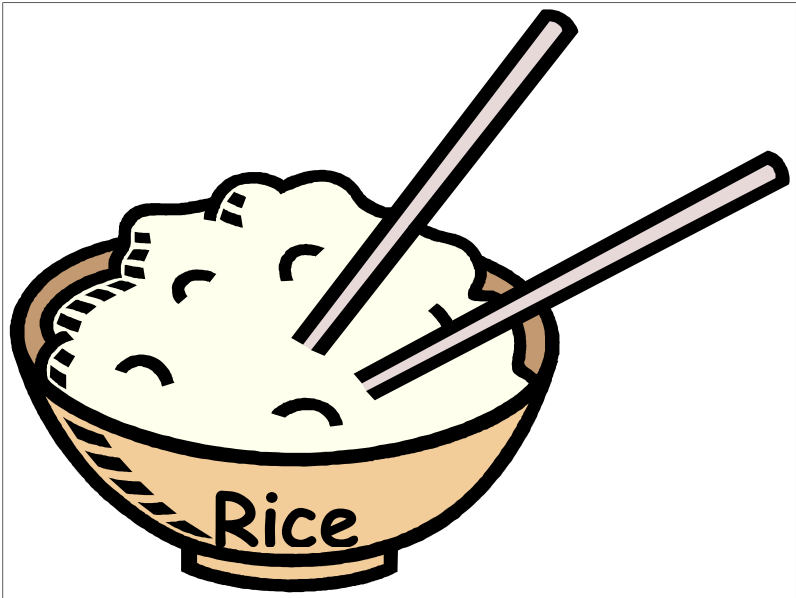
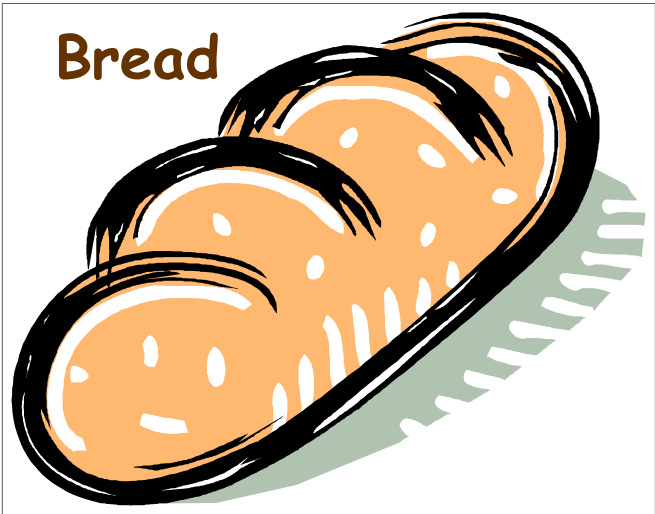


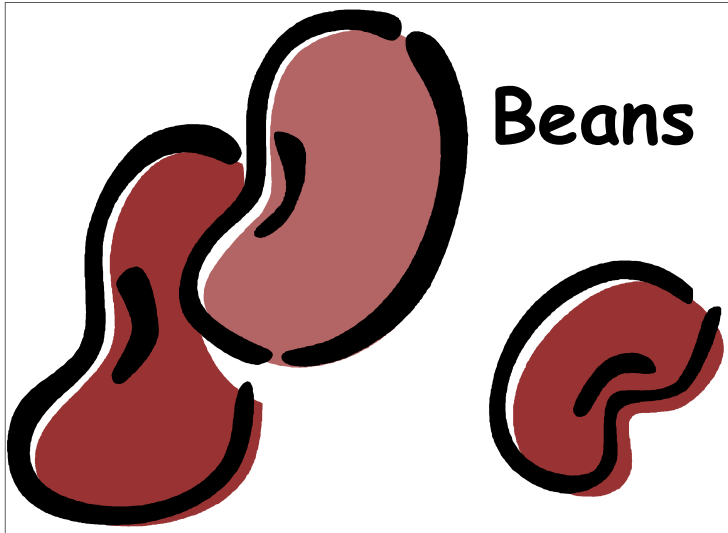
MUSHROOMS



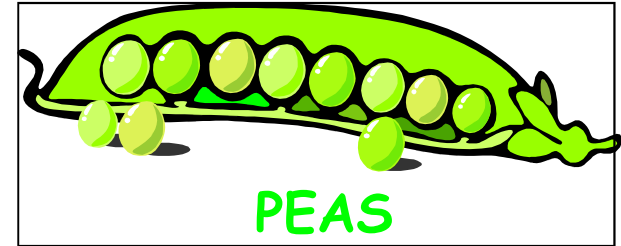
Pear



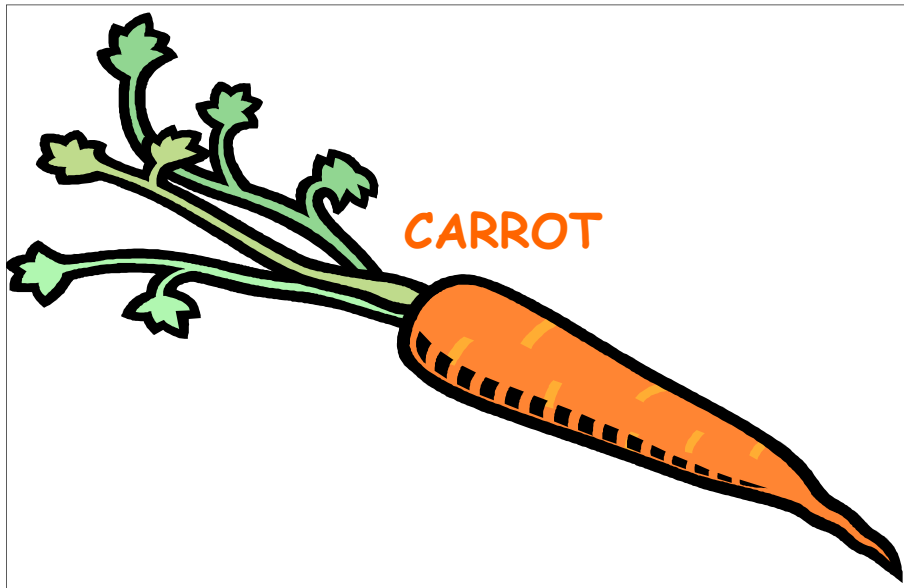




Beans



PEAS



CARROT



Grapes

## Food Groups



Female

or



Male

Number of children aged 0 to 5 years \_\_\_\_\_

Number of children older than 5 years \_\_\_\_\_

**Q1** Which are the correct **5** food groups? (Please tick)

Fruit and Vegetables

Soft drink and cordial

Lollies and vegetables

Milk, cheese and yoghurt

Meat, chicken and fish

Pastry and donuts

Beans and legumes

Wholegrain breads and grains

**Q2** What could you do at home to eat healthier?

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**Q3** How would you rate the talk today? (Circle your answer)

Overall



Communication



Information

