Dairy Australia

DISCOVER DAIRY

HEALTH AND NUTRITION
YEARS 3–6 WORKSHEET

Nutrient-rich food profile

Appearance _____

Flavour _____

Feels like _____

Smells like _____

Food group _____

List some of the vitamins and minerals contained in the food

_____

_____

_____

List some of the advantages of consuming this food as fuel for your body

_____

_____

_____

_____

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