

ANSWER SHEET

Activity 1 – The Five Food Groups

This first activity looks at the five groups and the serves required per child, per day. In this activity you will apply the serves of each food group to one day of your menu and check that you are meeting the number of serves required of each food group. Don't worry about the quantity of foods required to meet one serve at this stage, just use the number of serves required to map out the basic structure of what is provided on the daily menu.

For example:

- 1 children's serve of fruit is required per child per day, so check that you have fruit on your daily menu at least once.
- Two children's serves of grains are required per day, so check that you have a grain food on the menu twice, and so on for the rest of the food groups.

Please note: One serve doesn't need to be offered all at one time (discussed below)

Objectives

- Understand the food groups that need to be included on the menu.
- Understand the number of serves for each food group.
- Identify the appropriate number of food group serves on your menu.

Required Resources

- Cooks bring a copy of their centre menu for 1 day (or provide them with a suitable example)
- [Getting started with the Menu planning guidelines resource.](#)

Questions

1. What are the five food groups?
 - a) Fruit
 - b) Vegetables and Legumes
 - c) Grain (cereal) foods
 - d) Milk, Yoghurt, Cheese or alternatives
 - e) Lean meat and meat alternatives

2. How many serves of each food group are required per child per day?

Food Group	Children's serve per child, per day
Fruit	1
Vegetables and legumes	1
Grain (cereal) foods	2
Milk, cheese, yoghurt, or alternatives	2
Meat and alternatives	1

3. Have a look at your menu and circle each food group you can identify. Using the number of serves per food group identified in the table above, check that your menu provides each food group the number of times it is required.

Please note: You don't need to know the quantities required for each food group serve yet, just start with identifying the number of serves, for example fruit is provided at least once, grains are provided at least twice. See **example menu below**.

Food group	Children's serves per child, per day
Fruit	1
Vegetables and legumes	1
Grain (cereal) foods	2
Milk, cheese, yoghurt, or alternatives	2
Meat and alternatives	1

Morning Tea	Toasted fruit bread served with Banana, yoghurt & Tofu Smoothies
Lunch	Mild chicken and vegetable curry served with steamed brown rice Fresh garden herbs
Afternoon Tea	Fresh fruit platter green apple, red apple, pear, orange, banana
Drinks	Water and milk

4. Can you identify any areas in your menu where you might need to increase serves of a particular food group?

Answers will depend on the cooks' assessments of the number of serves provided on their own menu. Some may need to add a second serve of grains or milk, cheese, yoghurt or alternatives.

Top Tip

One serve doesn't need to be offered all at one time.

- you could have half a serve of fruit at morning tea and half a serve at afternoon tea.
- where 2 serves per day are required (e.g., grains and milk yoghurt, cheese and alternatives food groups), these don't have to be provided as 2 x 1 serves. You could have;
 - » 2 serves of grains at lunch and none at morning and afternoon tea,
 - » or spread out across morning tea, lunch and afternoon tea,
 - » there isn't a "right or wrong" way with how you spread the serves out, just as long as the number of serves required are met between morning tea, lunch and afternoon tea each day.

Mapping out the serves like we have in this activity can make it easier to meet the food group requirements.

Suggested Mapping of Food Group Requirements

Morning tea	1 serve grains 1 serve milk yoghurt, cheese and alternatives
Lunch	1 serve meat and alternatives 1 serve grain (cereal) foods 1 serve vegetables and legumes
Afternoon tea	1 serve fruit
Drinks	1 serve milk yoghurt, cheese and alternatives

Facilitated discussion questions and answers

In addition to the basic instructions for the activity, have some discussion points ready to generate further interaction in the group. Discussion points can be especially helpful for online cooks network sessions. The following are examples only. You may like to use 1 or 2 of these questions to prompt further discussion:

Question 1

Name the 5 food groups?

1. Fruit
2. Vegetables and legumes
3. Grain (cereal) food
4. Milk, yoghurt, cheese or alternatives
5. Lean meat and meat alternatives

Can you tell me an example of a meat alternative?

Legumes (eg. lentils, beans, chickpeas), tofu, eggs, nuts, seeds, hummus.

Top tip: Keep in mind that some cooks may consider fish or poultry as an alternative to red meat. In this case, explain that the guidelines consider meats to be red meat/ fish/ chicken etc.. and the alternatives are vegetarian options.

Question 2

- How many children's serves of [grains] are required per child per day?

2

- You can repeat the above questions for each of the food groups.

See answers filled in the table for question 2 above

Question 3

- What are some examples of [grains] you have on your centre menu?

Answers will depend on specific examples given by cooks, but may include bread, wraps, English muffins, crumpets, pasta, rice, couscous, crackers, flour in baked goods.

- You can repeat the above questions for each of the food groups.

As above, answers will vary depending on examples given by cooks. Some example foods from each food group include:

- **Vegetables-** carrot, onion, broccoli, peas, capsicum, corn, avocado, leafy greens (e.g. lettuce), beans/legumes, potato
- **Fruit** - apple, banana, orange, melons, berries, mango, kiwi fruit, mandarins
- **Meat and meat alternatives;** beef, lamb, chicken, fish, egg, tofu, lentils, chickpeas, beans, hummus
- **Milk, cheese, yoghurt and/or alternatives** - cow's milk, hard cheese (e.g. cheddar, tasty, parmesan), soft cheese (e.g. ricotta, fetta, goat), yoghurt, soy milk or yoghurt (calcium fortified), other non-dairy milk that is calcium fortified (e.g. oat, almond, rice).

- Do you remember which meals are counted when calculating serves?

Morning tea, lunch and afternoon tea only.

Question 4

- Can anyone identify a food group they need to add to their centre menu from this activity?

Answer will depend on an individual cook's menu.

- What are some ways you could add these serves to your menu?

Answer will depend on an individual cook's menu and the food group that needs adding, some possible answers could include:

- **Grains** – add rice/pasta/noodles/cous cous to the lunch meal, add bread or rice cakes to morning tea or afternoon tea
- **Meat and meat alternatives** – include a source of meat or alternative in the lunch meal (eg. Beef, lamb, chicken, pork, fish, tofu, egg, lentils, chickpeas, beans), add hummus as a dip with a platter at morning tea or afternoon tea,
- **Milk, yoghurt, cheese and alternatives** – include milk as a drink at morning tea and afternoon tea, add cheese to a fruit & vegetable platter or yoghurt as a dip
- **Vegetables** – add vegetables to a fruit platter, or include a side of vegetables with the lunch meal
- **Fruit** – include a fruit platter at morning tea or afternoon tea or add fruit in baking

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