

## **Starter Activity One**

### **The Australian Guide to Healthy Eating**

In small groups, draw a diagram of the Australian Guide to Healthy Eating.

Write down the food that the people in group ate over the last 24 hours in the correct sections of the Australian Guide to Healthy Eating.

## **Starter Activity Two**

### **Good Eating Habits**

In small groups, brainstorm all the different ways that you can reduce the likelihood nutrition related diseases.