



OUR UNITED PLAYBOOK

Insert our team photo

OUR INSPIRATION

INSERT PHOTO OF YOUR HERO 1



INSERT PHOTO OF YOUR HERO 2



AUSTRALIAN GUIDE TO HEALTHY EATING FOOD PLATE

OUR FOOD PLATE

Source: Australian Government, National Health and Medical Research Council, Department of Health and Ageing.

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Use small amounts



Only sometimes and in small amounts



CHOOSING OUR SUPER FOOD DISH

YOUR TASK

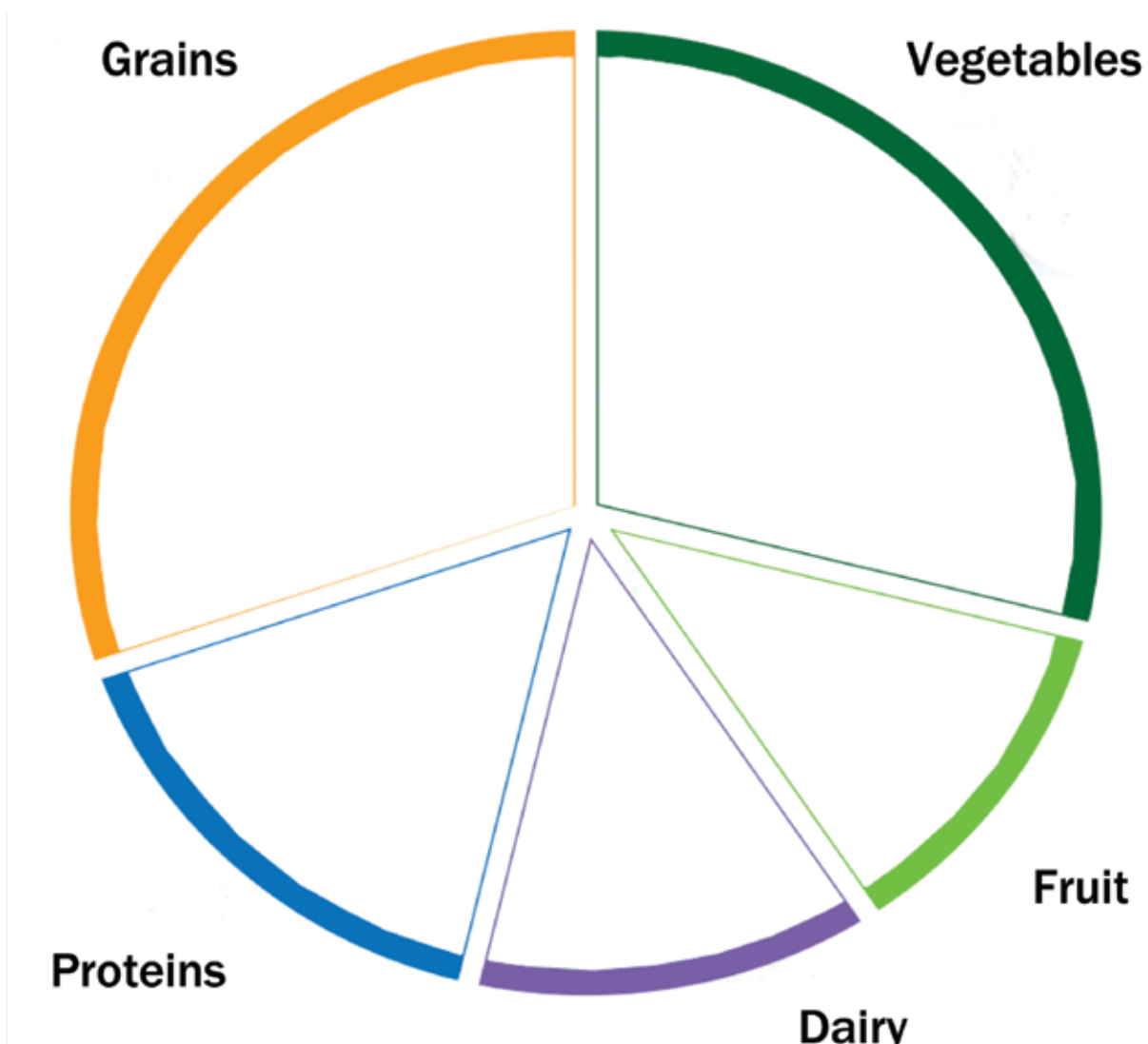
Categorise the ingredients of your Asian dish into the food plate below.

Also include additional foods your team could eat in conjunction with your selected Asian dish - make sure that all main food groups are addressed.

Name of dish:

Write or type the ingredients of this dish?

Insert picture or drawing of your Asian dish



OUR FOOTBALL SKILLS

WHAT DID WE ENJOY MOST ABOUT TEACHING OTHERS?

WHAT DID WE FIND MOST CHALLENGING ABOUT TEACHING OTHERS?

WHAT FOOTBALL SKILLS DID WE LEARN?

WHAT FOOTBALL GAME DID WE TEACH OTHERS?

WHAT CAN WE IMPROVE ON FOR NEXT LESSON?