



Suggested research materials for Stage 2 and Stage 3

Webpages

- Healthy Kids NSW Govt

<https://www.healthykids.nsw.gov.au/home/fact-sheets/eat-more-fruit-and-vegies.aspx>

- Veggycation

<https://www.veggycation.com.au/vegetables/>

- Eat for Health – Australian Dietary Guidelines

<https://www.eatforhealth.gov.au/>

<https://www.eatforhealth.gov.au/food-essentials/five-food-groups/vegetables-and-legumes-beans>

<https://www.eatforhealth.gov.au/food-essentials/five-food-groups/fruit>

- Better Health Channel

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/fruit-and-vegetables>

Books/booklets

- *Eat for Health Educator Guide* (pages 11 – 14)

https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55b_educator_guide_140321_1.pdf

- *Complete Food & Nutrition Companion* by Catherine Saxelby (various pages, check the index)*

<https://foodwatch.com.au/books.html#!/Food-&-Nutrition-Companion-Updated-2018-Edition/p/102107177/category=2675185>

- *Fruit and Vegetables* by Tanya Nagy*

<https://bitenutrition.com.au/collections/fruit>

<https://bitenutrition.com.au/collections/vegetables>

*Needs to be purchased.

Fact sheets

Nutrition Australia – Eat a Rainbow

- <http://www.nutritionaustralia.org/sites/default/files/eat-a-rainbow-fact-sheet-20130506.pdf>

Fruit and vegetable association websites

Apples https://www.aussieapples.com.au/health/nutritional-value/	Melons https://www.melonsaustralia.org.au/product-info/
Avocadoes http://australianavocados.com.au/health-nutrition/	Mushrooms https://australianmushrooms.com.au/health/
Bananas https://australianbananas.com.au/Pages/nutrition/the-magic-blend	Papaya/pawpaw https://australianpapaya.com.au/about/nutrition/
Blueberries https://australianblueberries.com.au/is-good/	Passionfruit https://www.aussiepassionfruit.com.au/about-passionfruit/nutrition-australian-passionfruits/
Cherries http://australiancherries.com.au/wp-content/uploads/2011/10/AustralianCherries-Report.pdf	Pears https://www.rediscoverthepear.com.au/nutrition/
Citrus https://citrusaustralia.com.au/wp-content/uploads/Citrus-Fruits-booklet.pdf	Persimmons https://www.persimmonsaustralia.com.au/about/nutrition/
Grapes http://www.australiangrapes.com.au/health-benefits/why-grapes-are-so-great/	Pineapples https://australianpineapples.com.au/chomp-it/
Lychees https://www.australianlychee.com.au/about-lychees/healthy-treat	Potatoes https://www.todatoes.com.au/potato-nutritional-value/
Mangoes https://mangoes.net.au/nutrition/	Sweet potatoes http://australiansweetpotatoes.com.au/nutrition/