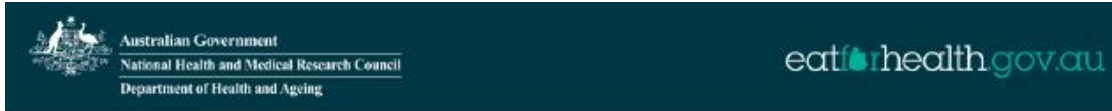


Cäm Pieth ku Dën Pieth



Dinka

Athör nyuuth tënë Kac Australia bik ya Cam Mieth Piath

Anhiaar ba cam kuat ë miith puoth tënë akutnhim miith ka dhiëc akölrïëc.
Ye dek ë pïü juëc .

Miith(kuat raap) rap,
apei miethrap ku/teä
ke kuat raap



Rïŋ malual ku
ajiith, rëc, toŋ,
cam tofu, roŋ
ku agor ku kuat
akuem/akuem

Lööm kedāŋ kor



Tedāŋ kadit ku kedāŋ wënë thöōŋ rot



Yeenjö yen yic thiek ba cam nē kuīin/cam wāac yiic?



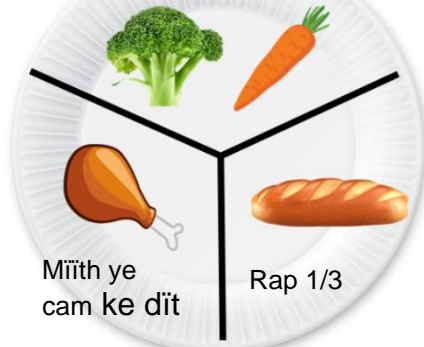
Mīith ye cam
bī yīn ke dīt

Wel mañök
Binē guöpdu ke
luui apieth

Mīith ye cam ba
riel

Thään/Aduṅ de kā pieth cīn tuaany

Wel mañök wēlē/kā Kā cike
Liäap Nhīim ye Cam 1/3

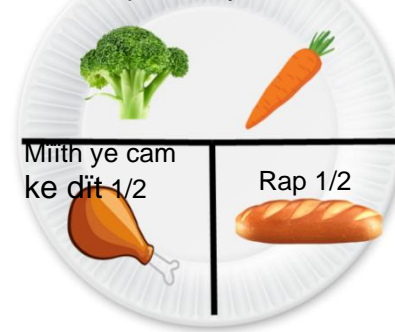


Mīith ye
cam ke dīt

Rap 1/3

Kēc run kaa 5
cuöp/dēer

Wel mañök wēlē/kā Kā cike
Liäap Nhīim ye Cam 1/2



Mīith ye cam
ke dīt 1/2

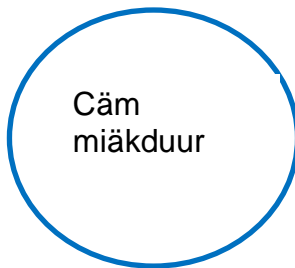
Rap 1/2

Cī run kaa 5
bakhñīm



Kë cī looi de cām apieth

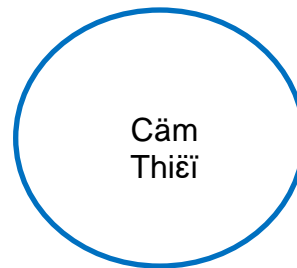
Cām naa 3 ku cām de kā thiik kaa 2 nē kööl



Cām
miäkduur



Cām aköl



Cām
Thiëi



Yee dīt yedi



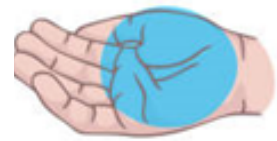
Yec, ruth, cīt men de ciin cī
ṅonic



Bī rīṅ thōṅ kenē cin piōu yic



Tääu ë
mīōu/dheet thōṅ
kenē ciin de
bundīt



Wel maṅök bikē thōṅ kenē cin piōu
yic kaa reu

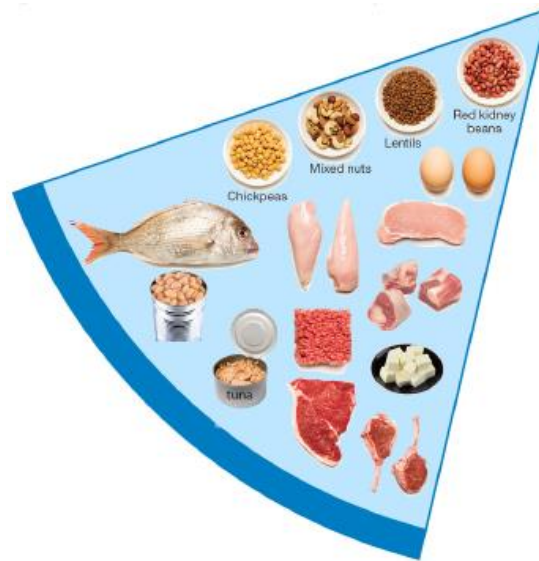


Loi yec cīt mən de cin piöu yic ku cin

Kuïin nənjiic Iron

Iron athiekic bī aliir yaa cök cath nē guöplic, ye wuöök cök töu apieth (riel de guöp), ku bī riel yaa looi nē guöplic

Bī riñ nyin thieth arëët, ke yenë kee dīt de kä ye yom cök ril tënë ye riñ kënë



Yee kuïin yändi kee nənjiic Iron



Akuem cī yaal köu



Wel ye yith mañöök



Spinach



Toñ



Akuem näǟr/Akuem, akuem cī thaal



Tonpiiny/Matëlek



Kä bike kuanycök

Kuüin kök ku kä ye dek aye kä ye lo në yomthook në guöpic cök käac

Yee ca dek ke mec kënë cäm/kuin

Kubän 1 në kööl tök

1



Cök ke wej wële/ka cök ke akuem

Duönë cäi dek wële/ka bun
në cäm yic



Kä ye dek

Dek püu në köölthok. Yee kä kök ye keek dek lööm amääth



Kuïin/Cäm nõnjiic B₁₂

Vitamin B₁₂ ee rël ke rim ku rël ke yeth muk bikë tōu ë ke pieth, ku kony luooi de DNA.



Miith/Kuïin/Cäm nõnjiic Calcium

Calcium athiekic bi yom cok tōu apieth ku lec



Cek ke weŋ wëlä/ka cek ke akuem

Lööm 1 = 250mL



Miök
Lööm 1 = kä cī teem
kaa 2



Cek cī duöt
Lööm 1 = 200g

Kä ye lööm ke ca wëlä/ka kä kök ke ca ye lööm në ayi kööl tēnē ayi akutnhom de run

| | Run kaa 2-3 | Run kaa 4-8 | Run kaa 9-11 | Run kaa 12-13 | Run kaa 14-18 |
|--------------|-------------|-------------|--------------|---------------|---------------|
| Dhuök | 1 ½ | 2 | 2 ½ | 3 ½ | 3 ½ |
| Nhür | 1 ½ | 1 ½ | 3 | 3 ½ | 3 ½ |

Miith thiik ye cam





Government of Western Australia
Child and Adolescent Health Service



Child and Adolescent Health Service

15 Hospital Avenue, Nedlands, WA, 6009.

Telepun: (08) 6456 2222

Loi në: Kåke Cãm ku Kå yee Cãm ke juak në
koc gup

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Ye athör kënë abı looi bı tşu në tån dët tē cinē ye
thiëec në raan nçŋ yån niçp.

Gəm de Lõŋ: Ye kē bı guşbei kënë ee kēde
luçci de thukul de raan ebën ku wël. Cøl raan
cı piöc de muşök de pial tnē gær de jiëëm de
kåke wal koc keek.

© Walaya de Western Australia, Kåke Pial de
Meth ku Koc tşu në Ditic.

Wç bı Paanakım ye cøl Perth Children's Hospital Foundation gam tēnē kuçony cıkē gaam në yee kē loi kēnē yic.
Wç cı Akuma de Australia Abak de Pial leec acån cı CAHS puşl bı kåken luşşl në yee gutbei kēnē yic.



Healthy Eating and Drinking

Australian Government
National Health and Medical Research Council
Department of Health and Ageing

www.eatforhealth.gov.au

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



Why is it important to eat a range of foods?

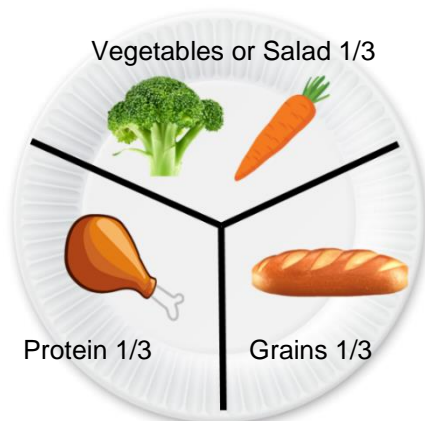


Protein for
growth

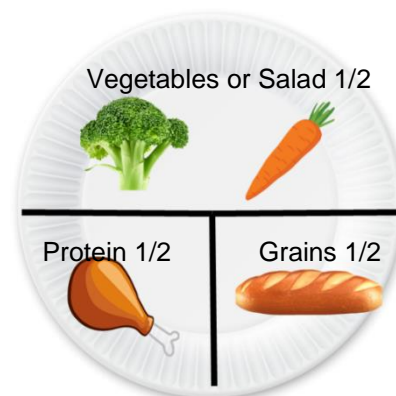
Vegetables
For your body to
function properly

Carbohydrate
for energy

Healthy plate



Under 5 years

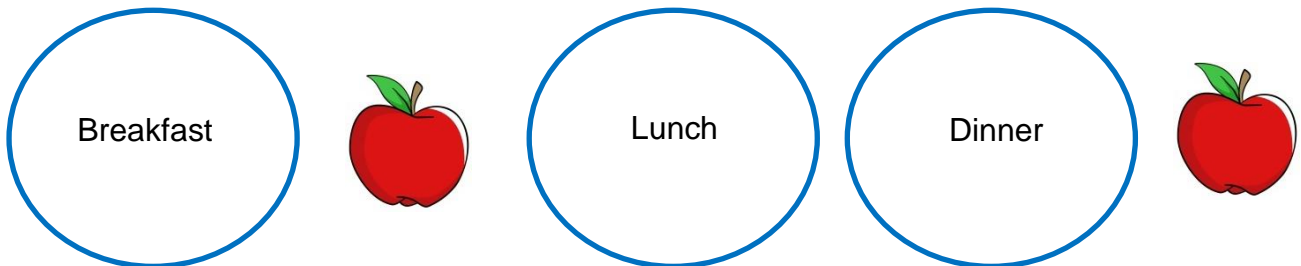


Over 5 years



Healthy eating pattern

3 meals and 2 snacks per day



How much



Bread, rice, pasta size of fist



Meat the size of palm of hand



Oil the size of thumb



Vegetables the size of two palms

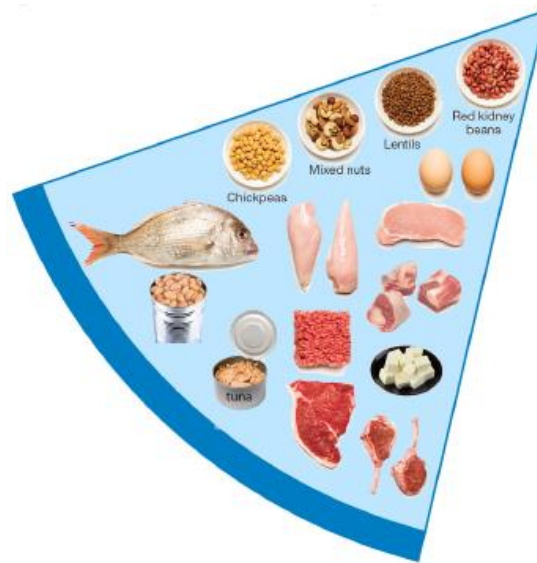


Flat bread the size of palm and fingers

Iron Rich Foods

Iron is important for carrying oxygen around the body, keeping us well (immunity), and energy production

The more red the meat, the more iron it has



What other foods have iron?



Baked Beans



Leafy, green vegetables



Spinach



Eggs



Legumes/pulses/beans, cooked



Almond or Peanut
Puree/Paste/powder



Tips

Some food and drinks stop the body absorbing iron

Have milk away from meals

Only 1 cup per day

1



Cow's milk or fortified soy milk

No tea or coffee at meals



Drinks

Drink water every day. Juice and soft drinks only occasionally



B₁₂ Rich Foods

Vitamin B₁₂ keeps the body's blood cells and nerves healthy, and helps make DNA.



Calcium Rich Foods

Calcium is important for healthy bones and teeth



Cow's milk or fortified soy milk
1 serve = 250mL



Cheese
1 serve = 2 slices

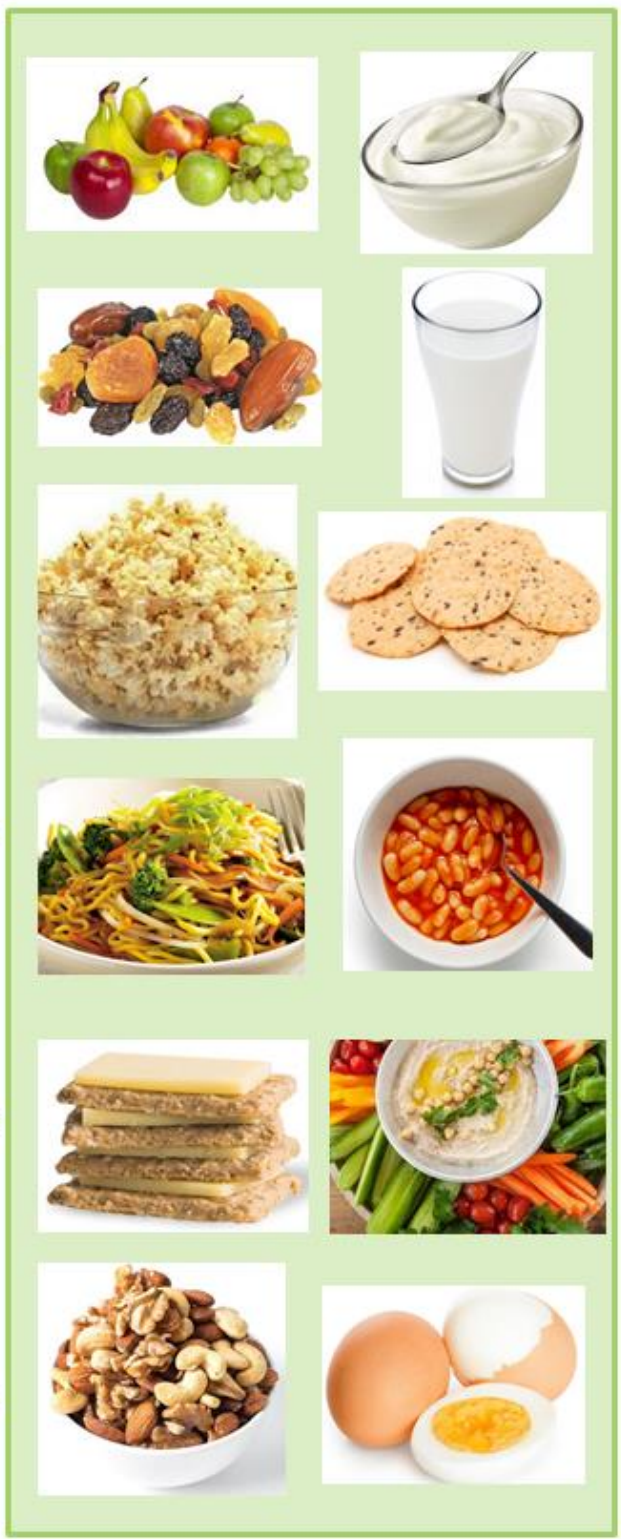


Yoghurt
1 serve = 200g

| Serves of dairy or dairy alternatives each day for each age group | | | | | |
|---|-----------|-----------|------------|-------------|-------------|
| | 2-3 years | 4-8 years | 9-11 years | 12-13 years | 14-18 years |
| Boys | 1 ½ | 2 | 2 ½ | 3 ½ | 3 ½ |
| Girls | 1 ½ | 1 ½ | 3 | 3 ½ | 3 ½ |

Snacks

Health Facts





Government of Western Australia
Child and Adolescent Health Service



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Telephone: (08) 6456 2222
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