

## Food Guide Debate

On Sunday the 26<sup>th</sup> of February a debate was done about the food guides by the class students , the first debate that was presented " The Australian Guide to Healthy Eating " which was done by our group. A lot of explanations about the guide was done in front of the classmates and teachers (T.Ohood , T.Waad & T.Madawee) . We used in our debate a lot of materials such as: samples of some foods, house hold measurements as (food scale , cups , spoons ) , powerpoint presentation that explains the content of our debate , we also did our own Saudi Guide in a simple chart to be visualized to the rest of the classmates as a suggestion from us which was one of the points that we should explain to the classmates.

The points that we talked about in the explanation of " The Australian Guide to Healthy Eating " was the following:

1. The purpose of the guide.
2. The Nutritional rational.
3. A brief history about the guide.
4. The main characteristics of the groups that was included in the guide and for whom was the guide designed for.
5. The strengths & limitations (advantages & disadvantages)
6. Comparison between the Australian guide and the food pyramid.
7. Suggestion to develop a food-Based Dietary Guide for the Saudi Population.

At the end of our debate we distributed mugs that have the Australian flag to all the audience teachers and students and we served fresh juices to them. We also received some questions from the teachers and answered them.

Best regards...

- Nada Abdullah Al-Akeil
- Mona Qanaq
- Thana Al-Otaibi
- Hana Al-Yussef
- Linna Tabba

Pictures of our debate " The Australian Guide to Healthy Eating " :

