



Supports the



INTERNATIONAL YEAR OF  
FRUITS AND VEGETABLES

2021

# Australia's fruits, nuts and vegetables. Nutritional information playing cards

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Australia's horticulture industry is a producer of premium safe fruits, vegetables, nuts, flowers, turf and nursery products.

The *International Year of Fruits and Vegetables 2021: Fruits and vegetables, your dietary essentials* (#IYFV2021) raises awareness of the important role of fruits and vegetables in human nutrition, food security and health.

These playing cards celebrate, promote and raise awareness of Australia's fruits, vegetables and nuts and the IYFV2021.

The card suits represent:

- ♥ Tropical fruits and nuts,
- ♠ Temperate fruits,
- ♦ Australian Indigenous fruits, vegetables and nuts and
- ♣ Vegetables.

Each card shows the nutritional information for 100g of fruit, vegetable or nuts.

# Acknowledgements

- This CSIRO STEM Professionals in Schools “*STAM*” (Science, Technology, *Arts* and Maths) project could not have been achieved without the commitment and fabulous artwork from Namadgi and Farrer Primary Schools students and teachers, Mrs Kathryn Glanville and Mrs Julie White, Namadgi Primary School and Ms Kate Elliot, Farrer Primary School, in Canberra, Australia and the support of the staff of the Australian Government Department of Agriculture, Water and the Environment (DAWE).
- Special thanks to:
  - Ms Chelsea Miller and Ms Somer Searle, the DAWE CareerTrackers Indigenous Interns 2020-21, who judged the Australian Indigenous fruits, vegetables and nuts paintings and
  - Mr Andrew Tongue and Mr David Hazelhurt, DAWE Deputy Secretaries, who judged the non-Indigenous fruits, vegetables and nuts paintings.

Nutritional information was researched from sources including Food Standards Australia New Zealand (FSANZ)

<https://www.foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/default.aspx>,

Rural Industries Research and Development Corporation (RIRDC) [AgriFutures Australia](#),

RIRDC Publication No 01/28 [http://www.ausbushfoods.com/bushfoodsonline/reports/Safety/bush\\_food\\_safety-01-28.pdf](http://www.ausbushfoods.com/bushfoodsonline/reports/Safety/bush_food_safety-01-28.pdf),

Australian Native Food and Botanicals (ANFAB) [https://anfاب.org.au/main.asp?\\_=SPECIES](https://anfاب.org.au/main.asp?_=SPECIES) and

Brand Miller J, James K W & Maggiore P M A (1993). Tables of composition of Australian Aboriginal Foods. Aboriginal Studies Press, Canberra.

# Instructions – IYFV2021 Game

## For 2-6 Players

Shuffle and deal out all the cards including the Jokers face down to each player. Players turn over their top card. The dealer starts by reading out the name of the fruit, vegetable or nut, then selects a nutritional category of Energy, Carbohydrate, Protein, Fat or Dietary Fibre and reads out the number for the category. Each player reads out their number for the chosen category. All cards are placed on the table.

The winner of the hand is the player with the highest number for that category OR the player with a Joker card (the Joker ‘trumps’ or beats the highest number). If two or more cards have the same number, all the cards are left on the table. Players turn over the next top card and a new category is chosen by the same person as in the previous round.

The winner then collects all the cards on the table and places them face down under their card pile for a LONG game (or face up on the table for a SHORT game).

The player to the left of the dealer then turns over their next top card and selects a category. Each player has a turn to select a category.

The winner of the game is the player with the most cards.

# Printing Instructions

Print single-sided on A4 paper or card 200-300 gsm:

- Pages 5-6, ♥ Tropical fruits and nuts,
- Pages 7-8, ♠ Temperate fruits,
- Pages 9-10, ♦ Australian Indigenous fruits, vegetables and nuts
- Pages 11-12, ♣ Vegetables.

Page 13 to print the backs of the playing cards

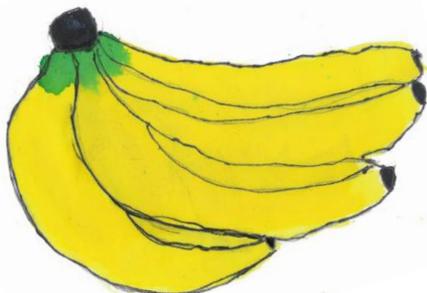
Page 14 to print the playing card box template

**A****Almond***Prunus dulcis*

Energy (kJ)	2385.0
Carbohydrate (g)	5.4
Protein (g)	19.7
Fat (g)	50.5
Dietary Fibre (g)	10.9

**W**

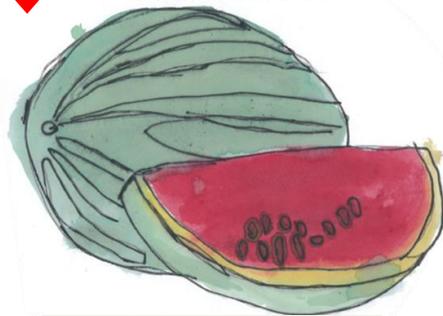
Source: Namadgi Primary School

**K****Banana***Musa acuminata*

Energy (kJ)	394.0
Carbohydrate (g)	19.6
Protein (g)	1.4
Fat (g)	0.3
Dietary Fibre (g)	2.2

**Y**

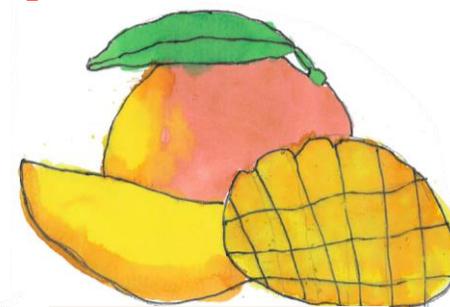
Source: Daisy, Namadgi Primary School

**Q****Watermelon***Citrullus lanatus*

Energy (kJ)	133.0
Carbohydrate (g)	7.3
Protein (g)	0.6
Fat (g)	0.0
Dietary Fibre (g)	0.4

**O**

Source: Ella H, Namadgi Primary School

**J****Mango***Mangifera indica*

Energy (kJ)	237.0
Carbohydrate (g)	13.4
Protein (g)	0.4
Fat (g)	0.0
Dietary Fibre (g)	1.3

**P**

Source: Riley, Namadgi Primary School

**10****Papaya/Pawpaw***Carica papaya*

Energy (kJ)	142.0
Carbohydrate (g)	6.9
Protein (g)	0.4
Fat (g)	0.1
Dietary Fibre (g)	2.3

**O**

Source: Zara, Namadgi Primary School

**9****Persimmon***Diospyros kaki*

Energy (kJ)	298.0
Carbohydrate (g)	16.1
Protein (g)	0.6
Fat (g)	0.2
Dietary Fibre (g)	2.6

**6**

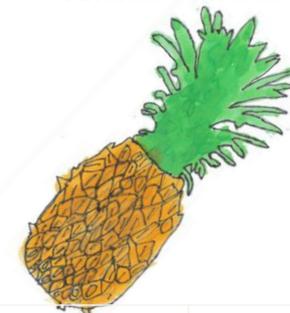
Source: Marc, Namadgi Primary School

**8****Rock Melon/  
Cantaloupe***Cucumis melo var cantalupo*

Energy (kJ)	99.0
Carbohydrate (g)	4.7
Protein (g)	0.5
Fat (g)	0.1
Dietary Fibre (g)	1.0

**8**

Source: Joseph, Namadgi Primary School

**7****Pineapple***Ananas comosus*

Energy (kJ)	178.0
Carbohydrate (g)	8.2
Protein (g)	0.6
Fat (g)	0.2
Dietary Fibre (g)	1.8

**L**

Source: Georgia, Namadgi Primary School

6



### Lychee

*Litchi chinensis*



Energy (kJ)	296.0
Carbohydrate (g)	16.2
Protein (g)	1.1
Fat (g)	0.1
Dietary Fibre (g)	1.3



9

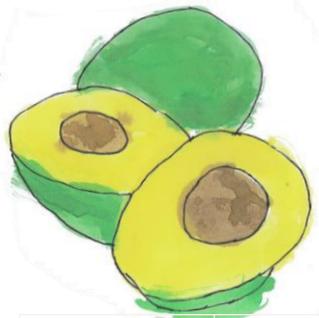
Source: Paige, Namadgi Primary School

5



### Avocado

*Persea americana*



Energy (kJ)	579.0
Carbohydrate (g)	0.2
Protein (g)	1.6
Fat (g)	13.2
Dietary Fibre (g)	7.5



5

Source: June, Namadgi Primary School

4



### Olive

*Olea europaea*



Energy (kJ)	856.0
Carbohydrate (g)	1.8
Protein (g)	2.0
Fat (g)	20.5
Dietary Fibre (g)	2.3



7

Source: Julia, Namadgi Primary School

3



### Custard Apple

*Annona atemoya*



Energy (kJ)	326.0
Carbohydrate (g)	15.8
Protein (g)	1.4
Fat (g)	0.6
Dietary Fibre (g)	2.5



8

Source: Imogen, Namadgi Primary School

2



### Walnut

*Juglans regia*



Energy (kJ)	2904.0
Carbohydrate (g)	3.0
Protein (g)	14.4
Fat (g)	69.2
Dietary Fibre (g)	6.4



7

Source: Daniella, Namadgi Primary School

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### Peanut

*Arachis hypogaea*



Energy (kJ)	2376.0
Carbohydrate (g)	8.9
Protein (g)	24.7
Fat (g)	47.1
Dietary Fibre (g)	8.2

Source: Leah, Namadgi Primary School

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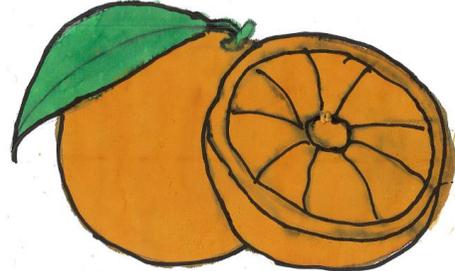
E

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**A**

# Orange

*Citrus sinensis*

Energy (kJ)	175.0
Carbohydrate (g)	8.2
Protein (g)	1.0
Fat (g)	0.0
Dietary Fibre (g)	2.4

**W**

Source: Zharlene, Namadgi Primary School

**K**

# Apple

*Malus domestica*

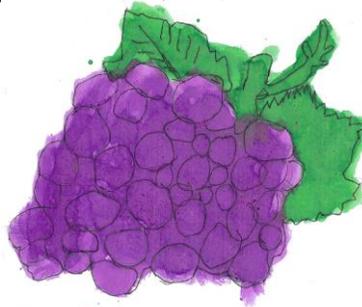
Energy (kJ)	240.0
Carbohydrate (g)	12.7
Protein (g)	0.3
Fat (g)	0.0
Dietary Fibre (g)	2.7

**Y**

Source: Hazel, Namadgi Primary School

**Q**

# Grape

*Vitis vinifera*

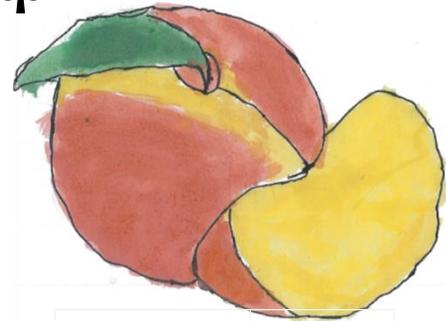
Energy (kJ)	322.0
Carbohydrate (g)	16.3
Protein (g)	0.9
Fat (g)	0.2
Dietary Fibre (g)	3.5

**O**

Source: Jane, Namadgi Primary School

**J**

# Peach

*Prunus persica*

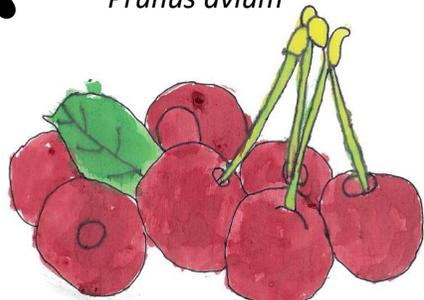
Energy (kJ)	168.0
Carbohydrate (g)	7.8
Protein (g)	0.8
Fat (g)	0.1
Dietary Fibre (g)	1.9

**P**

Source: Iris, Namadgi Primary School

**10**

# Cherry

*Prunus avium*

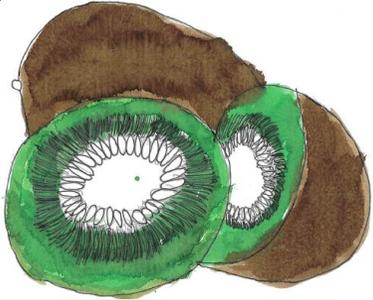
Energy (kJ)	250.0
Carbohydrate (g)	12.9
Protein (g)	0.8
Fat (g)	0.2
Dietary Fibre (g)	1.5

**OI**

Source: Chloe, Namadgi Primary School

**9**

# Kiwi fruit

*Actinidia deliciosa*

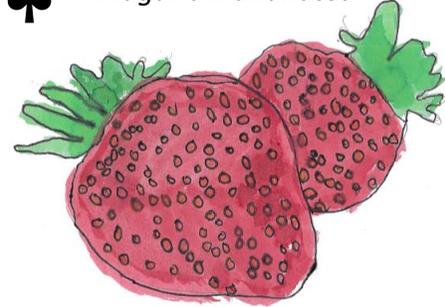
Energy (kJ)	230.0
Carbohydrate (g)	9.1
Protein (g)	1.2
Fat (g)	0.7
Dietary Fibre (g)	3.0

**6**

Source: Jia-Li, Namadgi Primary School

**8**

# Strawberry

*Fragaria x ananassa*

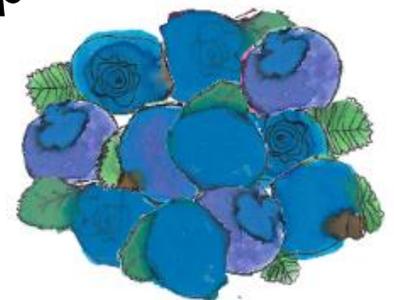
Energy (kJ)	109.0
Carbohydrate (g)	3.9
Protein (g)	0.7
Fat (g)	0.2
Dietary Fibre (g)	2.5

**8**

Source: Kaileigh, Namadgi Primary School

**7**

# Blueberry

*Vaccinium corymbosum*

Energy (kJ)	194.0
Carbohydrate (g)	9.6
Protein (g)	0.5
Fat (g)	0.0
Dietary Fibre (g)	3.5

**L**

Source: Lielle, Ashlin &amp; Daniella, Namadgi Primary School

6

## Pear

*Pyrus communis*

Energy (kJ)	278.0
Carbohydrate (g)	15.2
Protein (g)	0.4
Fat (g)	0.0
Dietary Fibre (g)	3.0



9

Source: Aarush, Namadgi Primary School

5

## Tomato

*Solanum lycopersicum*

Energy (kJ)	73.0
Carbohydrate (g)	3.0
Protein (g)	0.6
Fat (g)	0.0
Dietary Fibre (g)	1.1

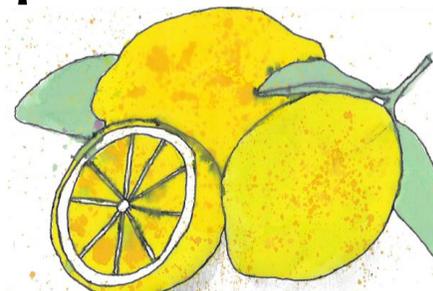


5

Source: Peter, Namadgi Primary School

4

## Lemon

*Citrus limon*

Energy (kJ)	115.0
Carbohydrate (g)	1.8
Protein (g)	0.6
Fat (g)	0.2
Dietary Fibre (g)	2.5



7

Source: Lucija, Namadgi Primary School

3

## Nashi/Asian Pear

*Pyrus pyrifolia*

Energy (kJ)	209.0
Carbohydrate (g)	11.1
Protein (g)	0.4
Fat (g)	0.1
Dietary Fibre (g)	2.1



8

Source: Anabella, Namadgi Primary School

2

## Passion fruit

*Passiflora edulis*

Energy (kJ)	304.0
Carbohydrate (g)	5.7
Protein (g)	3.0
Fat (g)	0.3
Dietary Fibre (g)	13.9



7

Source: Kasjan, Namadgi Primary School

S

## Fig

*Ficus carica*

Energy (kJ)	195.0
Carbohydrate (g)	8.1
Protein (g)	3.3
Fat (g)	0.3
Dietary Fibre (g)	13.9

Source: John, Namadgi Primary School

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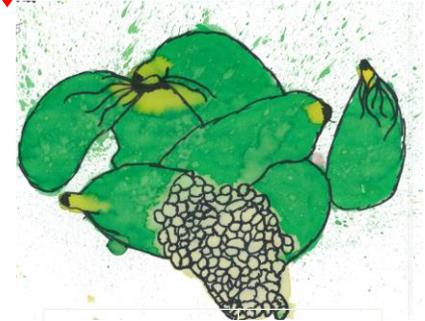
Which fruits, vegetables and nuts are affected by National Priority Plant Pests (NPPP)?

Source: Lauren Venugoban, Carol Q-W and Farrer and Namadgi Primary School students

**A****Macadamia***Macadamia integrifolia*

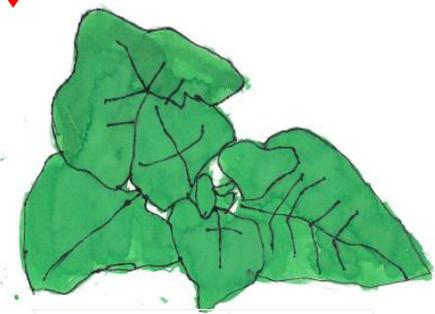
Energy (kJ)	3018.0
Carbohydrate (g)	4.5
Protein (g)	9.2
Fat (g)	74.0
Dietary Fibre (g)	6.4

Source: Ava, Farrer Primary School

**K****Finger Lime***Citrus australasica*

Energy (kJ)	411.0
Carbohydrate (g)	11.7
Protein (g)	2.5
Fat (g)	4.9
Dietary Fibre (g)	14.0

Source: Lauren, Farrer Primary School

**Q****Warrigal Greens***Tetragonia tetragonoides*

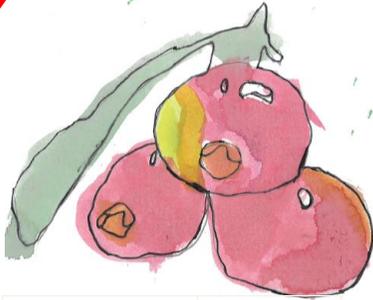
Energy (kJ)	61.0
Carbohydrate (g)	1.3
Protein (g)	1.7
Fat (g)	0.3
Dietary Fibre (g)	3.8

Source: Freyja, Namadgi Primary School

**J****Rosella/  
Red Sorrel***Hibiscus sabdariffa*

Energy (kJ)	205.0
Carbohydrate (g)	12.3
Protein (g)	1.9
Fat (g)	0.1
Dietary Fibre (g)	2.3

Source: Havana, Namadgi Primary School

**10****Quandong***Santalum acuminatum*

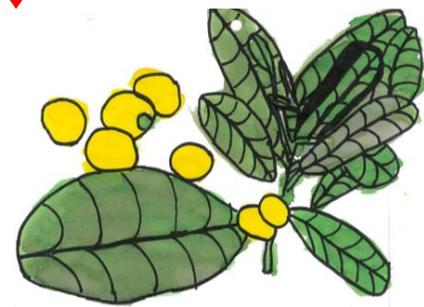
Energy (kJ)	335.0
Carbohydrate (g)	21.0
Protein (g)	2.3
Fat (g)	0.2
Dietary Fibre (g)	4.3

Source: Ella D, Namadgi Primary School

**9****Muntries***Kunzea pomifera*

Energy (kJ)	998.0
Carbohydrate (g)	29.2
Protein (g)	10.3
Fat (g)	6.0
Dietary Fibre (g)	7.1

Source: Julia, Farrer Primary School

**8****Lemon Aspen***Acronychia acidula*

Energy (kJ)	120.0
Carbohydrate (g)	1.9
Protein (g)	2.0
Fat (g)	0.9
Dietary Fibre (g)	0.0

Source: Farrer Primary School

**7****Kangaroo apple***Solanum laciniatum*

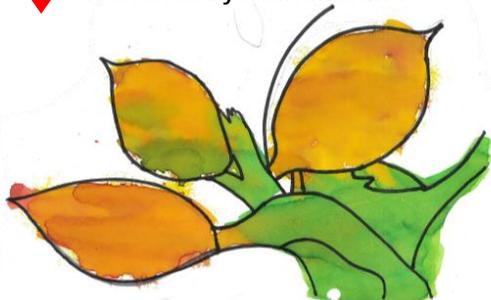
Energy (kJ)	163.2
Carbohydrate (g)	6.0
Protein (g)	3.6
Fat (g)	0.9
Dietary Fibre (g)	1.9

Source: Angel, Namadgi Primary School (approximate values)

6

### Kakadu Plum

*Terminalia ferdinandiana*



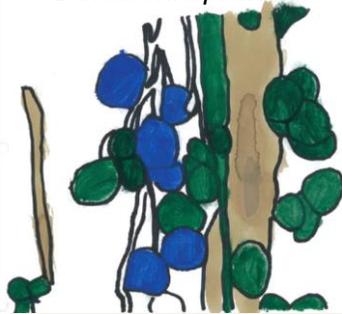
Energy (kJ)	246.9
Carbohydrate (g)	17.2
Protein (g)	0.8
Fat (g)	0.5
Dietary Fibre (g)	7.1

Source: Kayla, Farrer Primary School

5

### Davidson Plum

*Davidsonia pruriens*



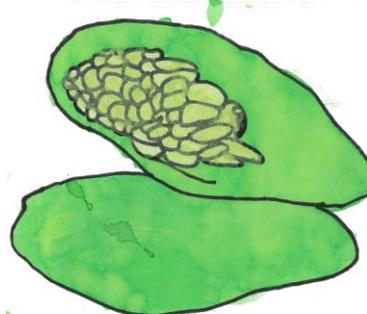
Energy (kJ)	72.0
Carbohydrate (g)	14.3
Protein (g)	0.4
Fat (g)	0.9
Dietary Fibre (g)	5.3

Source: Joe, Farrer Primary School

4

### Bush Banana

*Marsdenia australis*



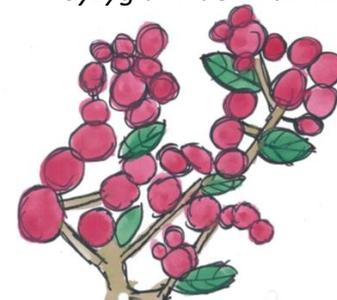
Energy (kJ)	227.0
Carbohydrate (g)	4.4
Protein (g)	8.1
Fat (g)	0.5
Dietary Fibre (g)	0.9

Source: Jenny, Farrer Primary School

3

### Riberry/Lillypilly

*Syzygium luehmannii*



Energy (kJ)	325.0
Carbohydrate (g)	18.4
Protein (g)	0.9
Fat (g)	0.4
Dietary Fibre (g)	6.8

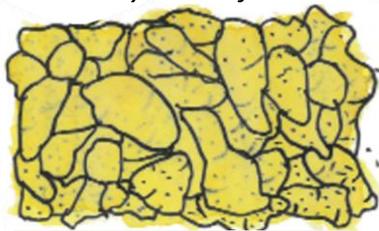
Source: Lily, Farrer Primary School

2

### Youlk

(Ravensthorpe radish)

*Platysace deflexa*



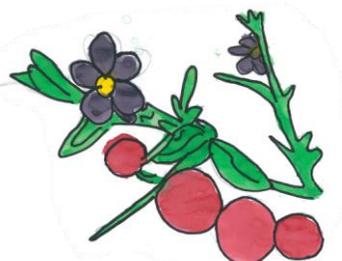
Energy (kJ)	285.0
Carbohydrate (g)	9.4
Protein (g)	3.0
Fat (g)	2.0
Dietary Fibre (g)	13.8

Source: Lauren, Farrer Primary School

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### Bush Tomato

*Solanum centrale*



Energy (kJ)	570.0
Carbohydrate (g)	31.9
Protein (g)	3.8
Fat (g)	0.6
Dietary Fibre (g)	7.8

Source: Faye, Farrer Primary School

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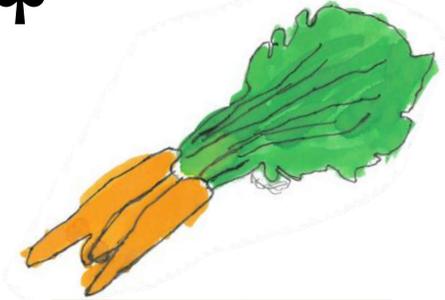
J  
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K  
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R



Which fruits, vegetables and nuts are pollinated by bees?

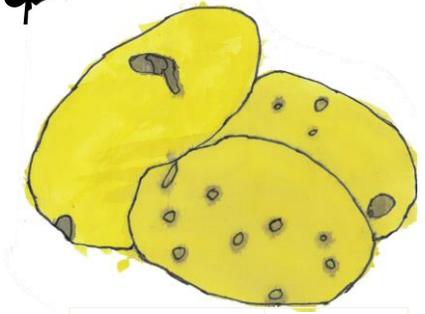
Source: Lauren Venugoban and Chelsea Miller

R  
E  
K  
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P

**A****Carrot***Daucus carota*

Energy (kJ)	147.0
Carbohydrate (g)	6.6
Protein (g)	0.6
Fat (g)	0.0
Dietary Fibre (g)	3.4

Source: Ryan, Namadgi Primary School

**K****Potato***Solanum tuberosum*

Energy (kJ)	243.0
Carbohydrate (g)	11.5
Protein (g)	2.0
Fat (g)	0.0
Dietary Fibre (g)	1.1

Source: Elliana, Namadgi Primary School

**Q****Onion***Allium cepa*

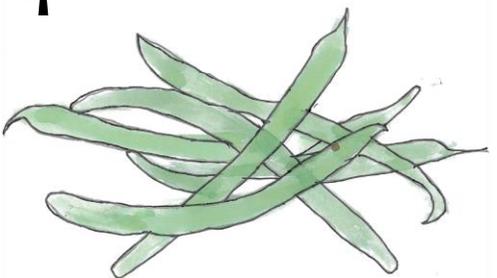
Energy (kJ)	133.5
Carbohydrate (g)	5.3
Protein (g)	1.5
Fat (g)	0.1
Dietary Fibre (g)	2.4

Source: Namadgi Primary School

**J****Broccoli***Brassica oleracea var italica*

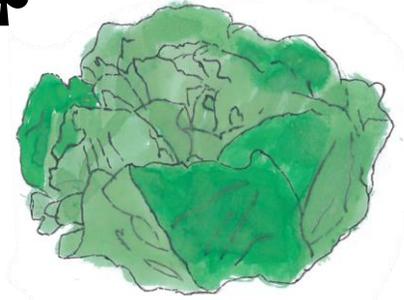
Energy (kJ)	131.0
Carbohydrate (g)	0.4
Protein (g)	4.7
Fat (g)	0.3
Dietary Fibre (g)	3.7

Source: Rinna, Namadgi Primary School

**10****Green Bean***Phaseolus vulgaris*

Energy (kJ)	106.0
Carbohydrate (g)	3.3
Protein (g)	1.8
Fat (g)	0.0
Dietary Fibre (g)	2.8

Source: Mary, Namadgi Primary School

**9****Lettuce***Lactuca sativa*

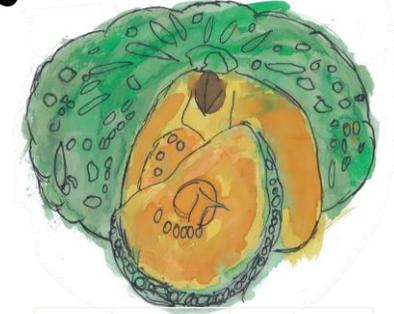
Energy (kJ)	64.0
Carbohydrate (g)	1.1
Protein (g)	1.3
Fat (g)	0.3
Dietary Fibre (g)	1.4

Source: Flynn, Namadgi Primary School

**8****Asparagus***Asparagus officinalis*

Energy (kJ)	88.0
Carbohydrate (g)	1.4
Protein (g)	2.5
Fat (g)	0.1
Dietary Fibre (g)	2.2

Source: Emilia, Namadgi Primary School

**7****Pumpkin***Cucurbita maxima*

Energy (kJ)	158.0
Carbohydrate (g)	6.1
Protein (g)	1.7
Fat (g)	0.3
Dietary Fibre (g)	1.8

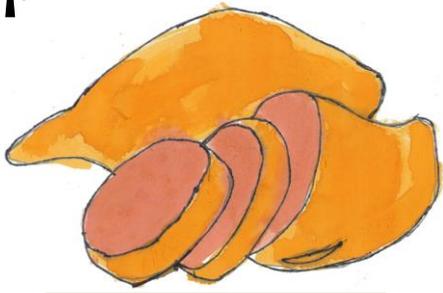
Source: Violet-Rose, Namadgi Primary School



6

### Sweet potato

*Ipomoea batatas*



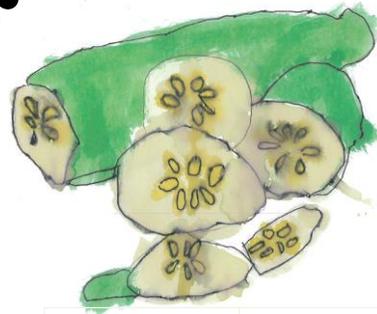
Energy (kJ)	293.0
Carbohydrate (g)	14.1
Protein (g)	1.9
Fat (g)	0.1
Dietary Fibre (g)	2.6

Source: Jack, Namadgi Primary School

5

### Cucumber

*Cucumis sativus*



Energy (kJ)	50.0
Carbohydrate (g)	1.2
Protein (g)	0.8
Fat (g)	0.1
Dietary Fibre (g)	1.4

Source: Ashleigh, Namadgi Primary School

4

### Cabbage

*Brassica oleracea var capitata*



Energy (kJ)	91.0
Carbohydrate (g)	2.8
Protein (g)	1.3
Fat (g)	0.1
Dietary Fibre (g)	2.4

Source: Lochlan, Namadgi Primary School

3

### Celery

*Apium graveolens*



Energy (kJ)	62.0
Carbohydrate (g)	2.2
Protein (g)	0.6
Fat (g)	0.1
Dietary Fibre (g)	1.4

Source: Harriet, Namadgi Primary School

2

### Mushroom

*Agaricus bisporus*



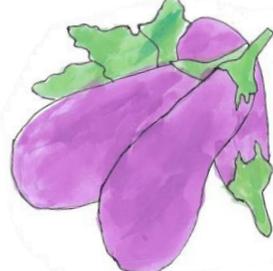
Energy (kJ)	86.0
Carbohydrate (g)	1.3
Protein (g)	2.3
Fat (g)	0.4
Dietary Fibre (g)	1.4

Source: Yani, Namadgi Primary School

## SPECIAL

### Eggplant/Aubergine

*Solanum melongena*



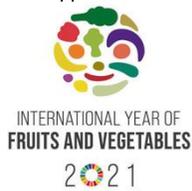
Energy (kJ)	93.0
Carbohydrate (g)	2.6
Protein (g)	1.1
Fat (g)	0.3
Dietary Fibre (g)	2.4

Source: Mary, Namadgi Primary School

W I C E F P S



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**Australia's  
Fruits, Nuts  
and  
Vegetables**



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<http://www.fao.org/fruits-vegetables-2021/en/>

## Australia's Fruits, Nuts and Vegetables

Australia's horticulture industry is a producer of premium safe fruits, vegetables, nuts, flowers, turf and nursery products. The International Year of Fruits and Vegetables 'fruits and vegetables, your dietary essentials' (#IYFV2021) raises awareness of the important role of fruits and vegetables in human nutrition, food security and health.

These playing cards celebrate, promote and raise awareness of Australia's fruits, vegetables and nuts and the IYFV2021. The card suits represent  
♥ Tropical fruits and nuts, ♠ Temperate fruit, ♦ Australian Indigenous fruits, vegetables and nuts and ♣ Vegetables.

Teachers and students from Namadgi and Farrer Primary Schools in Canberra, Australia, painted the images and researched nutritional information on Australia's fruit, vegetables and nuts with their CSIRO STEM (Science, Technology, Engineering and Mathematics) Professionals in Schools volunteer. Each card shows the nutritional information for 100g of fruit, vegetable or nuts.

The nutritional information was researched from sources such as Food Standards Australia New Zealand (FSANZ), Rural Industries Research and Development Corporation (RIRDC), and Australian Native Food and Botanicals (ANFAB).

### INSTRUCTIONS – IYFV2021 GAME 2-6 Players.

Shuffle and deal out all the cards including the Jokers face down to each player. Players turn over their top card. The dealer starts by reading out the name of the fruit, vegetable or nut, then selects a nutritional category of Energy, Carbohydrate, Protein, Fat or Dietary Fibre and reads out the number for the category. Each player reads out their number for the chosen category. All cards are placed on the table.

The winner of the hand is the player with the highest number OR the player with a Joker card (the Joker 'trumps' or beats the highest number). If two or more cards have the same number, all the cards are left on the table. Players turn over the next top card and a new category is chosen by the same person as in the previous round. The winner then collects all the cards on the table and places them face down under their card pile for a LONG game (or face up on the table for a SHORT game).

The player to the left of the dealer then turns over their next top card and selects a category. Each player has a turn to select a category. The winner of the game is the player with the most cards.

<https://www.agriculture.gov.au/ag-farm-food/hort-policy>



SUPPORTS THE  
INTERNATIONAL YEAR OF  
FRUITS AND VEGETABLES  
2021

# Australia's Fruits, Nuts and Vegetables

## Australia's Fruits, Nuts and Vegetables

Adapted from:

<https://www.template.net/design-templates/box-templates/playing-card-box-template/>