

# IRON BRION AND THE FOUR FOOD GROUPS



Name \_\_\_\_\_

Age \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Which food provides an excellent source of iron for energy? \_\_\_\_\_

Return to: Freepost No. 5037, Beef + Lamb New Zealand, PO Box 33648, Takapuna, AUCKLAND