

# • • • DEADLY NUTRITION • • •

This painting tells the story of Healthy Eating. The painting encourages Aboriginal and Torres Strait Islander people to eat nutritious foods as part of a healthy and active lifestyle. The painting reflects on and illustrates traditional native foods, hunting and gathering methods and the family unit, as one. By tradition, Aboriginal and Torres Strait Islander people were very healthy and active because of their hunter-gatherer way of life. Healthy eating and active lifestyles make our people TOO DEADLY!!!



Symbol	Explanation
Dots	Aboriginal communication.
Yellow corners	Represents the sun – a source of life.
Desert Finger Lime	Native Australian bush foods/fruits.
Lilly Pilly	Native Australian bush foods/fruits.
Burdekin Plum	Native Australian bush foods/fruits.
Arrow symbols with yellow dots	Represents kangaroo tracks. Kangaroo is a highly nutritious meat eaten by Aboriginal people.
Four lines with yellow dots	Represents water – a source of life.
Wide lower case “n” shaped letter with yellow dots	Represents a boomerang. Boomerangs were used for hunting and gathering food.
Black circles with white dots	Represents children.
Black straight lines with white dots	Represents men.
Black lower case “n” shaped letter with white dots	Represents women.
Black circle with three wavy lines on each side with white dots	Represents hunting tracks and sitting to eat food.