

# Healthy Eating Orienteering Quiz 1

This helps us to build and repair muscles.

Control 4			Control 2			
2 <sup>nd</sup> letter		4 <sup>th</sup> letter	2 <sup>nd</sup> letter			3 <sup>rd</sup> letter
	r			e	i	

Which foods are a good source?

These give us slow-release energy.

Control 7			Control 8				Control 14					
1 <sup>st</sup> letter		3 <sup>rd</sup> letter	1 <sup>st</sup> letter	3 <sup>rd</sup> letter				2 <sup>nd</sup> letter	3 <sup>rd</sup> letter			
c		r				y	d	r			e	s

Which foods are a good source?

This is important for healthy digestion.

Control 6		Control 3	
1 <sup>st</sup> letter	2 <sup>nd</sup> letter	1 <sup>st</sup> letter	
			r e

Which foods are a good source?

