

# Healthy Eating Orienteering Quiz 1a

This helps us to build and repair muscles.

Control 4

Control 2

r

e

i

Which foods are a good source?

These give us slow-release energy.

Control 7

Control 8

Control 14

c

r

y

d

r

e

s

Which foods are a good source?

This is important for healthy digestion.

Control 6

Control 3

r

e

Which foods are a good source?

