

Healthy Eating Orienteering Quiz 2

These store up energy in our bodies.

Control 13		Control 14	
2nd letter	2 nd letter	3 rd letter	
			s

Which foods are a good source?

These help us fight infections and keep healthy.

Control 7							
	4 th letter		1 st letter	2 nd letter	4 th letter		
v		t				n	s

Which foods are a good source?

This helps build strong bones and teeth.

Control 3						
	4 th letter			2 nd letter	3 rd letter	
c		l	c			m

Which foods are a good source?

potatoes, strawberries, cheese, broccoli, pasta, oranges, fish, lean meat, salad, beans, milk, olive oil, peas, butter, bread, carrots, apples, rice, peppers, grapes

