

Healthy Eating Orienteering Quiz

Control Point	Question		Tick for your answer	Check your answer with the 4th Letter
11	Which food is best for healthy bones and teeth?	cheese	<input type="checkbox"/>	M
		apples	<input type="checkbox"/>	C
		salmon	<input type="checkbox"/>	P
2	Which food is a good source of 'slow release' energy?	broccoli	<input type="checkbox"/>	W
		chocolate	<input type="checkbox"/>	D
		potatoes	<input type="checkbox"/>	F
8	Which food might be high in fat and salt?	salad	<input type="checkbox"/>	A
		crisps	<input type="checkbox"/>	P
		bread	<input type="checkbox"/>	B
3	Which food is a really good source of protein?	rice	<input type="checkbox"/>	E
		onions	<input type="checkbox"/>	N
		lentils	<input type="checkbox"/>	A
12	What do vitamins help our bodies do?	Fight off infections	<input type="checkbox"/>	C
		Build up muscles	<input type="checkbox"/>	U
		Store energy	<input type="checkbox"/>	F
6	To stay healthy, it's best to eat at least five different portions of these a day.	Crisps and biscuits	<input type="checkbox"/>	E
		Fruit and vegetables	<input type="checkbox"/>	T
		Meat, fish and eggs	<input type="checkbox"/>	M
1	How many glasses of water should you drink each day?	6 - 8	<input type="checkbox"/>	E
		2 - 3	<input type="checkbox"/>	U
		10 - 12	<input type="checkbox"/>	A
7	Why is it important to have plenty of fibre in your diet?	It helps our digestion.	<input type="checkbox"/>	I
		It has lots of protein.	<input type="checkbox"/>	D
		It gives us energy.	<input type="checkbox"/>	N

