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| **Control Point** | **Question** |  | **Tick for your answer** | **Check your answer with the 4th Letter** |
|  | Which food is best for healthy bones and teeth? | **cheese** |  |  |
| **apples** |  | C |
| **salmon** |  | P |
|  | Which food is a good source of ‘slow release’ energy? | **broccoli** |  | W |
| **chocolate** |  | D |
| **potatoes** |  |  |
|  | Which food might be high in fat and salt? | **salad** |  | A |
| **crisps** |  |  |
| **bread** |  | B |
|  | Which food is a really good source of protein? | **rice** |  | E |
| **onions** |  | N |
| **lentils** |  |  |
|  | What do vitamins help our bodies do? | **Fight off infections** |  |  |
| **Build up muscles** |  | U |
| **Store energy** |  | F |
|  | To stay healthy, it’s best to eat at least five different portions of these a day. | **Crisps and biscuits** |  | E |
| **Fruit and vegetables** |  |  |
| **Meat, fish and eggs** |  | M |
|  | How many glasses of water should you drink each day? | **6 - 8** |  |  |
| **2 - 3** |  | U |
| **10 - 12** |  | A |
|  | Why is it important to have plenty of fibre in your diet? | **It helps our digestion.** |  |  |
| **It has lots of protein.** |  | D |
| **It gives us energy.** |  | N |