

Healthy Eating Orienteering Quiz Answer Sheet

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"/>	
		salmon	<input type="checkbox"/>	
2	Which food is a good source of 'slow release' energy?	broccoli	<input type="checkbox"/>	
		chocolate	<input type="checkbox"/>	
		potatoes	<input type="checkbox"/>	F
8	Which food might be high in fat and salt?	salad	<input type="checkbox"/>	
		crisps	<input type="checkbox"/>	P
		bread	<input type="checkbox"/>	
3	Which food is a really good source of protein?	rice	<input type="checkbox"/>	
		onions	<input type="checkbox"/>	
		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"/>	
		Store energy	<input type="checkbox"/>	
6	To stay healthy, it's best to eat at least five different portions of these a day.	Crisps and biscuits	<input type="checkbox"/>	
		Fruit and vegetables	<input type="checkbox"/>	T
		Meat, fish and eggs	<input type="checkbox"/>	
1	How many glasses of water should you drink each day?	6 - 8	<input type="checkbox"/>	E
		2 - 3	<input type="checkbox"/>	
		10 - 12	<input type="checkbox"/>	
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"/>	
		It gives us energy.	<input type="checkbox"/>	

