## Healthy Eating Code Breaker

Solve the calculations using the code below and find answers to the questions about healthy eating.

| $\mathbf{A}$ | $\mathbf{B}$ | $\mathbf{C}$ | $\mathbf{D}$ | $\mathbf{E}$ | $\mathbf{F}$ | $\mathbf{G}$ | $\mathbf{H}$ | $\mathbf{I}$ | $\mathbf{J}$ | $\mathbf{K}$ | $\mathbf{L}$ | $\mathbf{M}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| $\mathbf{N}$ | $\mathbf{O}$ | $\mathbf{P}$ | $\mathbf{Q}$ | $\mathbf{R}$ | $\mathbf{S}$ | $\mathbf{T}$ | $\mathbf{U}$ | $\mathbf{V}$ | $\mathbf{W}$ | $\mathbf{X}$ | $\mathbf{Y}$ | $\mathbf{Z}$ |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

1. The food a person or animal eats is its...

|  | Answer | Letter |
| :--- | :--- | :--- |
| $\frac{1}{2}$ of 8 |  |  |
| $\frac{1}{2}$ of 18 |  |  |
| $\frac{1}{2}$ of 10 |  |  |
| Double 10 |  |  |

2. Milk, cheese and yoghurts are in which food group?

|  | Answer | Letter |
| :--- | :--- | :--- |
| $2 \times 2$ |  |  |
| $4 \div 4$ |  |  |
| $18 \div 2$ |  |  |
| $6 \times 3$ |  |  |
| $5 \times 5$ |  |  |

3. How many portions of fruit and vegetables should you eat every day, at least?

|  | Answer | Letter |
| :--- | :--- | :--- |
| $24-18$ |  |  |
| $20-11$ |  |  |
| $30-8$ |  |  |
| $17-12$ |  |  |

4. Sweets, cakes and fizzy drinks can contain high levels of which ingredient?

|  | Answer | Letter |
| :--- | :--- | :--- |
| $30-11$ |  |  |
| $15+6$ |  |  |
| $48-41$ |  |  |
| $40-39$ |  |  |
| $30-12$ |  |  |

5. An animal that feeds mostly on meat is known as a .....

|  | Answer | Letter |
| :--- | :--- | :--- |
| $\frac{1}{4}$ of 12 |  |  |
| $\frac{1}{2}$ of 2 |  |  |
| Double 9 |  |  |
| Double 7 |  |  |
| $\frac{1}{3}$ of 27 |  |  |
| Double 11 |  |  |
| $\frac{3}{4}$ of 20 |  |  |
| $\frac{3}{4}$ of 24 |  |  |
| $\frac{1}{5}$ of 25 |  |  |

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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| $\mathbf{N}$ | $\mathbf{O}$ | $\mathbf{P}$ | $\mathbf{Q}$ | $\mathbf{R}$ | $\mathbf{S}$ | $\mathbf{T}$ | $\mathbf{U}$ | $\mathbf{V}$ | $\mathbf{W}$ | $\mathbf{X}$ | $\mathbf{Y}$ | $\mathbf{Z}$ |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

1. The food a person or animal eats is its ...

|  | Answer | Letter |
| :--- | :--- | :--- |
| $\frac{1}{3}$ of 12 |  |  |
| $\frac{1}{2}$ of 18 |  |  |
| $\frac{1}{4}$ of 20 |  |  |
| $\frac{1}{3}$ of 60 |  |  |

2. Meat, fish and pulses are all part of which food group?

|  | Answer | Letter |
| :--- | :--- | :--- |
| $160 \div 10$ |  |  |
| $36 \div 2$ |  |  |
| $60 \div 4$ |  |  |
| $40 \div 2$ |  |  |
| $45 \div 9$ |  |  |
| $81 \div 9$ |  |  |
| $56 \div 4$ |  |  |

3. Brown bread is usually higher in than white bread.

|  | Answer | Letter |
| :--- | :--- | :--- |
| $75-69$ |  |  |
| $84-75$ |  |  |
| $121-119$ |  |  |
| $240-222$ |  |  |
| $201-196$ |  |  |

4. Fruit and vegetables provide the body with....

|  | Answer | Letter |
| :--- | :--- | :--- |
| $\frac{2}{3}$ of 33 |  |  |
| $\frac{3}{4}$ of 12 |  |  |
| $\frac{1}{10}$ of 200 |  |  |
| $\frac{1}{7}$ of 7 |  |  |
| $\frac{1}{2}$ of 26 |  |  |
| $\frac{3}{5}$ of 15 |  |  |
| $\frac{2}{5}$ of 35 |  |  |
| $\frac{1}{2}$ of 38 |  |  |

5. An animal that only feeds on plants is called a ...

|  | Answer | Letter |
| :--- | :--- | :--- |
| $7.8+0.2$ |  |  |
| $2.5+2.5$ |  |  |
| $16.5+1.5$ |  |  |
| $1.7+0.3$ |  |  |
| $8.1+0.9$ |  |  |
| $20.4+1.6$ |  |  |
| $12.4+2.6$ |  |  |
| $10.7+7.3$ |  |  |
| Double 2.5 |  |  |

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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

1. The food a person or animal eats is its ...

|  | Answer | Letter |
| :--- | :--- | :--- |
| $\frac{4}{10}$ of 10 |  |  |
| $\frac{3}{4}$ of 12 |  |  |
| $\frac{1}{7}$ of 35 |  |  |
| $\frac{2}{5}$ of 50 |  |  |

2. Pasta, bread, potatoes and rice are in which food group?

|  | Answer | Letter |
| :--- | :--- | :--- |
| $7.6-4.6$ |  |  |
| $6.3-5.3$ |  |  |
| $22.1-4.1$ |  |  |
| $0.4+1.6$ |  |  |
| $9.2+5.8$ |  |  |
| $4.4+3.6$ |  |  |
| $28.7-3.7$ |  |  |
| $2.1+1.9$ |  |  |
| $9.1+8.9$ |  |  |
| $0.65+0.35$ |  |  |
| $15.49+4.51$ |  |  |
| $4.99+0.01$ |  |  |

3. Which mineral, often found in dairy products, helps with bone development?

|  | Answer | Letter |
| :--- | :--- | :--- |
| $36 \div 12$ |  |  |
| $11 \div 11$ |  |  |
| $96 \div 8$ |  |  |
| $27 \div 9$ |  |  |
| $72 \div 8$ |  |  |
| $63 \div 3$ |  |  |
| $156 \div 12$ |  |  |

4. An animal that eats both meat and plants is called an...

|  | Answer | Letter |
| :--- | :--- | :--- |
| $\frac{5}{9}$ of 27 |  |  |
| $\frac{1}{10}$ of 130 |  |  |
| $\frac{2}{7}$ of 49 |  |  |
| $\frac{3}{13}$ of 39 |  |  |
| $\frac{2}{7}$ of 77 |  |  |
| $\frac{5}{8}$ of 24 |  |  |
| $\frac{3}{8}$ of 48 |  |  |
| $\frac{1}{9}$ of 45 |  |  |

5. It is important that our diet is...

|  | Answer | Letter |
| :--- | :--- | :--- |
| $359-300-57$ |  |  |
| $221-221+1$ |  |  |
| $524-480-32$ |  |  |
| $341-340$ |  |  |
| $214-100-100$ |  |  |
| $214+9-220$ |  |  |
| $163-73-85$ |  |  |
| $500-400-96$ |  |  |



## Healthy Eating Code Breaker Answers

Solve the calculations using the code below and find answers to the questions about healthy eating.

| $\mathbf{A}$ | $\mathbf{B}$ | $\mathbf{C}$ | $\mathbf{D}$ | $\mathbf{E}$ | $\mathbf{F}$ | $\mathbf{G}$ | $\mathbf{H}$ | $\mathbf{I}$ | $\mathbf{J}$ | $\mathbf{K}$ | $\mathbf{L}$ | $\mathbf{M}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| $\mathbf{N}$ | $\mathbf{O}$ | $\mathbf{P}$ | $\mathbf{Q}$ | $\mathbf{R}$ | $\mathbf{S}$ | $\mathbf{T}$ | $\mathbf{U}$ | $\mathbf{V}$ | $\mathbf{W}$ | $\mathbf{X}$ | $\mathbf{Y}$ | $\mathbf{Z}$ |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

1. The food a person or animal eats is its...

|  | Answer | Letter |
| :--- | :---: | :---: |
| $\frac{1}{2}$ of 8 | $\mathbf{4}$ | $\mathbf{D}$ |
| $\frac{1}{2}$ of 18 | $\mathbf{9}$ | I |
| $\frac{1}{2}$ of 10 | $\mathbf{5}$ | $\mathbf{E}$ |
| Double 10 | $\mathbf{2 0}$ | $\mathbf{T}$ |

2. Milk, cheese and yoghurts are in which food group?

|  | Answer | Letter |
| :--- | :---: | :---: |
| $2 \times 2$ | $\mathbf{4}$ | $\mathbf{D}$ |
| $4 \div 4$ | $\mathbf{1}$ | A |
| $18 \div 2$ | $\mathbf{9}$ | I |
| $6 \times 3$ | $\mathbf{1 8}$ | $\mathbf{R}$ |
| $5 \times 5$ | $\mathbf{2 5}$ | Y |

3. How many portions of fruit and vegetables should you eat every day, at least?

|  | Answer | Letter |
| :--- | :---: | :---: |
| $24-18$ | $\mathbf{6}$ | $\mathbf{F}$ |
| $20-11$ | $\mathbf{9}$ | $\mathbf{I}$ |
| $30-8$ | $\mathbf{2 2}$ | $\mathbf{V}$ |
| $17-12$ | $\mathbf{5}$ | $\mathbf{E}$ |

4. Sweets, cakes and fizzy drinks can contain high levels of which ingredient?

|  | Answer | Letter |
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| $30-11$ | $\mathbf{1 9}$ | $\mathbf{S}$ |
| $15+6$ | $\mathbf{2 1}$ | $\mathbf{U}$ |
| $48-41$ | $\mathbf{7}$ | G |
| $40-39$ | $\mathbf{1}$ | A |
| $30-12$ | $\mathbf{1 8}$ | $\mathbf{R}$ |

5. An animal that feeds mostly on meat is known as a .....

|  | Answer | Letter |
| :--- | :---: | :---: |
| $\frac{1}{4}$ of 12 | $\mathbf{3}$ | C |
| $\frac{1}{2}$ of 2 | $\mathbf{1}$ | A |
| Double 9 | $\mathbf{1 8}$ | R |
| Double 7 | $\mathbf{1 4}$ | $\mathbf{N}$ |
| $\frac{1}{3}$ of 27 | $\mathbf{9}$ | I |
| Double 11 | $\mathbf{2 2}$ | $\mathbf{V}$ |
| $\frac{3}{4}$ of 20 | $\mathbf{1 5}$ | $\mathbf{O}$ |
| $\frac{3}{4}$ of 24 | $\mathbf{1 8}$ | R |
| $\frac{1}{5}$ of 25 | $\mathbf{5}$ | $\mathbf{E}$ |

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| $\mathbf{A}$ | $\mathbf{B}$ | $\mathbf{C}$ | $\mathbf{D}$ | $\mathbf{E}$ | $\mathbf{F}$ | $\mathbf{G}$ | $\mathbf{H}$ | $\mathbf{I}$ | $\mathbf{J}$ | $\mathbf{K}$ | $\mathbf{L}$ | $\mathbf{M}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
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1. The food a person or animal eats is its ...

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| :--- | :---: | :---: |
| $\frac{1}{3}$ of 12 | $\mathbf{4}$ | $\mathbf{D}$ |
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| $\frac{1}{4}$ of 20 | $\mathbf{5}$ | $\mathbf{E}$ |
| $\frac{1}{3}$ of 60 | $\mathbf{2 0}$ | $\mathbf{T}$ |

2. Meat, fish and pulses are all part of which food group?

|  | Answer | Letter |
| :--- | :---: | :---: |
| $160 \div 10$ | $\mathbf{1 6}$ | $\mathbf{P}$ |
| $36 \div 2$ | $\mathbf{1 8}$ | $\mathbf{R}$ |
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| $40 \div 2$ | $\mathbf{2 0}$ | $\mathbf{T}$ |
| $45 \div 9$ | $\mathbf{5}$ | $\mathbf{E}$ |
| $81 \div 9$ | $\mathbf{9}$ | $\mathbf{I}$ |
| $56 \div 4$ | $\mathbf{1 4}$ | $\mathbf{N}$ |

3. Brown bread is usually higher in than white bread.

|  | Answer | Letter |
| :--- | :---: | :---: |
| $75-69$ | $\mathbf{6}$ | $\mathbf{F}$ |
| $84-75$ | $\mathbf{9}$ | $\mathbf{I}$ |
| $121-119$ | $\mathbf{2}$ | $\mathbf{B}$ |
| $240-222$ | $\mathbf{1 8}$ | $\mathbf{R}$ |
| $201-196$ | $\mathbf{5}$ | $\mathbf{E}$ |

4. Fruit and vegetables provide the body with....

|  | Answer | Letter |
| :--- | :---: | :---: |
| $\frac{2}{3}$ of 33 | $\mathbf{2 2}$ | V |
| $\frac{3}{4}$ of 12 | $\mathbf{9}$ | I |
| $\frac{1}{10}$ of 200 | $\mathbf{2 0}$ | T |
| $\frac{1}{7}$ of 7 | $\mathbf{1}$ | A |
| $\frac{1}{2}$ of 26 | $\mathbf{1 3}$ | M |
| $\frac{3}{5}$ of 15 | $\mathbf{9}$ | I |
| $\frac{2}{5}$ of 35 | $\mathbf{1 4}$ | N |
| $\frac{1}{2}$ of 38 | $\mathbf{1 9}$ | S |

5. An animal that only feeds on plants is called a ...

|  | Answer | Letter |
| :--- | :---: | :---: |
| $7.8+0.2$ | $\mathbf{8}$ | $\mathbf{H}$ |
| $2.5+2.5$ | $\mathbf{5}$ | $\mathbf{E}$ |
| $16.5+1.5$ | $\mathbf{1 8}$ | $\mathbf{R}$ |
| $1.7+0.3$ | $\mathbf{2}$ | $\mathbf{B}$ |
| $8.1+0.9$ | $\mathbf{9}$ | $\mathbf{I}$ |
| $20.4+1.6$ | $\mathbf{2 2}$ | $\mathbf{V}$ |
| $12.4+2.6$ | $\mathbf{1 5}$ | $\mathbf{0}$ |
| $10.7+7.3$ | $\mathbf{1 8}$ | $\mathbf{R}$ |
| Double 2.5 | $\mathbf{5}$ | $\mathbf{E}$ |

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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
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1. The food a person or animal eats is its ...

|  | Answer | Letter |
| :--- | :---: | :---: |
| $\frac{4}{10}$ of 10 | $\mathbf{4}$ | D |
| $\frac{3}{4}$ of 12 | $\mathbf{9}$ | I |
| $\frac{1}{7}$ of 35 | $\mathbf{5}$ | E |
| $\frac{2}{5}$ of 50 | T |  |

2. Pasta, bread, potatoes and rice are in which food group?

|  | Answer | Letter |
| :--- | :---: | :---: |
| $7.6-4.6$ | $\mathbf{3}$ | $\mathbf{C}$ |
| $6.3-5.3$ | $\mathbf{1}$ | $\mathbf{A}$ |
| $22.1-4.1$ | $\mathbf{1 8}$ | $\mathbf{R}$ |
| $0.4+1.6$ | $\mathbf{2}$ | $\mathbf{B}$ |
| $9.2+5.8$ | $\mathbf{1 5}$ | $\mathbf{0}$ |
| $4.4+3.6$ | $\mathbf{8}$ | $\mathbf{H}$ |
| $28.7-3.7$ | $\mathbf{2 5}$ | $\mathbf{Y}$ |
| $2.1+1.9$ | $\mathbf{4}$ | $\mathbf{D}$ |
| $9.1+8.9$ | $\mathbf{1 8}$ | $\mathbf{R}$ |
| $0.65+0.35$ | 1 | A |
| $15.49+4.51$ | $\mathbf{2 0}$ | T |
| $4.99+0.01$ | $\mathbf{5}$ | E |

## Healthy Eating Code Breaker Answers

5. It is important that our diet is...

|  | Answer | Letter |
| :--- | :---: | :---: |
| $359-300-57$ | $\mathbf{2}$ | $\mathbf{B}$ |
| $221-221+1$ | $\mathbf{1}$ | $\mathbf{A}$ |
| $524-480-32$ | $\mathbf{1 2}$ | $\mathbf{L}$ |
| $341-340$ | $\mathbf{1}$ | $\mathbf{A}$ |
| $214-100-100$ | $\mathbf{1 4}$ | $\mathbf{N}$ |
| $214+9-220$ | $\mathbf{3}$ | $\mathbf{C}$ |
| $163-73-85$ | $\mathbf{5}$ | $\mathbf{E}$ |
| $500-400-96$ | $\mathbf{4}$ | $\mathbf{D}$ |

