# Healthy Eating Code Breaker

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

| A | B | C | D | E | F | G | H | I | J | K | L | M |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| **N** | **O** | **P** | **Q** | **R** | **S** | **T** | **U** | **V** | **W** | **X** | **Y** | **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 × 2 | | |
| 4 ÷ 4 | | |
| 18 ÷ 2 | | |
| 6 × 3 | | |
| 5 × 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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| 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 ÷ 10 | | |
| 36 ÷ 2 | | |
| 60 ÷ 4 | | |
| 40 ÷ 2 | | |
| 45 ÷ 9 | | |
| 81 ÷ 9 | | |
| 56 ÷ 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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Solve the calculations using the code below and find answers to the questions about healthy eating.

| A | B | C | D | E | F | G | H | I | J | K | L | M |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| **N** | **O** | **P** | **Q** | **R** | **S** | **T** | **U** | **V** | **W** | **X** | **Y** | **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 |
|---|---|---|
| $\frac{4}{10}$ 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 ÷ 12 | | |
| 11 ÷ 11 | | |
| 96 ÷ 8 | | |
| 27 ÷ 9 | | |
| 72 ÷ 8 | | |
| 63 ÷ 3 | | |
| 156 ÷ 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 | | |

# Healthy Eating Code Breaker

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.

| A | B | C | D | E | F | G | H | I | J | K | L | M |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| **N** | **O** | **P** | **Q** | **R** | **S** | **T** | **U** | **V** | **W** | **X** | **Y** | **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 | **4** | **D** |
| $\frac{1}{2}$ of 18 | **9** | **I** |
| $\frac{1}{2}$ of 10 | **5** | **E** |
| Double 10 | **20** | **T** |

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

| | Answer | Letter |
|---|---|---|
| 2 × 2 | **4** | **D** |
| 4 ÷ 4 | **1** | **A** |
| 18 ÷ 2 | **9** | **I** |
| 6 × 3 | **18** | **R** |
| 5 × 5 | **25** | Y |

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

| | Answer | Letter |
|---|---|---|
| 24 - 18 | **6** | **F** |
| 20 - 11 | **9** | **I** |
| 30 - 8 | **22** | **V** |
| 17 - 12 | **5** | **E** |

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

| | Answer | Letter |
|---|---|---|
| 30 - 11 | **19** | **S** |
| 15 + 6 | **21** | **U** |
| 48 - 41 | **7** | **G** |
| 40 - 39 | **1** | **A** |
| 30 - 12 | **18** | **R** |

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

| | Answer | Letter |
|---|---|---|
| $\frac{1}{4}$ of 12 | **3** | **C** |
| $\frac{1}{2}$ of 2 | **1** | **A** |
| Double 9 | **18** | **R** |
| Double 7 | **14** | **N** |
| $\frac{1}{3}$ of 27 | **9** | **I** |
| Double 11 | **22** | **V** |
| $\frac{3}{4}$ of 20 | **15** | **O** |
| $\frac{3}{4}$ of 24 | **18** | **R** |
| $\frac{1}{5}$ of 25 | **5** | **E** |

# Healthy Eating Code Breaker **Answers**

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

| A | B | C | D | E | F | G | H | I | J | K | L | M |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| **N** | **O** | **P** | **Q** | **R** | **S** | **T** | **U** | **V** | **W** | **X** | **Y** | **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 | **4** | **D** |
| $\frac{1}{2}$ of 18 | **9** | **I** |
| $\frac{1}{4}$ of 20 | **5** | **E** |
| $\frac{1}{3}$ of 60 | **20** | **T** |

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

| | Answer | Letter |
|---|---|---|
| 160 ÷ 10 | **16** | **P** |
| 36 ÷ 2 | **18** | **R** |
| 60 ÷ 4 | **15** | **O** |
| 40 ÷ 2 | **20** | **T** |
| 45 ÷ 9 | **5** | **E** |
| 81 ÷ 9 | **9** | **I** |
| 56 ÷ 4 | **14** | **N** |

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

| | Answer | Letter |
|---|---|---|
| 75 - 69 | **6** | **F** |
| 84 - 75 | **9** | **I** |
| 121 - 119 | **2** | **B** |
| 240 - 222 | **18** | **R** |
| 201 - 196 | **5** | **E** |

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

| | Answer | Letter |
|---|---|---|
| $\frac{2}{3}$ of 33 | **22** | **V** |
| $\frac{3}{4}$ of 12 | **9** | **I** |
| $\frac{1}{10}$ of 200 | **20** | **T** |
| $\frac{1}{7}$ of 7 | **1** | **A** |
| $\frac{1}{2}$ of 26 | **13** | **M** |
| $\frac{3}{5}$ of 15 | **9** | **I** |
| $\frac{2}{5}$ of 35 | **14** | **N** |
| $\frac{1}{2}$ of 38 | **19** | **S** |

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

| | Answer | Letter |
|---|---|---|
| 7.8 + 0.2 | **8** | **H** |
| 2.5 + 2.5 | **5** | **E** |
| 16.5 + 1.5 | **18** | **R** |
| 1.7 + 0.3 | **2** | **B** |
| 8.1 + 0.9 | **9** | **I** |
| 20.4 + 1.6 | **22** | **V** |
| 12.4 + 2.6 | **15** | **O** |
| 10.7 + 7.3 | **18** | **R** |
| Double 2.5 | **5** | **E** |

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| $\frac{2}{5}$ of 50 | **20** | **T** |

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

| | Answer | Letter |
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| 7.6 - 4.6 | **3** | **C** |
| 6.3 - 5.3 | **1** | **A** |
| 22.1 - 4.1 | **18** | **R** |
| 0.4 + 1.6 | **2** | **B** |
| 9.2 + 5.8 | **15** | **O** |
| 4.4 + 3.6 | **8** | **H** |
| 28.7 - 3.7 | **25** | **Y** |
| 2.1 + 1.9 | **4** | **D** |
| 9.1 + 8.9 | **18** | **R** |
| 0.65 + 0.35 | 1 | A |
| 15.49 + 4.51 | **20** | **T** |
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3. Which mineral, often found in dairy products, helps with bone development?

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| 11 ÷ 11 | **1** | **A** |
| 96 ÷ 8 | **12** | **L** |
| 27 ÷ 9 | **3** | **C** |
| 72 ÷ 8 | **9** | **I** |
| 63 ÷ 3 | **21** | **U** |
| 156 ÷ 12 | **13** | **M** |

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| | Answer | Letter |
|---|---|---|
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| $\frac{1}{10}$ of 130 | **13** | **M** |
| $\frac{2}{7}$ of 49 | **14** | **N** |
| $\frac{3}{13}$ of 39 | **9** | **I** |
| $\frac{2}{7}$ of 77 | **22** | **V** |
| $\frac{5}{8}$ of 24 | **15** | **O** |
| $\frac{3}{8}$ of 48 | **18** | **R** |
| $\frac{1}{9}$ of 45 | **5** | **E** |

# Healthy Eating Code Breaker **Answers**

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

| | Answer | Letter |
|---|---|---|
| 359 - 300 - 57 | **2** | **B** |
| 221 - 221 + 1 | **1** | **A** |
| 524 - 480 - 32 | **12** | **L** |
| 341 - 340 | **1** | **A** |
| 214 - 100 - 100 | **14** | **N** |
| 214 + 9 - 220 | **3** | **C** |
| 163 - 73 - 85 | **5** | **E** |
| 500 - 400 - 96 | **4** | **D** |