

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		
$4 \div 4$		
$18 \div 2$		
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		