

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		

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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
$160 \div 10$		
$36 \div 2$		
$60 \div 4$		
$40 \div 2$		
$45 \div 9$		
$81 \div 9$		
$56 \div 4$		

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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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		

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

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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
$\frac{1}{2}$ 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
$4 \div 4$	1	A
$18 \div 2$	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

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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
$160 \div 10$	16	P
$36 \div 2$	18	R
$60 \div 4$	15	O
$40 \div 2$	20	T
$45 \div 9$	5	E
$81 \div 9$	9	I
$56 \div 4$	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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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	4	D
$\frac{3}{4}$ of 12	9	I
$\frac{1}{7}$ of 35	5	E
$\frac{2}{5}$ of 50	20	T

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

	Answer	Letter
$7.6 - 4.6$	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
$4.99 + 0.01$	5	E

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

	Answer	Letter
$36 \div 12$	3	C
$11 \div 11$	1	A
$96 \div 8$	12	L
$27 \div 9$	3	C
$72 \div 8$	9	I
$63 \div 3$	21	U
$156 \div 12$	13	M

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

	Answer	Letter
$\frac{5}{9}$ of 27	15	O
$\frac{1}{10}$ 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