

Fun Foody facts – Workbook activity answers

Activity on page 3;

Which type of vitamin is good for your skin? Vitamin C.

Which two types of food contain fibre? Carbohydrates and Fruit and Veg.

Which nutrient helps red blood cells carry oxygen around the body? Iron.

What two nutrients are found in dairy products? Protein and Calcium.

What two nutrients help to build healthy teeth and bones? Calcium and Vitamin D.

Activity on page 4;

How much pasta do you need? A front of a fist's worth.

How much mince meat do you need? A palm's worth.

How much cheese should you sprinkle on top? 2 finger's worth.

Activity on page 5;

How should you store bread? In a bread bin.

How should you store leftover? (In clear boxes/ bags) In the fridge (for up to 2days) or freezer.

How should you store fresh veg? In the fridge.

Activity on page 7;

What can you make with out of date fruit? Smoothies.

What is better for you than sugary pop? Water or sugar free cordial.

Name a healthier snack than crisps. Apple, banana etc.

Activity on page 9;

The answer here depends on the meal chosen, but here are a few examples;

Dinner

- In the pale orange section – brown rice,

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- In the red section – a portion of salmon fillet,
- In the green section – frozen peas and sweetcorn,
- In the blue section – a glass of milk to drink,
- In the pink section – a piece of cake for dessert.

Lunch

- In the pale orange section – a jacket potato,
- In the red section – small pieces of chicken,
- In the green section – beans,
- In the blue section – grated cheese,
- In the pink section – a glass of pop.

Activity on page 11;

Already in the fridge / freezer – cheese, peas, yoghurt and jam.

Shopping list

1. Onions,
2. Bacon,
3. Potatoes,
4. Strawberries.

Activity on page 15;

How many foods in the list begin with the letter C? 9.

Can you write the longest food name below? Butternut squash (15 letters).

When is sweetcorn in harvest? Summer.

Write two foods harvested in Summer that begin with the letter P; peaches, peppers, peas, poultry, pork.

Can you find four foods that begin with the letters below?

F – figs O – onions O – oysters D – damsons