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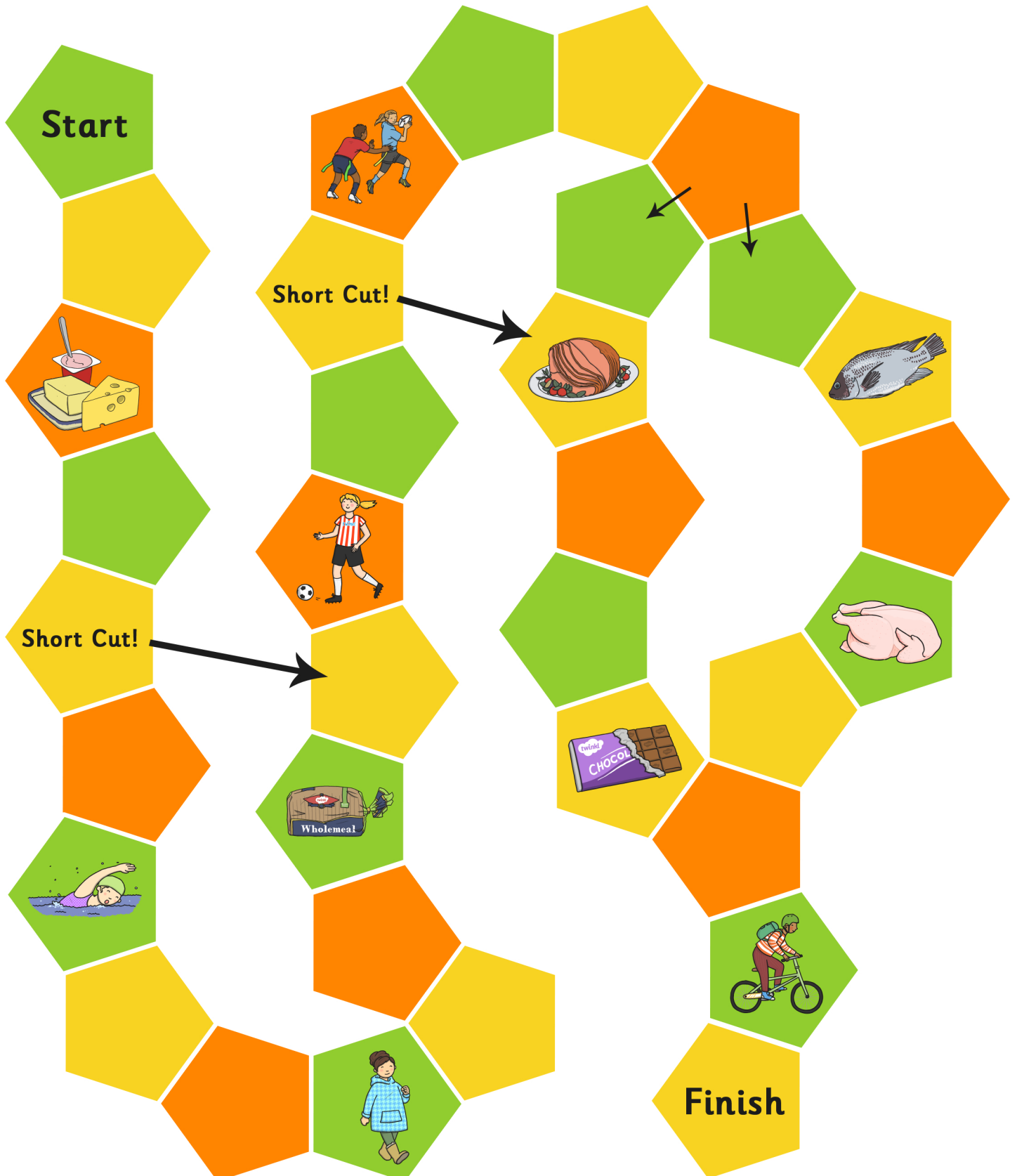
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Healthy Living Game

Take turns to move around the board. If you land on a picture answer a question. The winner is the first one to finish.



Can you name all 7 types of nutrients?

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Why does our body need water?

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Can you name 4 foods which are high in carbohydrates?

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Why does our body need protein?

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What is the difference between saturated and unsaturated fats?

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Can you name 4 foods which are high in fibre?

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Why does our body need vitamins?

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How many food groups are there?

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Can you think of 10 different things you can do to exercise?

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Can you name 10 different fruits?

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Can you name 10 different vegetables?

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Can you think of 5 unhealthy things that people do?

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