

EXPLAIN



**Daniel Wilson** 







## HEALTHY

E

5000



START



#### MENU



Click on one of the three round blocks to take you either to learn about healthy and unhealthy foods or when your up for a challenge try out the bird brains quiz.

Healthy Foods

Unhealthy Foods

#### **MENU**



## Healthy Foods

How they make you fit and healthy!





And how nicer they taste than smelly old junk food!









#### Carbohydrates



These give you a lot of energy in order to keep you fit, alive and feeling great throughout the day.



#### Carbohydrates



#### Carbohydrates

Next Nutrient

And many other foods that are starchy and are keen to give you loads of energy to keep you fit.





#### Proteins



These help you to grow big and strong, repairs your cells when needed, and helps your body function properly.

#### Proteins









#### Proteins

Next Nutrient



And lots more foods that improve your strength and body growth.



#### Vitamin C



This improves your immune system and prevents nasty illnesses like the flu and in the pirates' case, scurvy!



#### Vitamin C

Eat Well plate



And many other food and drinks which are high in vitamins and keen to keep those nasty diseases at bay.



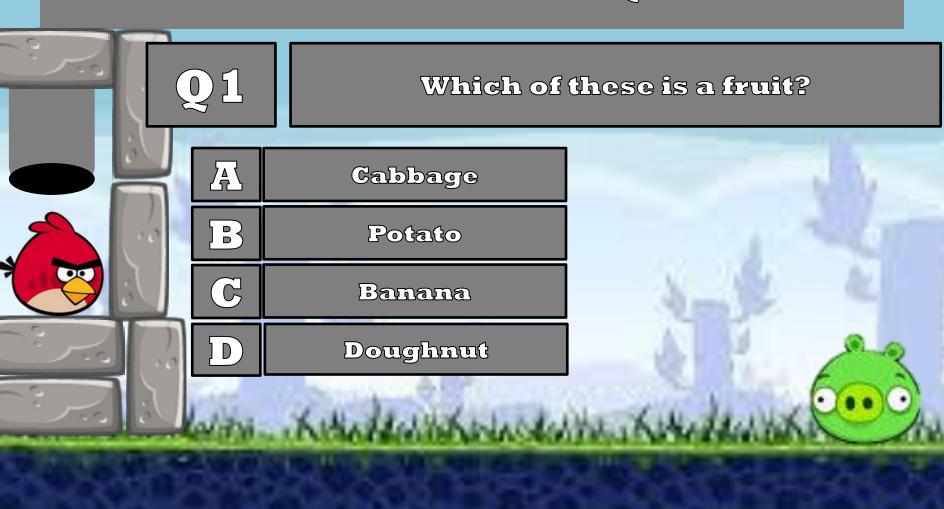
#### **Unhealthy Foods**

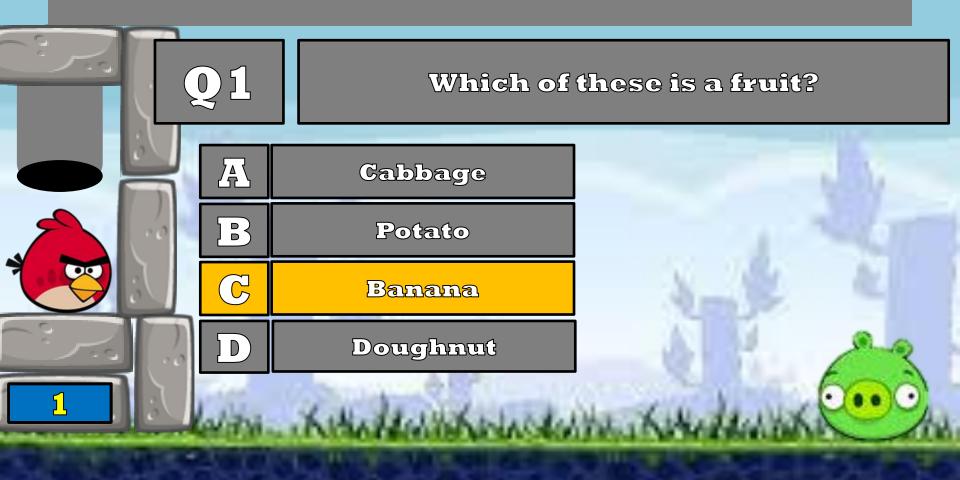


The questions start off easy, but they get harder as we get closer to defeating the King pig!
Right! If everybody's ready!
Let's go and pop those pigs and get our precious eggs back!











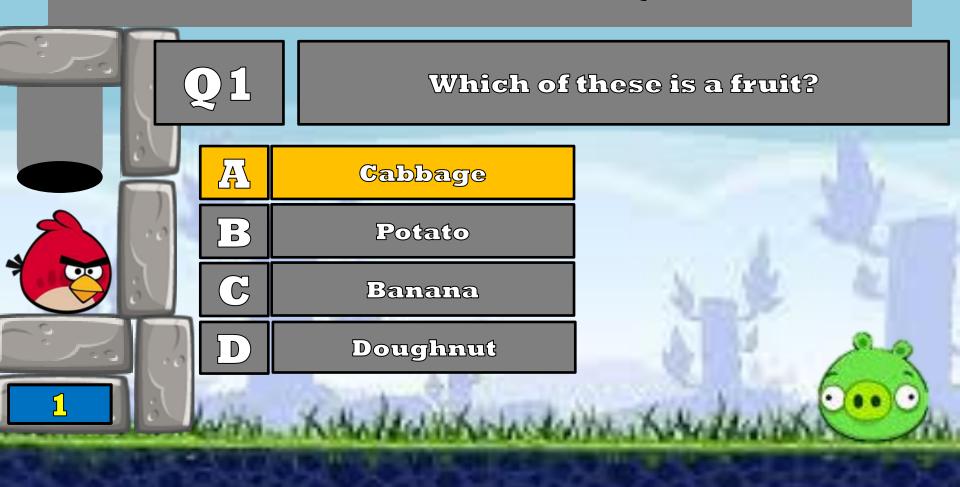


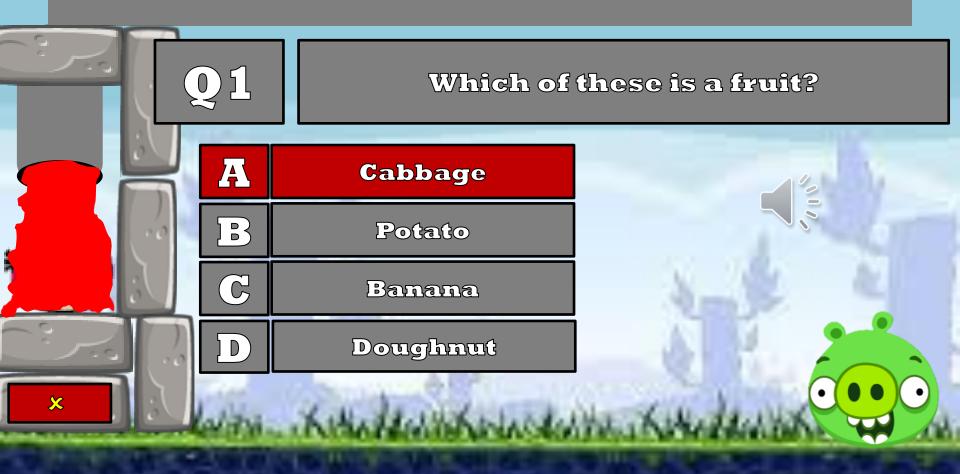
Next Question



# GREAT! THAT WAS CORRECT!

A Banana is a fruit!
Very good for you and also really
yummy to eat too!





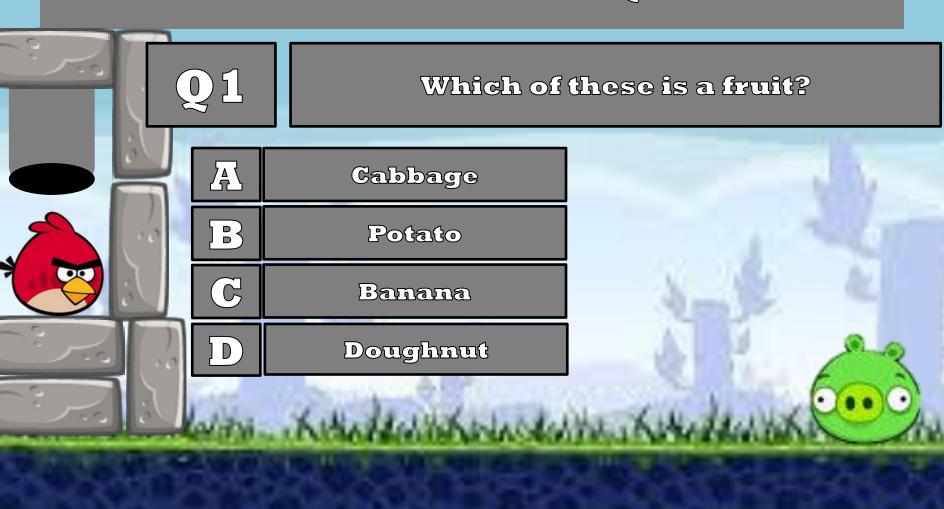
Try Again

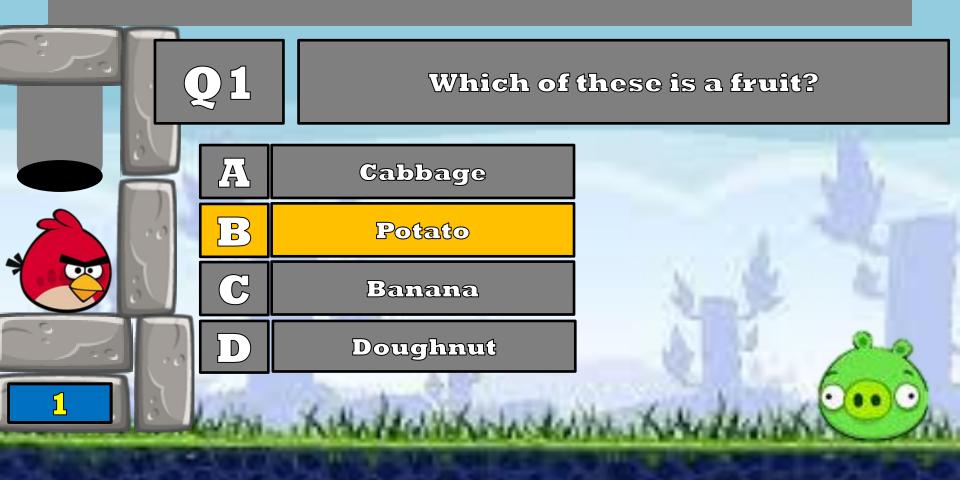


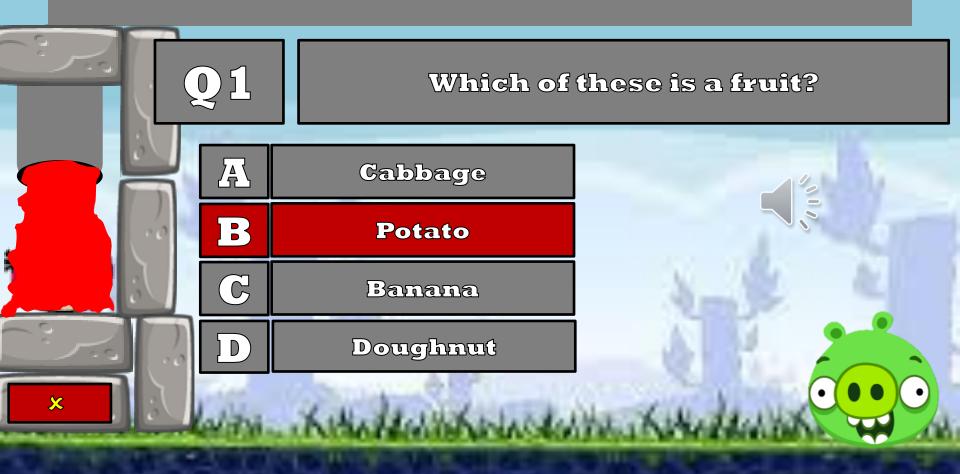


# OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! A cabbage is a vegetable! Not a fruit!







Try Again

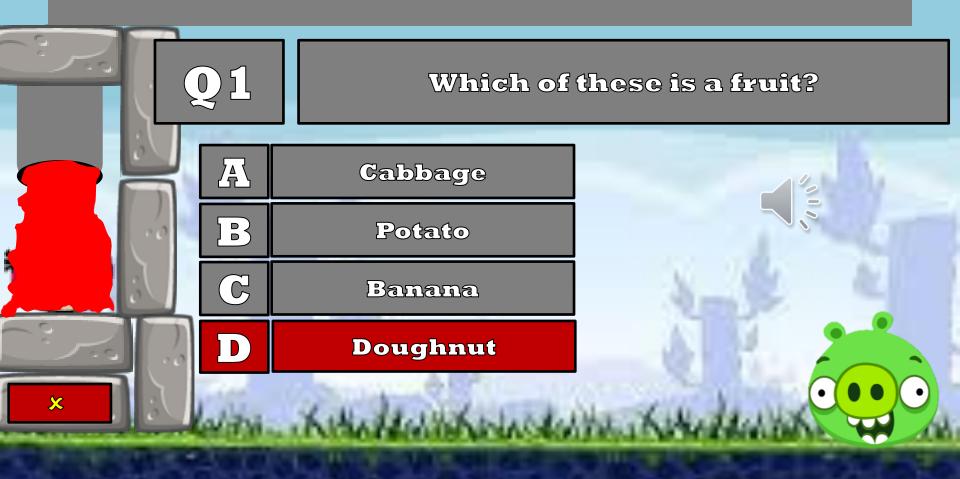




# OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! A potato is a vegetable! Not a fruit!





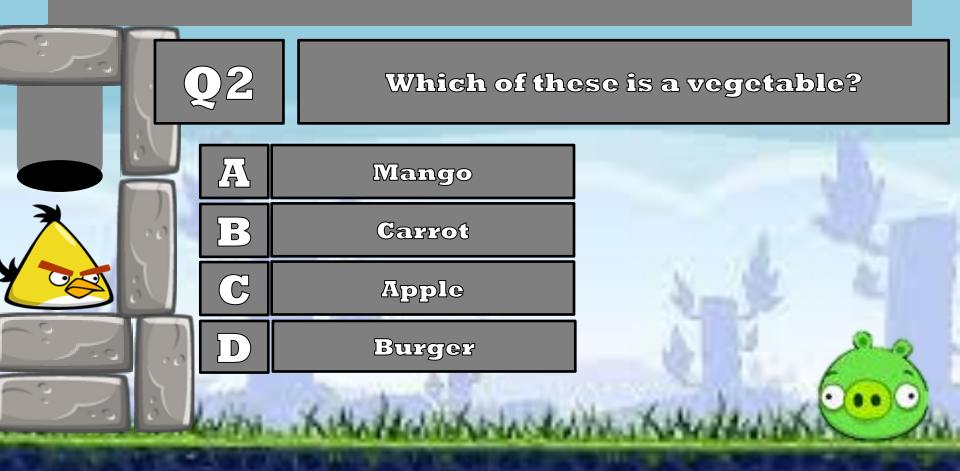
Try Again

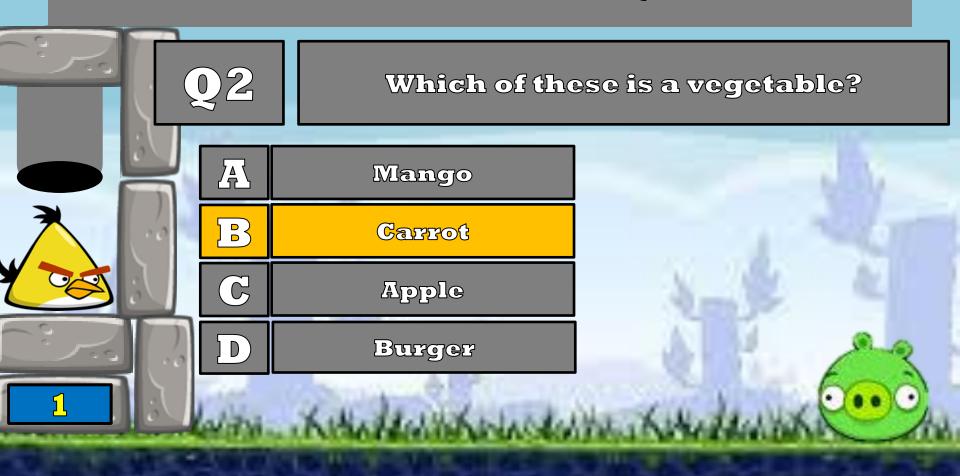


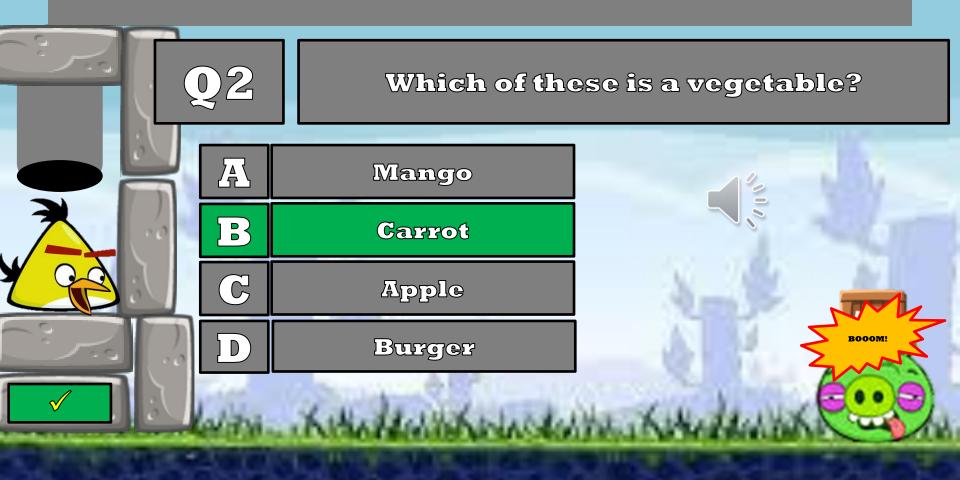


# OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No No! A doughnut is not a fruit or a vegetable or even a healthy food, it's junk food!







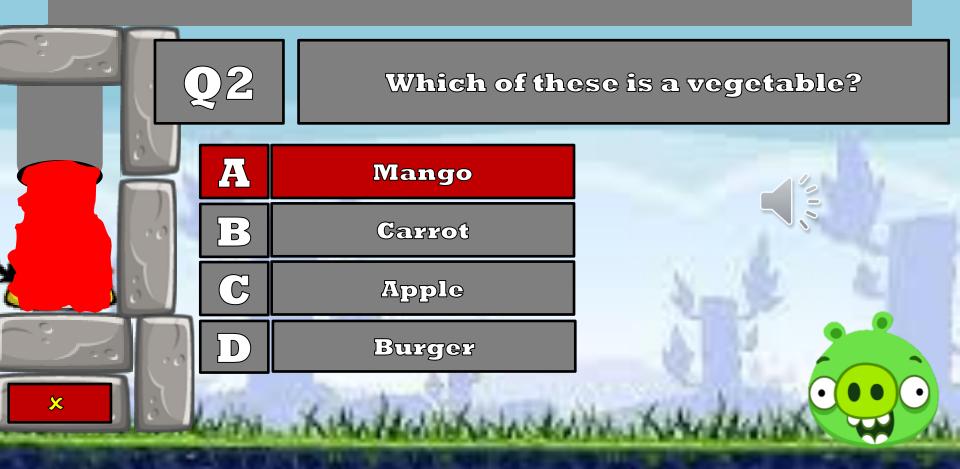
Next Question



# HURRAH! THAT WAS CORRECT!

A Carrot is a vegetable!
Very healthy, great for eye sight and extremely tasty too! No wonder rabbits love them!



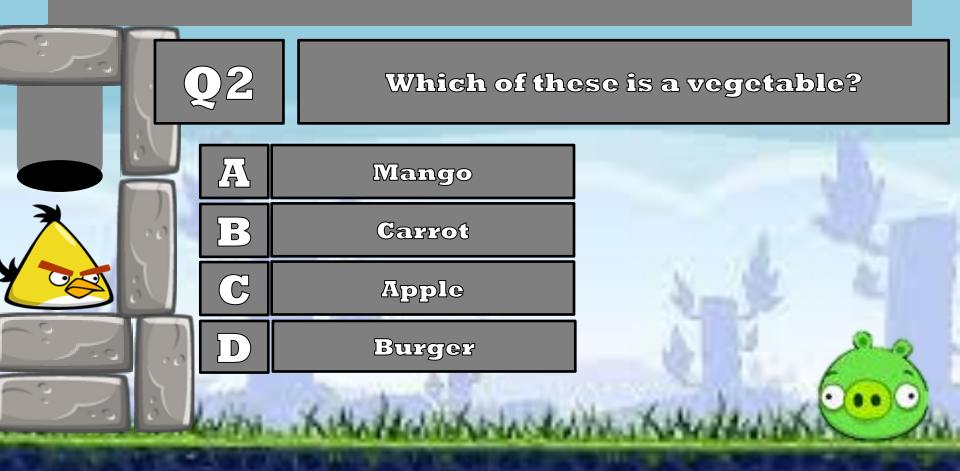


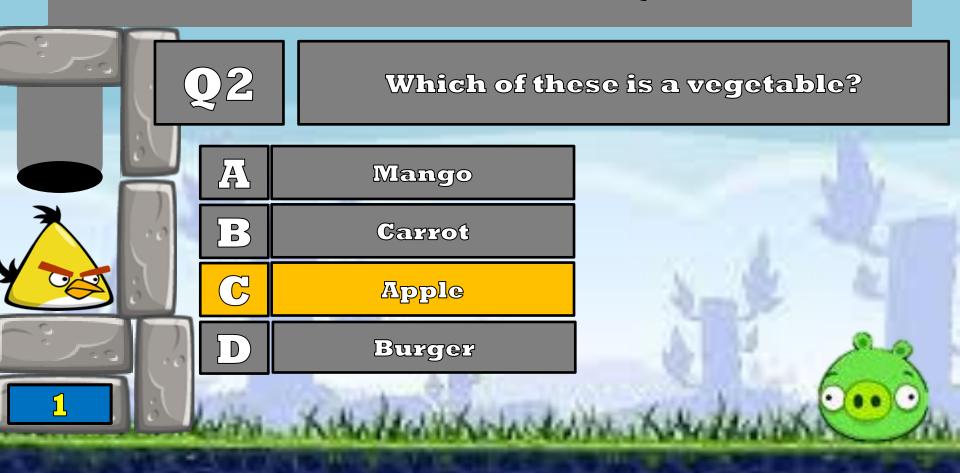




# OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! a mango is a fruit! Not a vegetable!











# OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! an apple is a fruit! Not a vegetable!



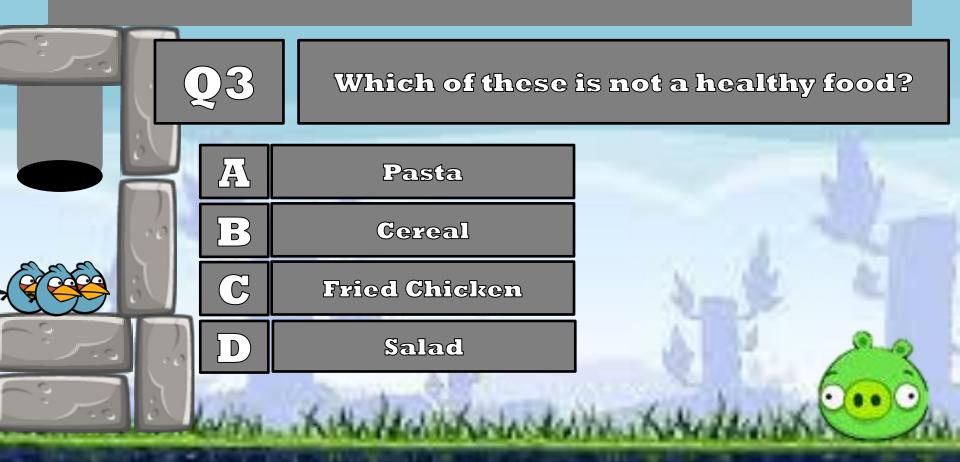


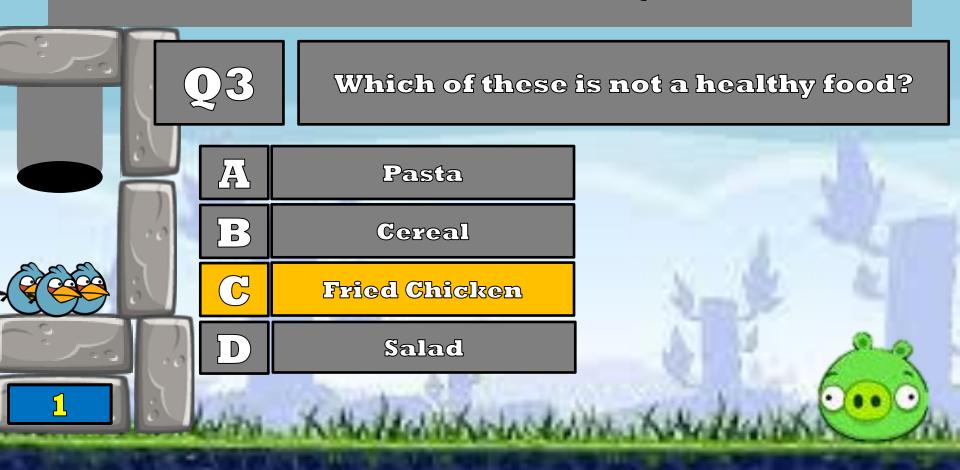


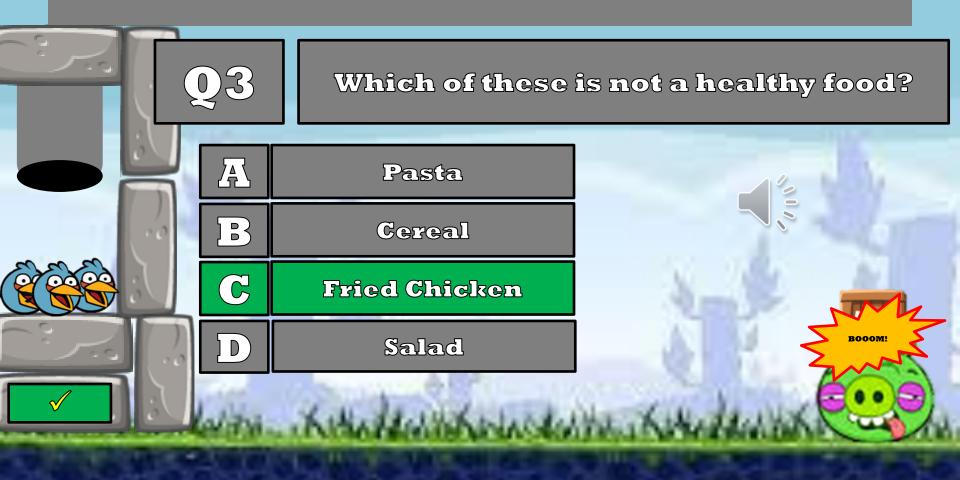


## OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No No! A burger is neither a fruit, nor a vegetable! It is a greasy meal which gets you fat!







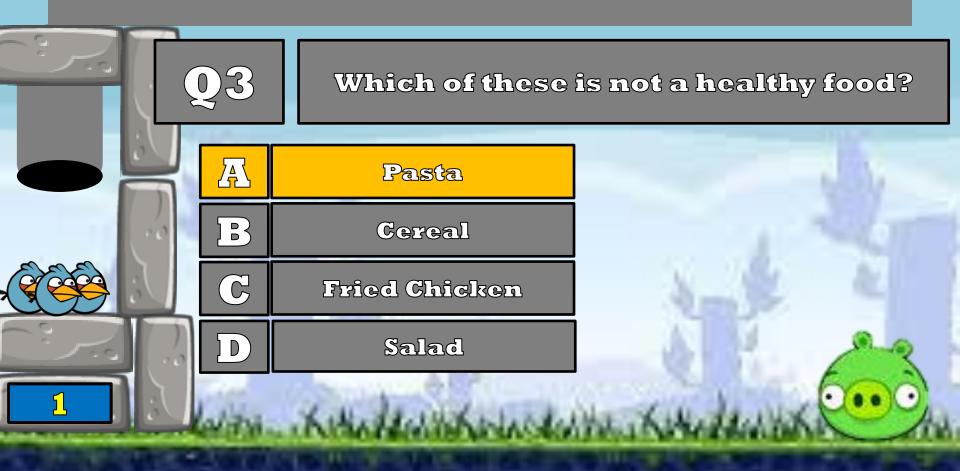
Next Question

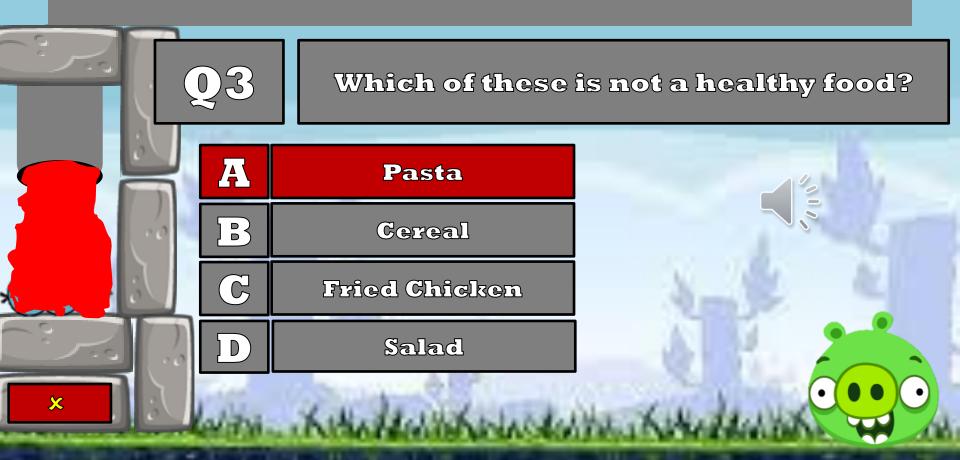




### PUKKA! THAT WAS CORRECT!

Fried chicken is not healthy for you! Roast or boiled chicken is good for you though, it gives you protein and iron!



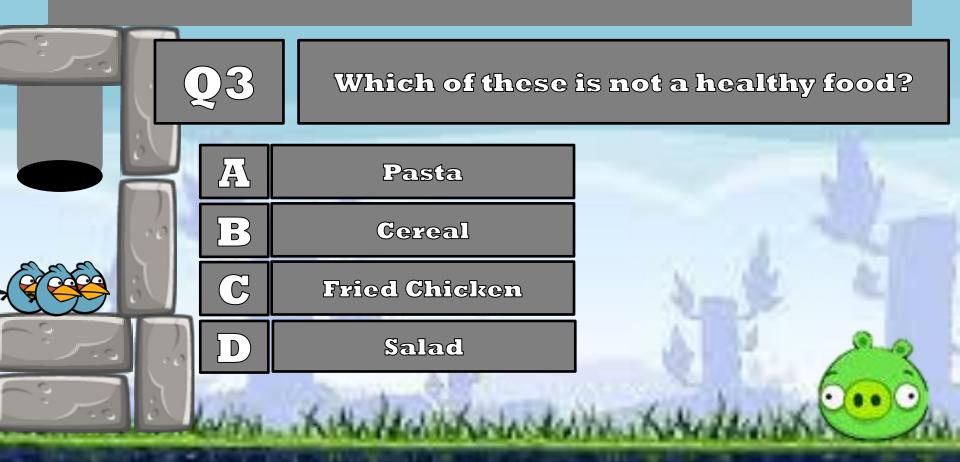


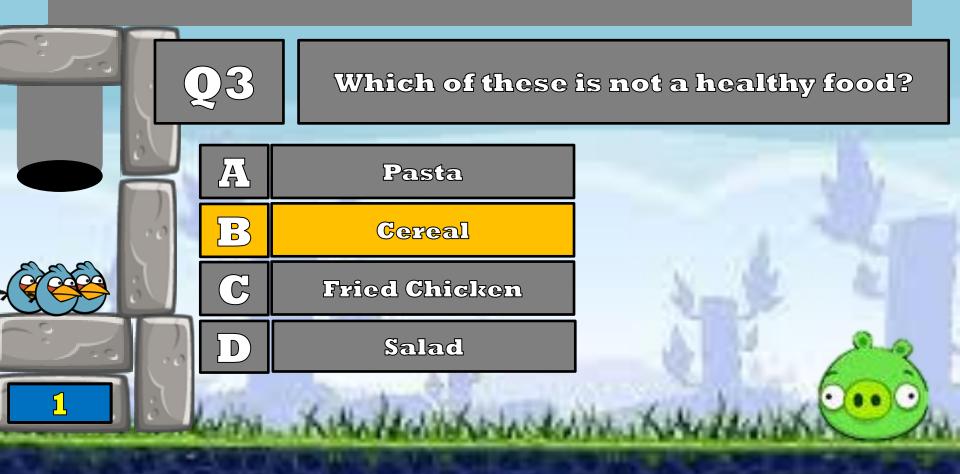


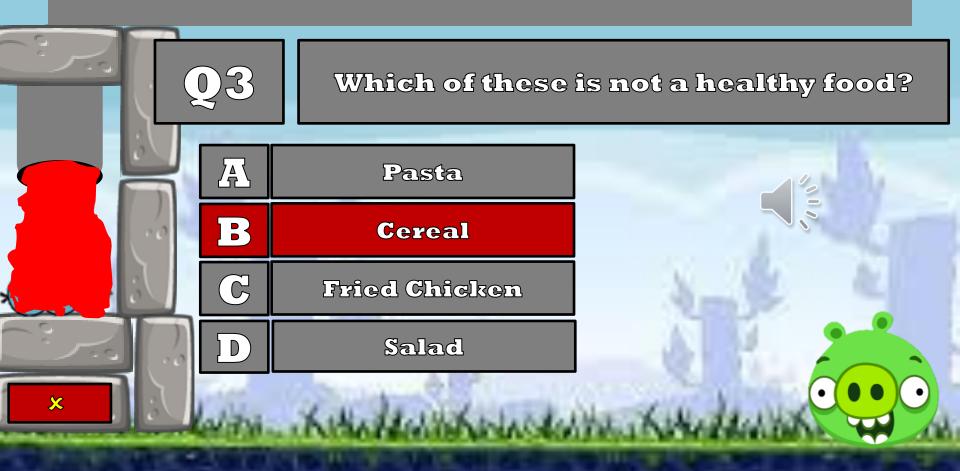


### OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Pasta is a very healthy food to have! No problems with that!





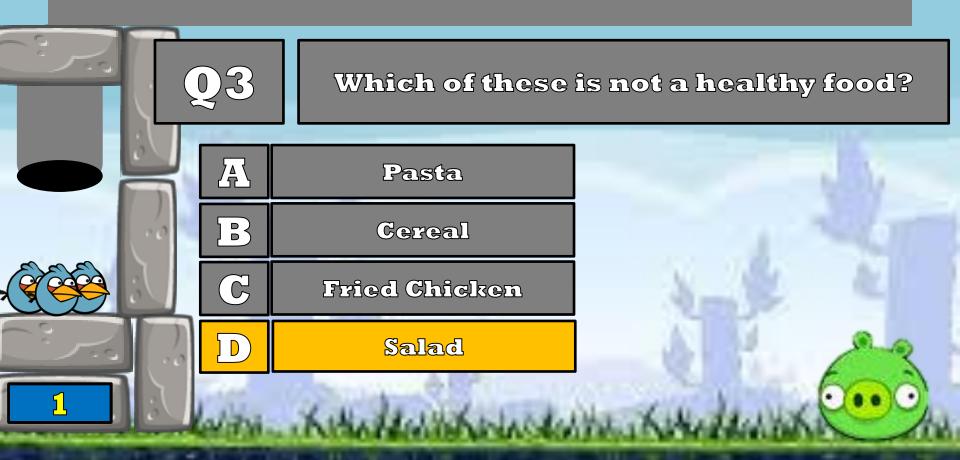


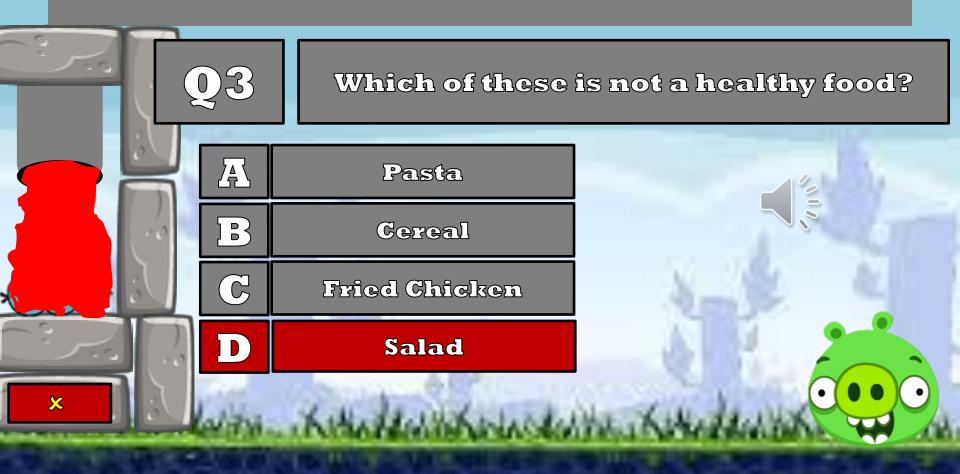




### OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Cereal is a healthy thing to have at breakfast! Nothing wrong there!





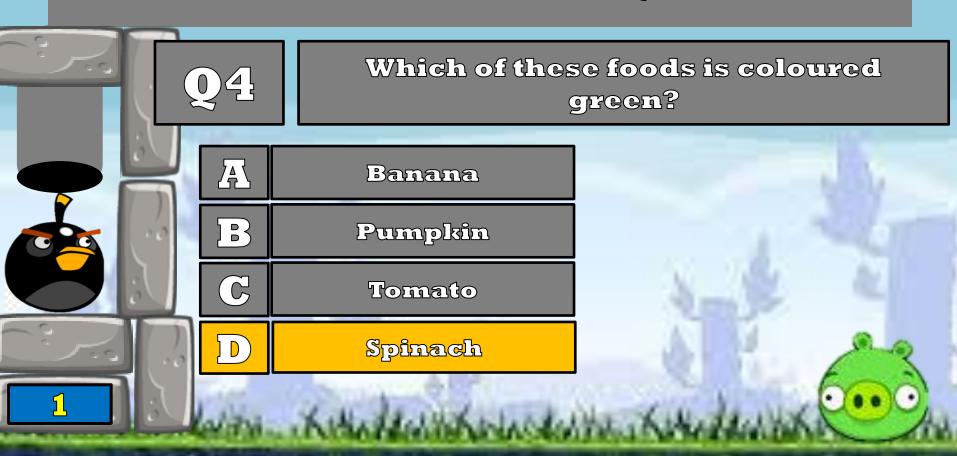




### OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Salad is part of your five-a-day! Vegetables are very good for you indeed!









Next Question



### HOUKAY: THAT WAS CORRECT!

Spinach is a vegetable that is coloured green and is very good for you too – full of vitamin C, iron and many other essential nutrients!

No wonder Popeye's a strong sailor man!







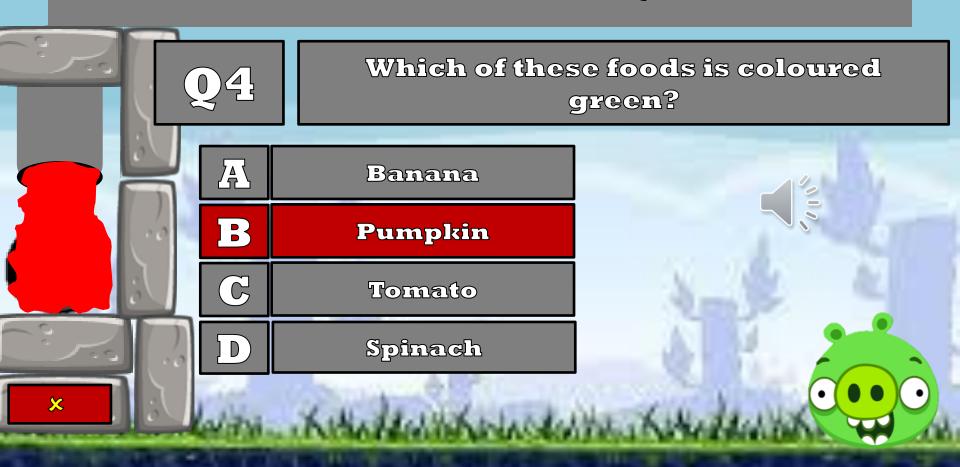


## OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Bananas are coloured yellow! Not green!











### OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Pumpkins are coloured orange!
Not green!







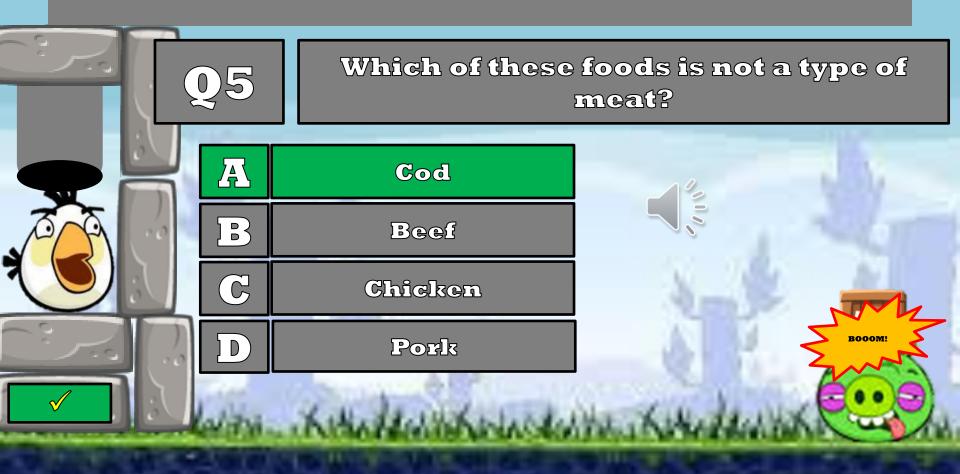


# OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Tomatoes are coloured red! Not green!







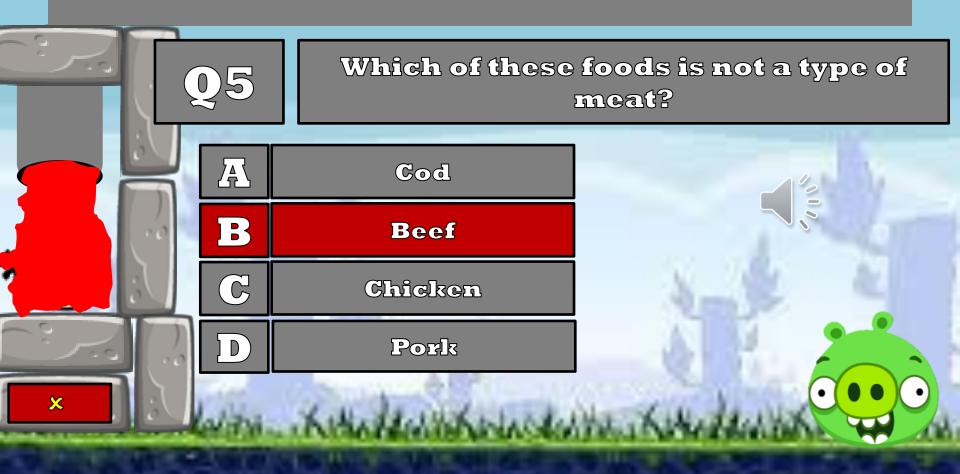
Next Question



# EGG-CELENT! THAT WAS CORRECT!

Cod is a type of fish whether it's baked or smoked (not fried!), it contains lots of protein and iron and really gets your brains working!





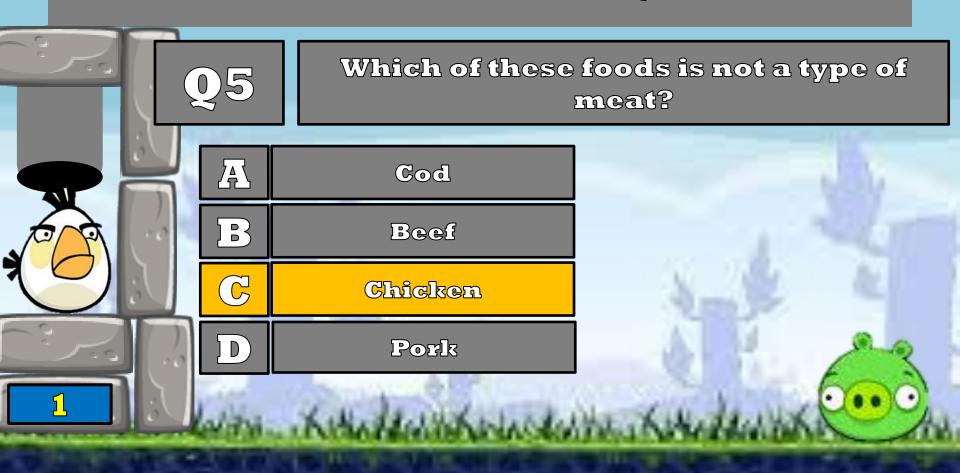


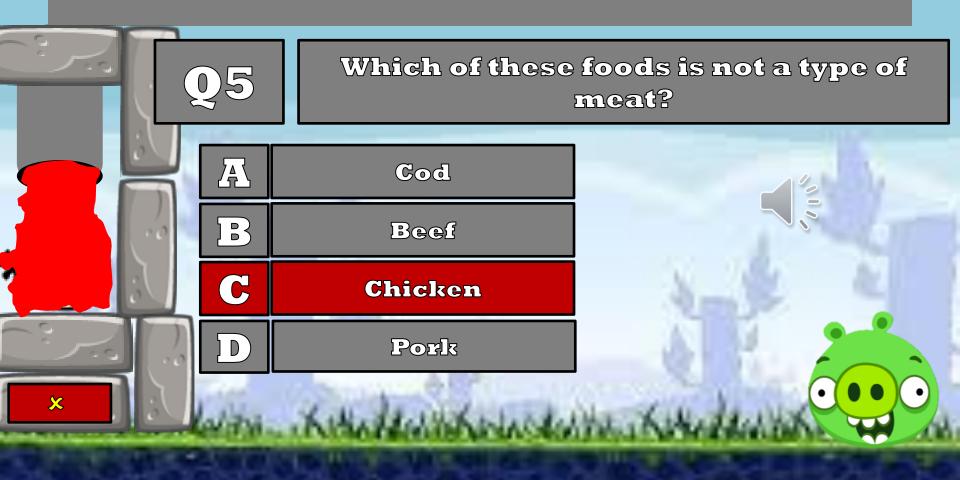


# OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Beef is a type of meat! From a cow or bull!







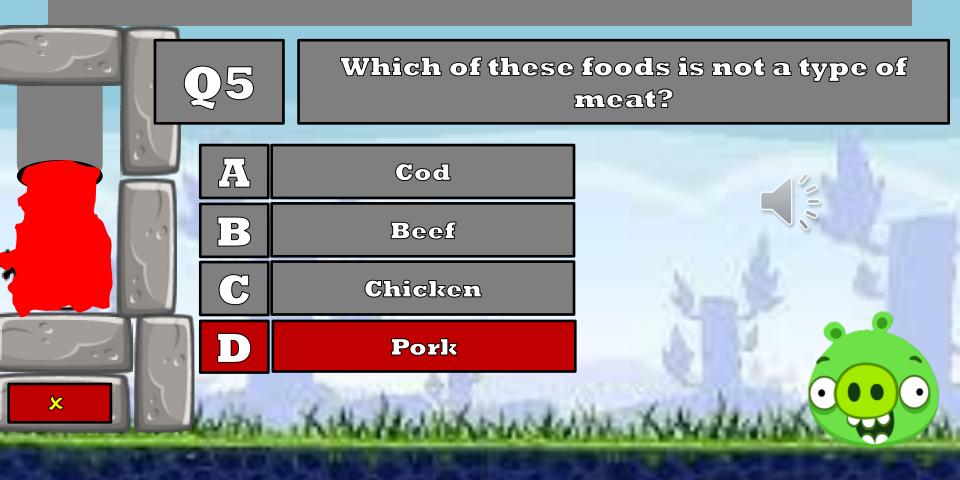




# OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Chicken is a type of meat! From, well, a chicken!!





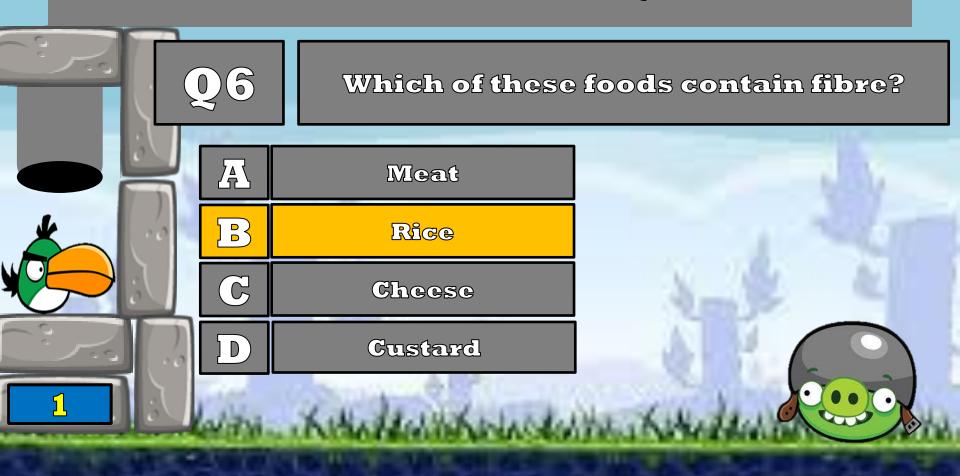




# OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Pork is a type of meat! From a pig! Preferably not a green one like our smelly, thieving rivals!







Next Question





# BOOM! THAT WAS CORRECT!

Rice contains loads of fibre, and so does pasta, wholemeal bread, fruit, veg and allsorts of healthy foods!







# OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Meat doesn't contain that much fibre, even though it contains loads of protein and iron!









# OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Cheese doesn't contain much fibre, even though it contains a lot of calcium and protein!

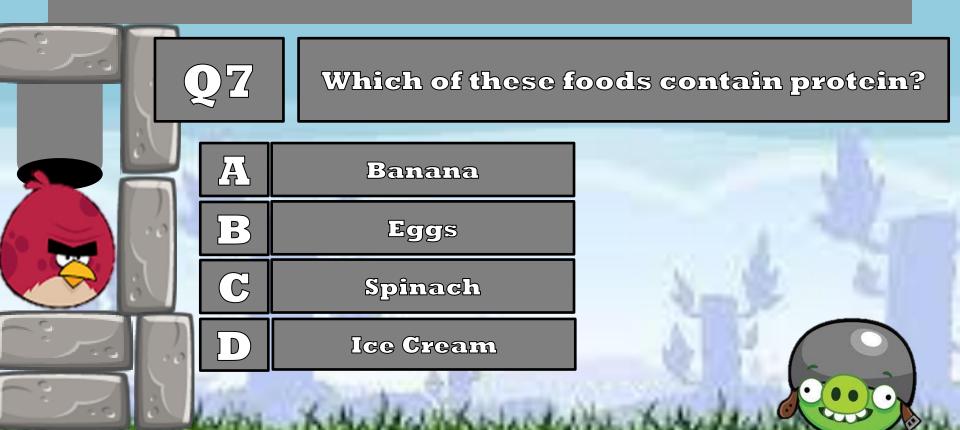


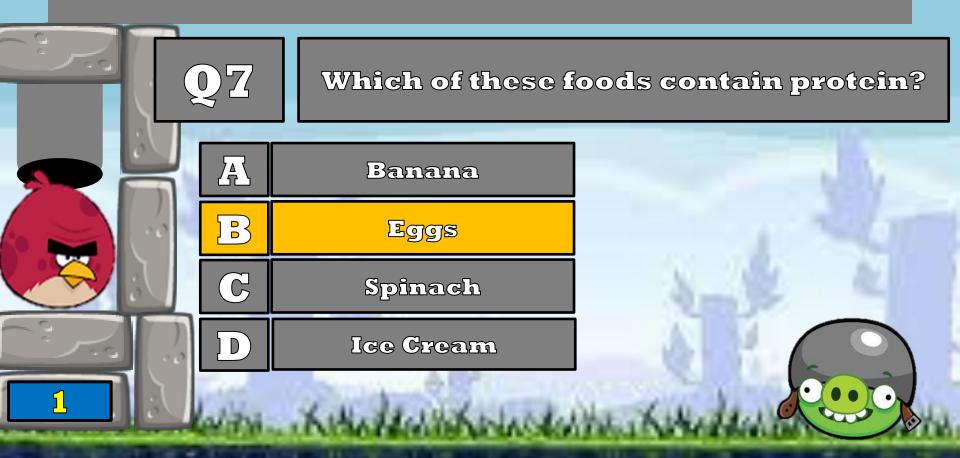


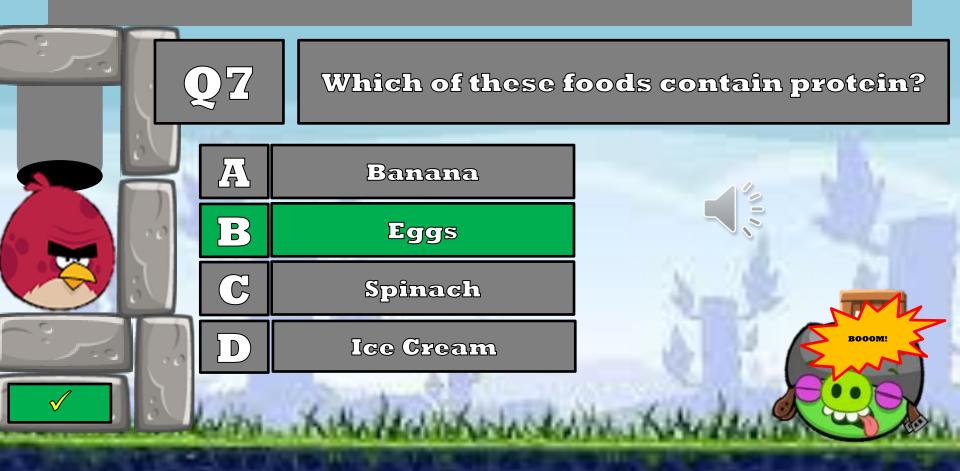


# OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Custard doesn't contain fibre, it isn't even good for you (If you eat too much of it of course)!







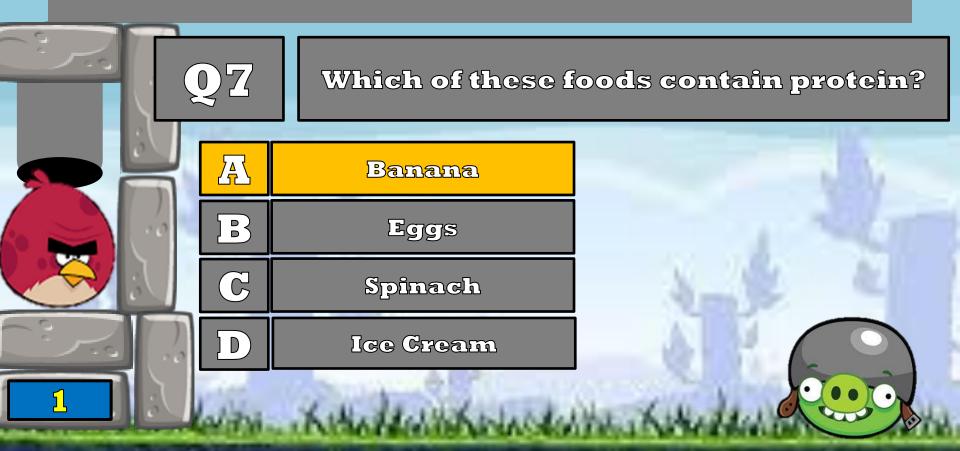


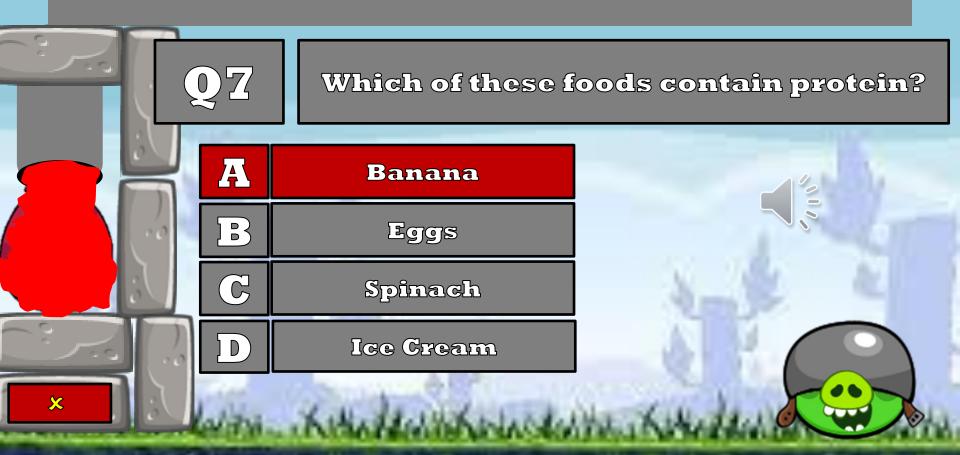
Next Question



# GREAT ONE! THAT WAS CORRECT!

Eggs do contain a lot of protein, just like meat, fish, dairy and other foods! Just make sure they're boiled or poached rather than fried! And don't steal any of ours!

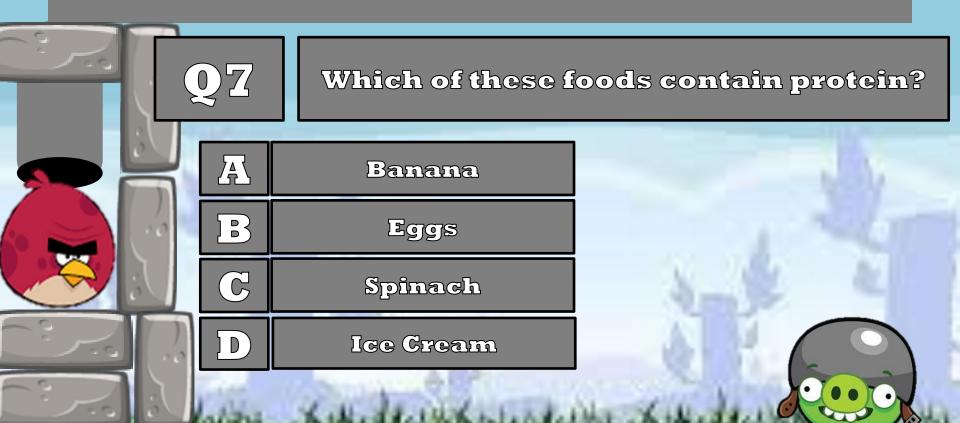


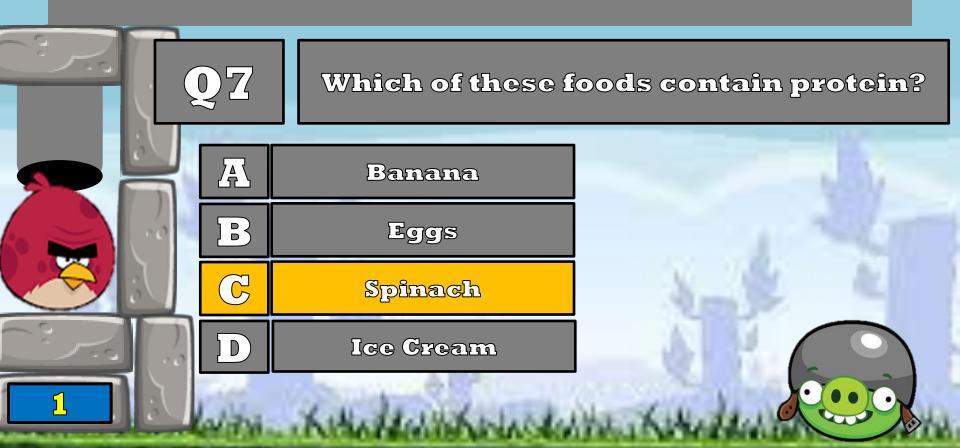


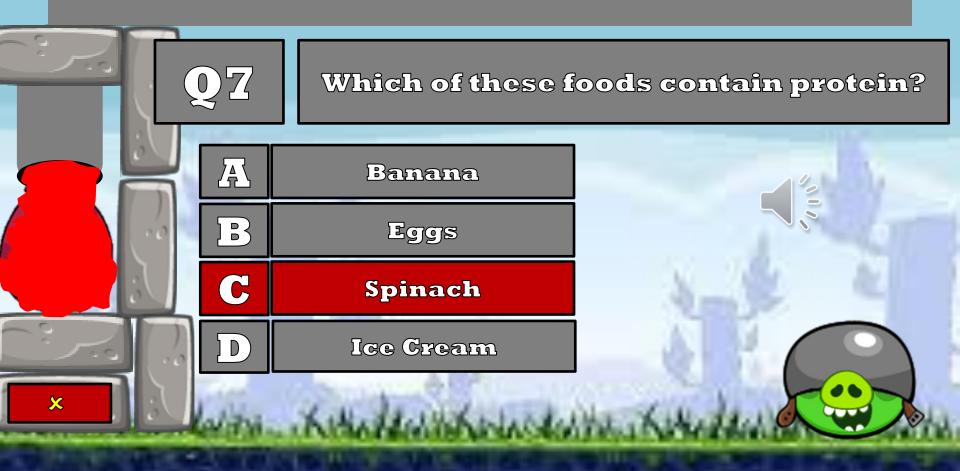


# OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Bananas don't contain much protein! Even though they do contain loads of Vitamin C, carbohydrates and fibre!





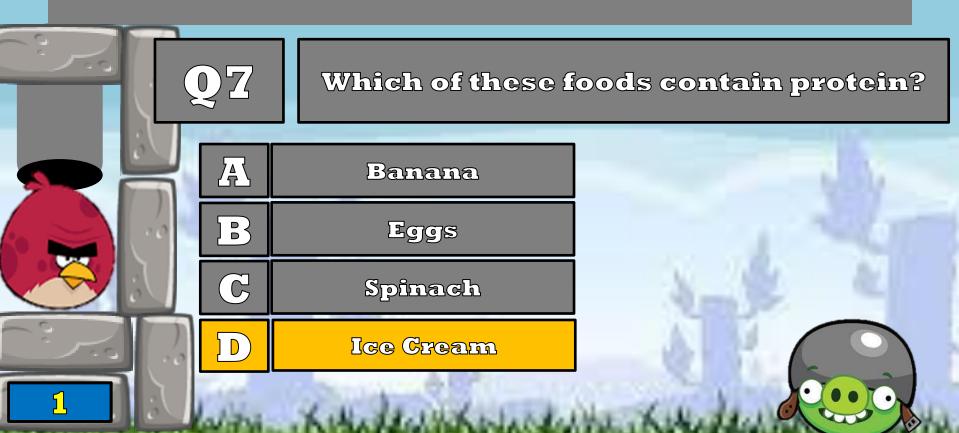






### OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Spinach doesn't contain that much protein! Even though it contains loads of Vitamin C, Iron and Carbohydrates!

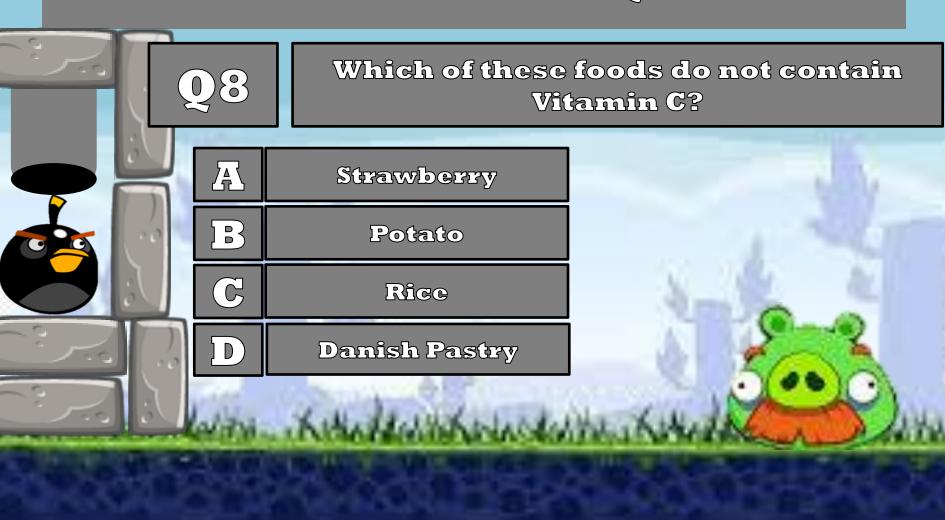


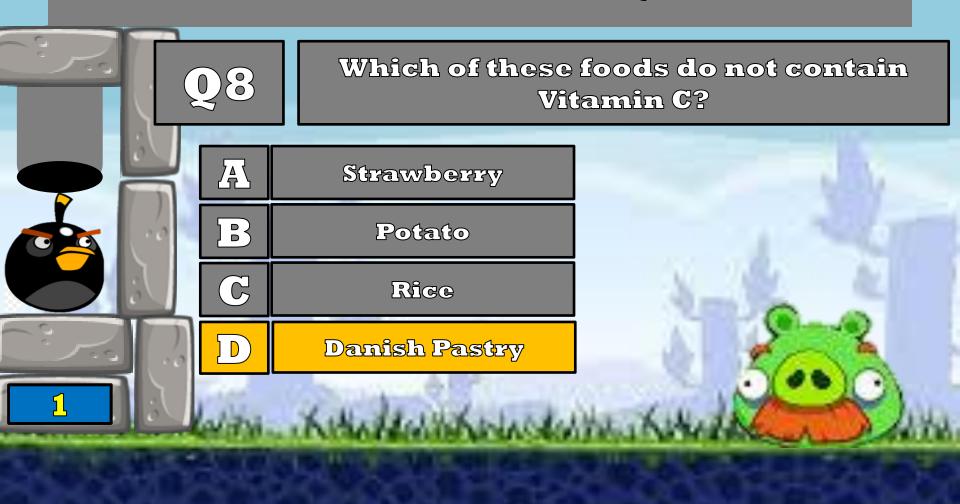




# OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Ice Cream doesn't contain any protein! Or any other crucial nutrient! It's best to used for treats and not a daily part of your diet!







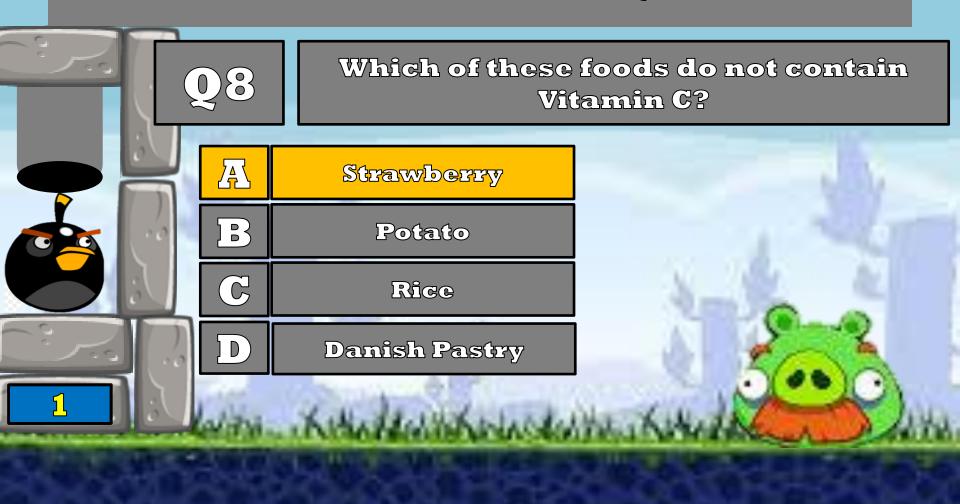


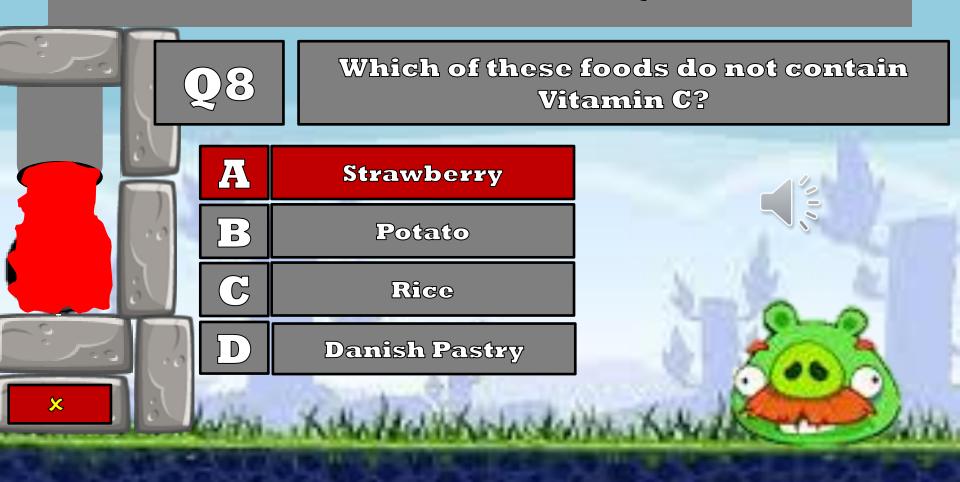
Next Question



### THAT WAS CORRECT!

Danish pastry does not contain Vitamin C. It contains a lot of sugar



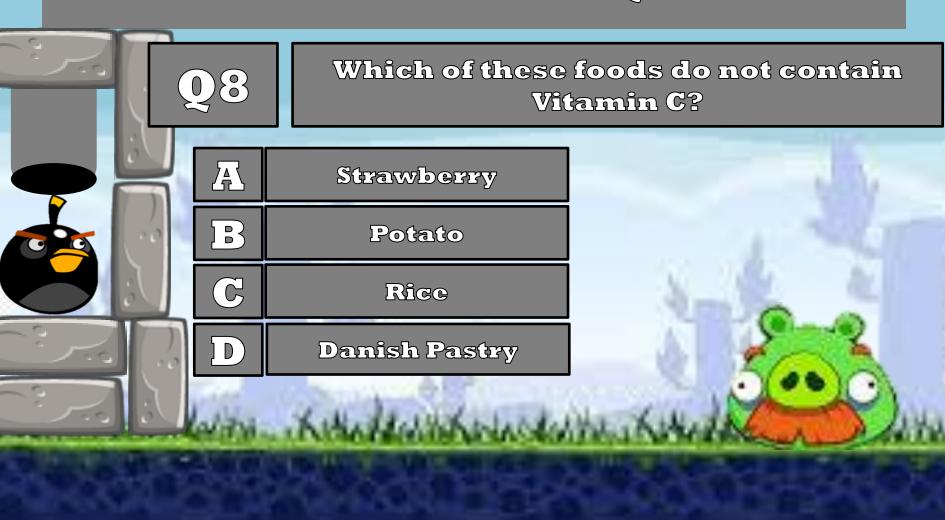


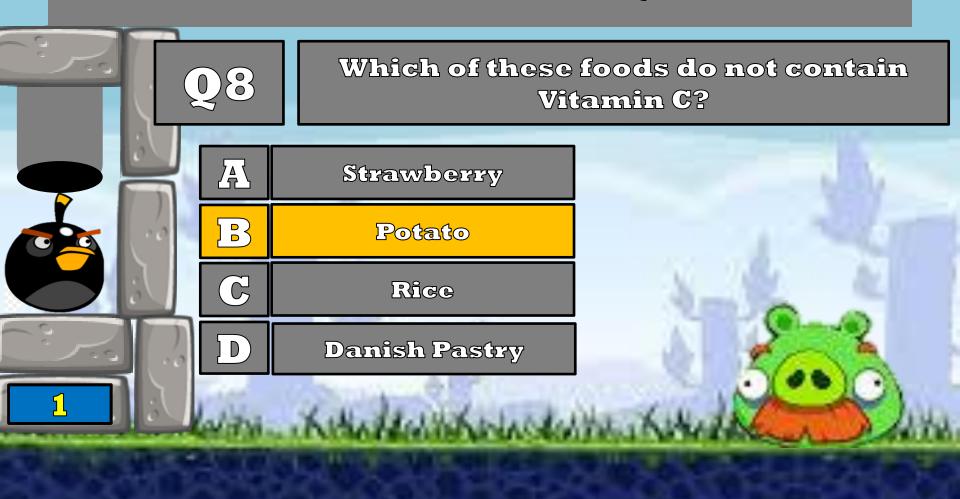


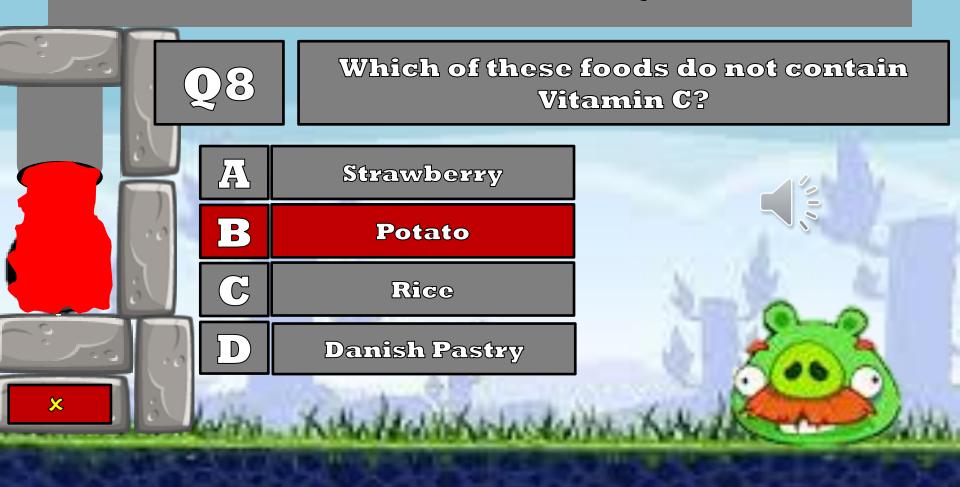


### OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Strawberries contain loads of Vitamin C and are very healthy and nice to eat too (if not in confectionary form)!





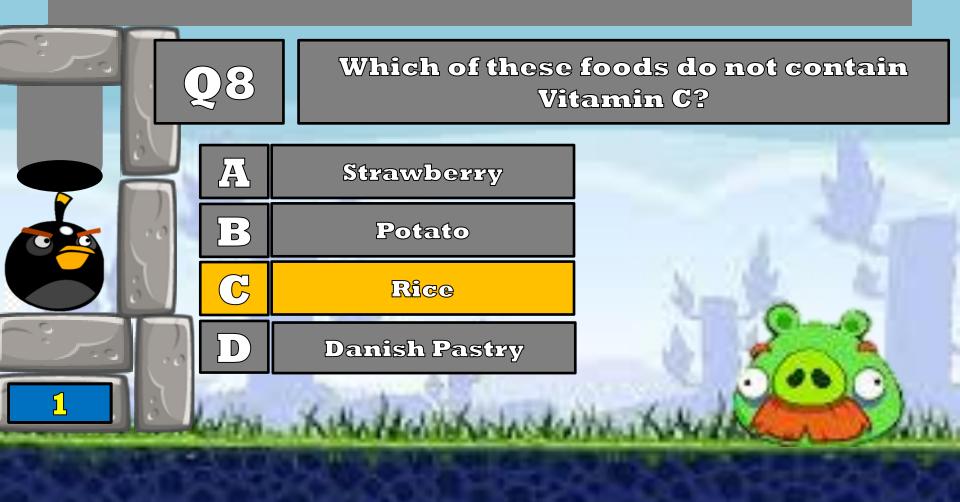






### OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Potatoes contain a lot of Vitamin C. Provided if they are not in the form of crisps or chips or anything else unhealthy!



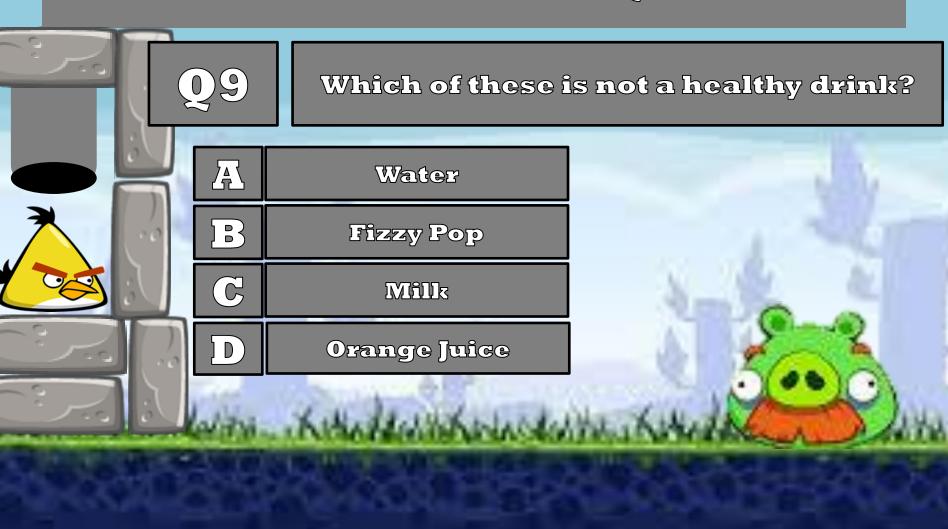


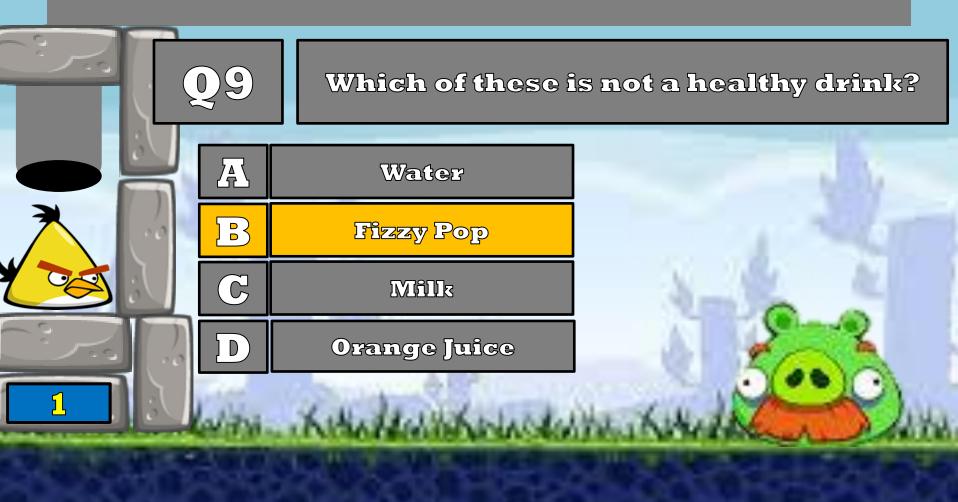


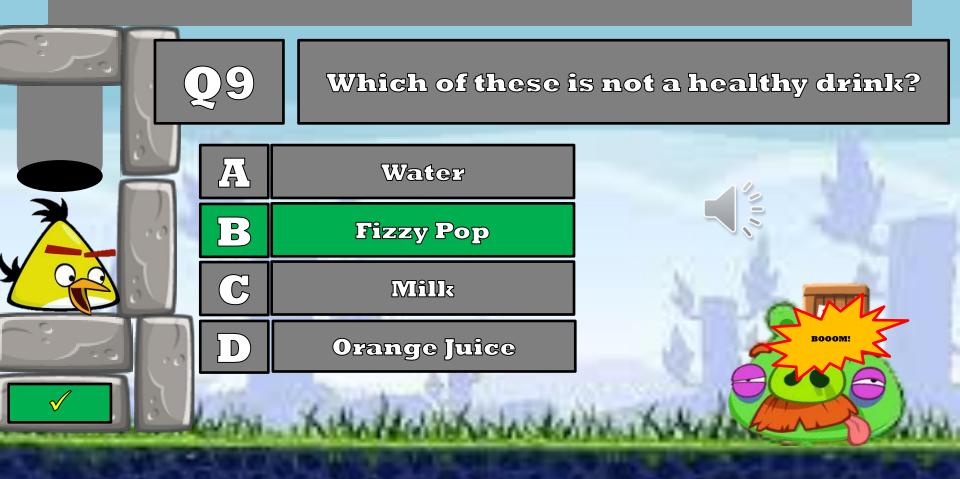


### OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Rice contains loads of Vitamin C! And Carbohydrates and many other crucial nutrients!







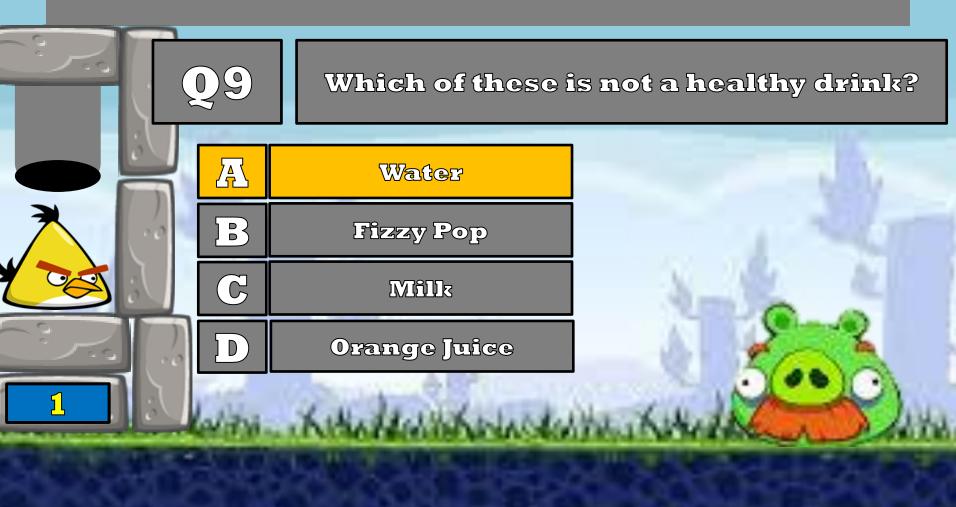
Final Question

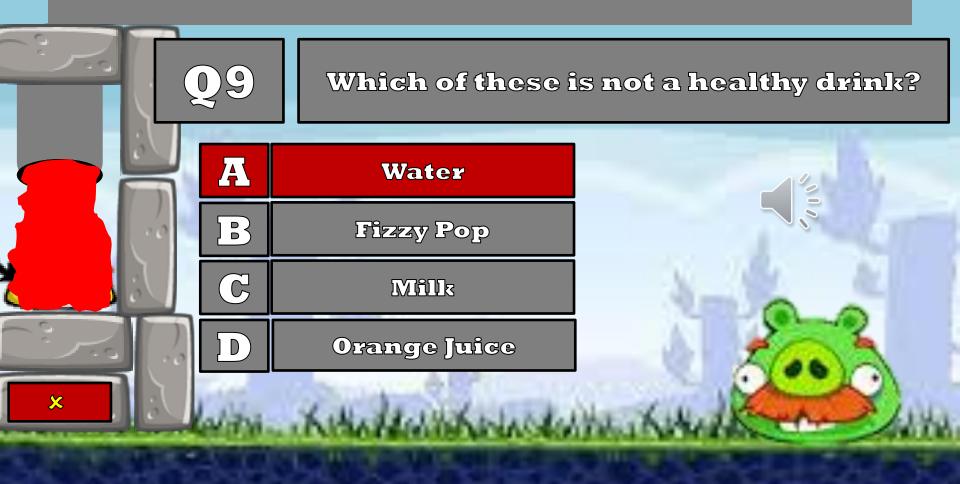




### STUNNING! THAT WAS CORRECT! ONE LAST QUESTION TO GO!

Danish pastry does not contain Vitamin C. It contains a lot of sugar



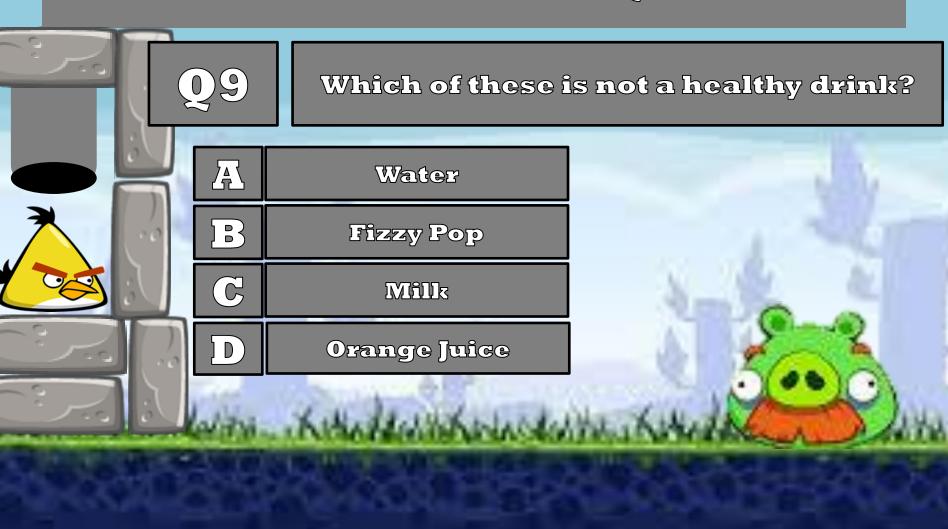


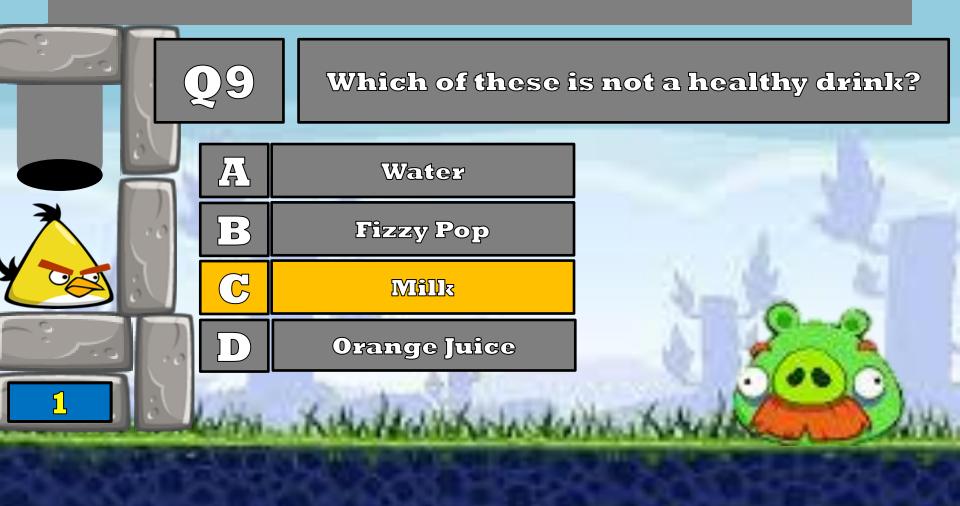


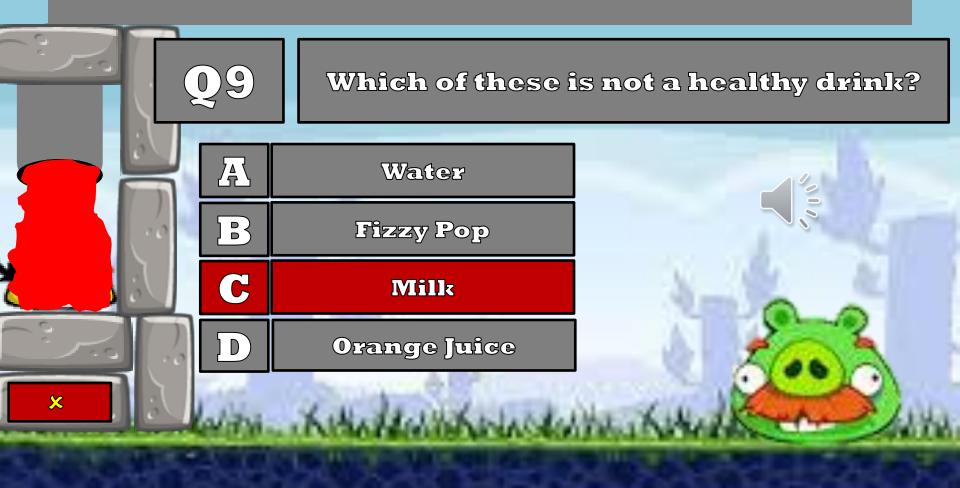


### OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Water is more than just a healthy drink! It is what we need everyday! 2 Litres are a minimum!



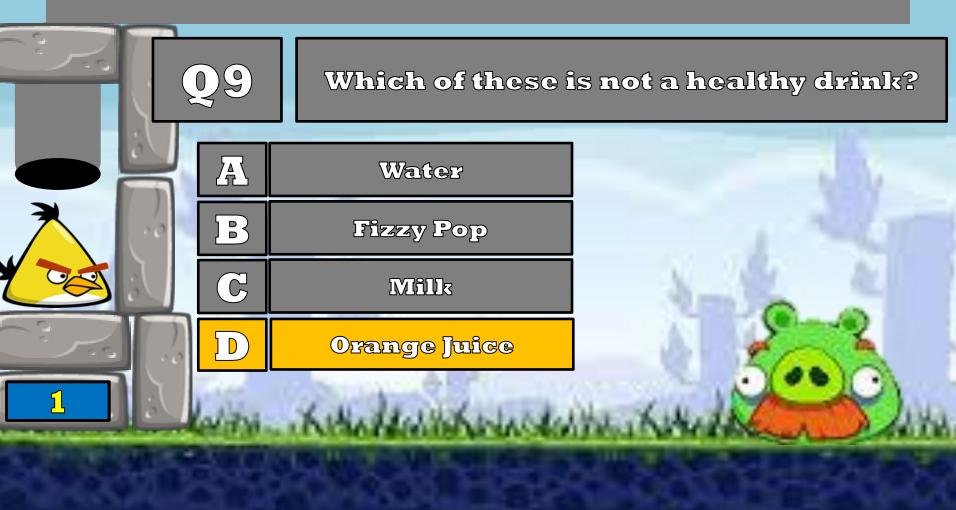


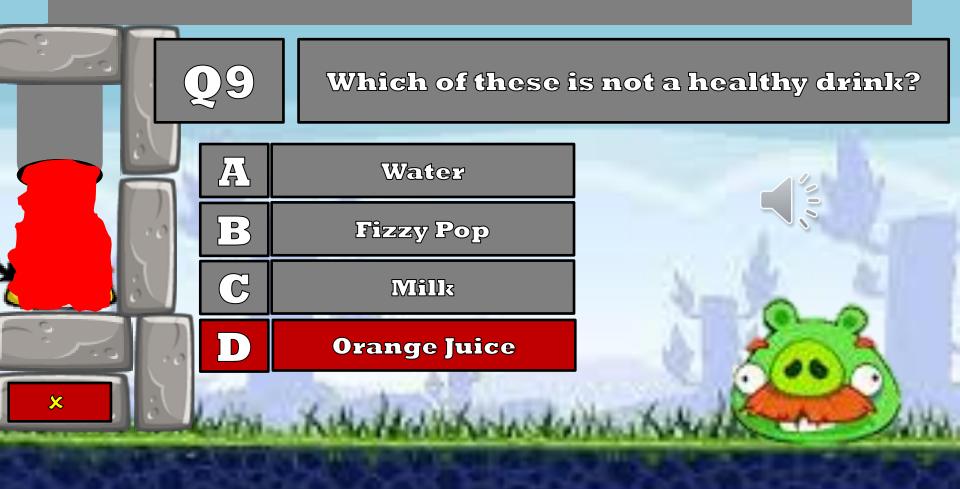




## OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Milk contains loads of calcium and protein! Preferably skimmed milk!



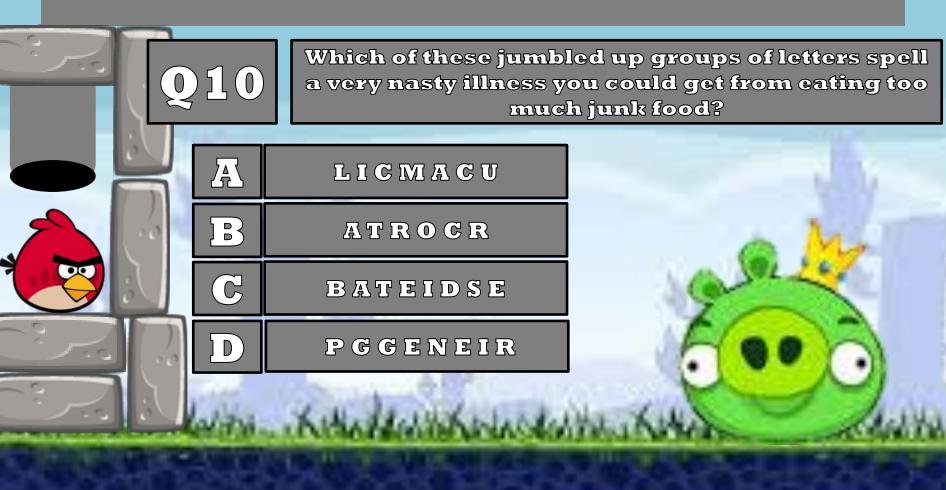






### OINK! OINK! OOOPS! THAT WAS WRONG! TRY AGAIN!

No! Orange juice is very good for you and tastes more refreshing than other unhealthy drinks!





Which of these jumbled up groups of letters spell a very nasty illness you could get from eating too much junk food?

A LICMACU

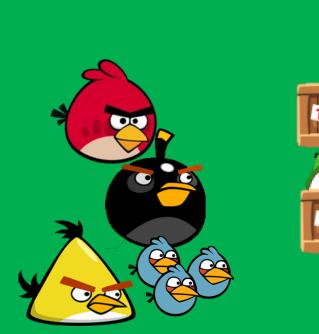
BATROCR

C BATEIDSE

D PGGENEIR

















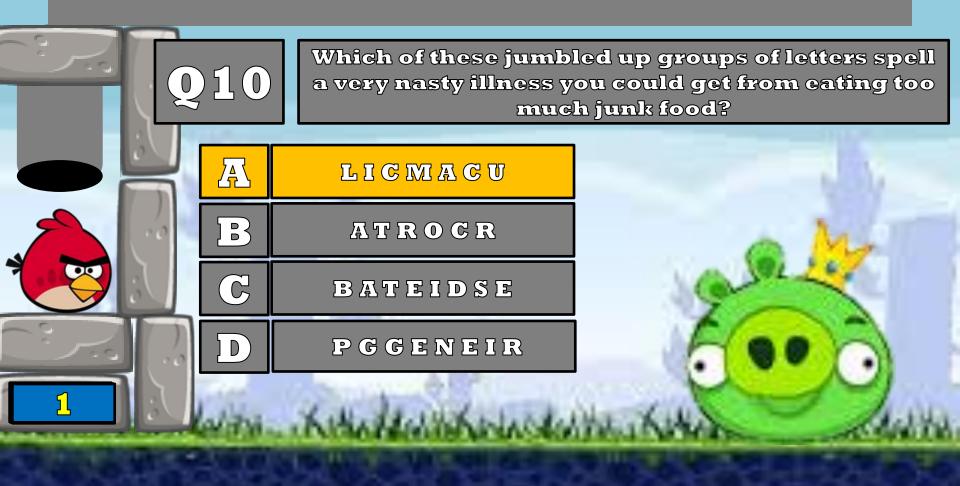
### **HOORAY!!**

## THE FINAL QUESTION IS CORRECT!! AND THE KING IS DEFEATED!!!

#### DIABETES!

Diabetes is a very nasty illness indeed! So make sure you don't eat too much junk food every day!

FINISH QUIZ!



**Q10** 

Which of these jumbled up groups of letters spell a very nasty illness you could get from eating too much junk food?

A LICMACU

BATROCR

C BATEIDSE

D PGGENEIR



Try Again

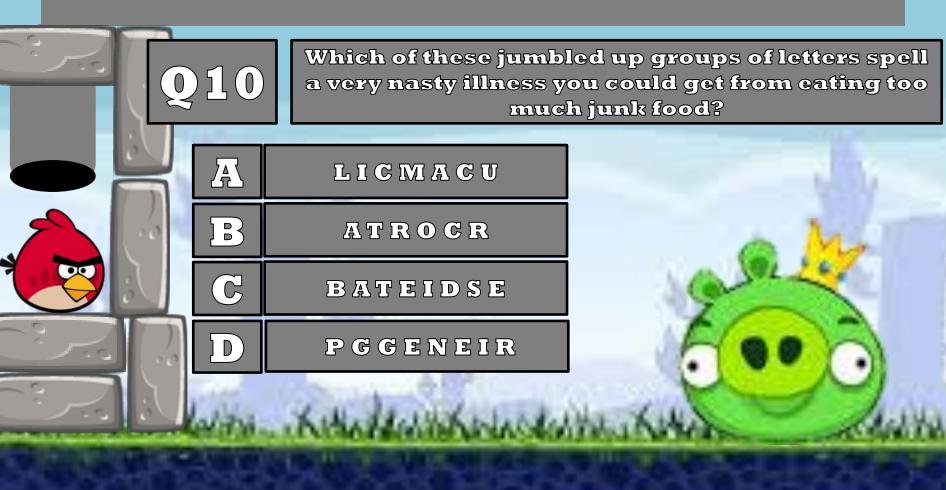




# SNORK! SNORK! OOOPS! THAT WAS WRONG! TRY AGAIN!

#### CALCIUM!

No! Calcium is not an illness at all! It is a very crucial nutrient you must have in your daily diet!





Which of these jumbled up groups of letters spell a very nasty illness you could get from eating too much junk food?

A LICMACU

BATROCR

C BATEIDSE

D) PGGENEIR



Try Again

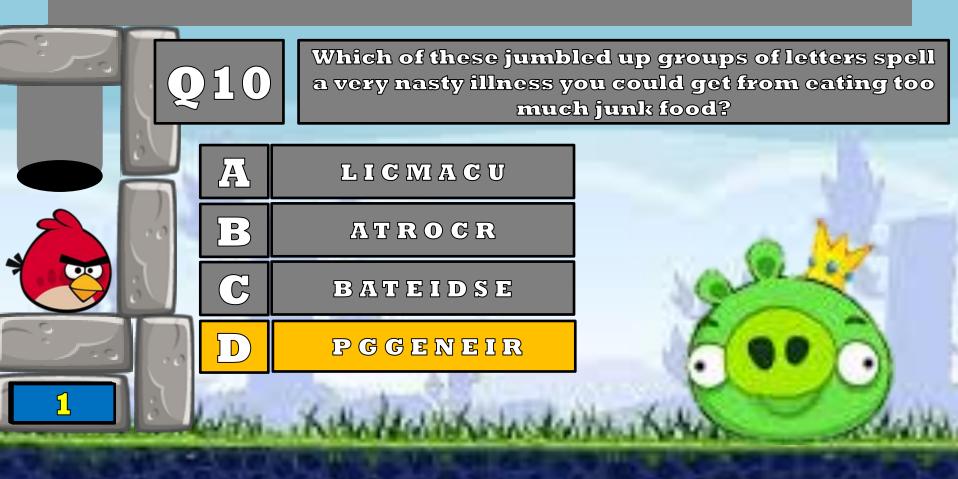




# SNORK! SNORK! OOOPS! THAT WAS WRONG! TRY AGAIN!

#### CARROT!

No! Carrots are not any type of illness! They are vegetables which are extremely good for you!



Which of these jumbled up groups of letters spell a very nasty illness you could get from eating too much junk food?

A LICMACU

BATROCR

C BATEIDSE

PGGENEIR

Try Again





# SNORK! SNORK! OOOPS! THAT WAS WRONG! TRY AGAIN!

### **GREEN PIG!**

No No No! Green pigs are not a type of Illness! Even though they are true thieves who steal our eggs! Grrrr!

### How Well Did You Do?

Questions Right First Time.

Rewards For Questions Right.

**All 10 Correct = Perfection!** 

**Award 5 House Points!** 

8-9 Correct = Excellent!

**Award 3 House Points** 

5-7 Correct = Good!

**Award 2 House Points** 

2-4 Correct = Fair!

**Award 1 House Point** 

0-1 Correct = Poor!

**Award 0 House Points!** 



## Thanks For Doing Our Quiz!

You're all a valuable and healthy addition to the flock!

Just remember to keep eating healthily, drinking plenty of water or any other healthy drink and don't eat too much junk food!

Then you'll be strong, fit fighters instead of greedy, plump pigs!

Thanks for helping us defeat the evil King Pig and get our precious eggs back!

We hope you liked the quiz!







## Are You Sure You Want To Quit?

NO

YES

### Created and produced by: Daniel Wilson

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Microsoft Powerpoint 2010

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Angry Birds
Rovio Entertainment
Healthy Eating

Thanks to:
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Photoshop

Sound FX Center

