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| **QUESTION****Choose…****Your least favourite food**Why have you chosen this? | **QUESTION****Choose…****Your favourite food.**Why have you chosen this? | **QUESTION****Choose…****A food you would like to eat now.**Why have you chosen this? |

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| **QUESTION****Choose:****A food to take on a picnic.**Why have you chosen this? | **QUESTION****Choose:****A food which reminds you of holidays.**Why have you chosen this | **QUESTION****Choose:****A food which reminds you of your childhood.**Why have you chosen this? |
|  **QUESTION** **Choose:****A suitable finger food or snack.**Why have you chosen this? | **QUESTION****Choose:****A high energy food for a poor appetite.**Why have you chosen this? | **QUESTION****Choose:****Something to help you stay hydrated.**Why have you chosen this? |

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|  **JOKE*****Q:*** *How do clown like their eggs cooked?****A:*** *Funny side up!* |  **JOKE*****Q:*** *Why did the mushroom get invited to all the parties?****A:*** *Because he was a fun guy (fungi)!* |  **JOKE*****Q:*** *What’s angry and goes with custard?****A:*** *Apple grumble!* |

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|  **JOKE*****Q:*** *Why did the orange go out with the prune?****A:*** *Because he couldn’t find a date!* |  **JOKE*****Q:*** *What do you get if you cross a cheetah with a burger?****A:*** *Fast food!* |   **JOKE*****Q:*** *What wobbles and flies?****A:*** *A jellycopter!* |
| **JOKE*****Q:*** *Why did the carrot get an award?****A:*** *He was outstanding in his field!* |  **JOKE*****Q:*** *What day of the week do eggs hate?****A:*** *Friday!* |  **JOKE*****Q:*** *When does coffee taste like mud?****A:*** *When it’s ground!* |

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| **FACT****Did you know?**Meeting with friends, family and neighbours is a fun way to spend time and enjoy a meal. | **FACT****Did you know?**Adding cheese to mashed potato helps boost your calorie intake. | **FACT****Did you know?**If you are struggling to drink, have ice lollies, jellies, custard and extra milk in cereal. |

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| **FACT** **Did you know?**Drinking enough improves skin, concentration, balance, memory, energy and mood. |  **FACT** **Did you know?**Protein can help keep you strong. | **FACT** **Did you know?**A small amount of fresh air before meals can help stimulate an appetite. |