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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. |