

Lower-Order Thinking Questions

Higher Order Thinking Questions

Yes/No Which Who When Where What How Why\* What if







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Higher Order Thinking Questions

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dDoes eating a variety of food increase the probability of a balanced diet?

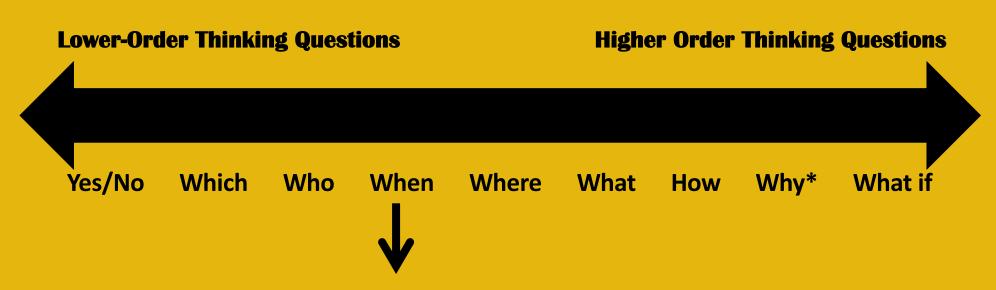




Which is healthier: drinking water or sugared drinks?



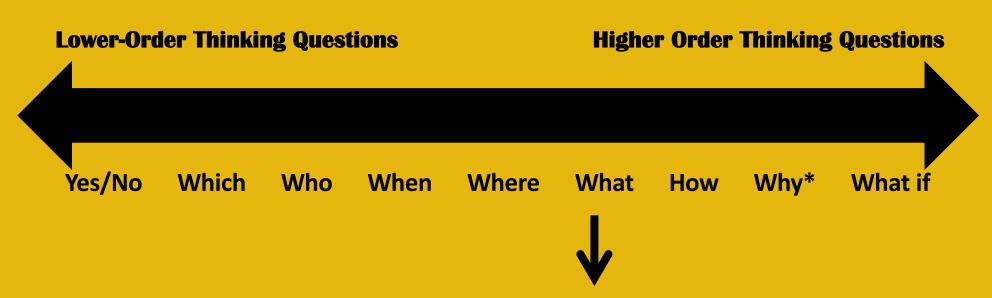




## When is the best time to exercise: before or after eating?







## What are energetic and non-energetic nutrients?

(Give specific examples.)







Why do we use the form of the pyramid to categorise food?







What if you had the opportunity to design an eating and exercise plan for a Yotube video? What would it be like?





## ealthy food

