

Do the quiz and find out how healthy you are.

QUIZ: FOOD AND HEALTH

1. How many portions of fruit and vegetables should you eat every day?
 - a) 2
 - b) 3
 - c) 4
 - d) 5 or more
2. Vitamin A helps us to see at night. Which of these gives us a lot of Vitamin A?
 - a) carrots
 - b) potatoes
 - c) oranges
 - d) bread
3. Vitamin D is good for our skin. Which of these gives us a lot of Vitamin D?
 - a) bread
 - b) carrots
 - c) eggs
 - d) oranges
4. Which of these contains the most fat?
 - a) 50 g of hard cheese
 - b) 50 g of chocolate
 - c) 50 g of chips
 - d) 50 g of peanuts
5. How often should we exercise?
 - a) at least 20 min once a week
 - b) at least 20 min twice a week
 - c) at least 20 min three times a week
6. Which activity burns up the most energy per minute?
 - a) swimming
 - b) football
 - c) walking quickly
7. Which of these is a vegetarian' allowed to eat?
 - a) meat
 - b) eggs
 - c) cheese
 - d) nut

Give yourself **two points for each **correct answer**.**

YOUR SCORE

12-14 Congratulations! You are an expert.

7-11 Good. Very good.

0-6 You should learn more about diet and health!

