

## HEALTHY LIVING QUIZ

1. Which of the following is a dairy product?

A cheese

B brown sugar

C beef

2. The most important meal of the day is .....

A snack

B supper

C breakfast

3. How much water you should drink a day?

A one glass

B two glasses

C two litres

4. The most healthy snack is .....

A apple slices with peanut butter

B crisps

C a lollipop

5. The yellow part of an egg is more nutritious than the white and it's called .....

A yo-yo

B yowl

C yeti

6. A slice of a quality beef is called .....

A a steak

B a stick

C a stack

7. Which one of the drinks below contains the least sugar?

A lemonade

B water

C coke

8. A vegan person is someone who doesn't eat .....

A meat and vegetables

B products coming from animals

C fruit and vegetables

9. Which way of preparing food is the most healthy?

A steamed

B grilled

C baked

10. Which of the following breakfast foods give you the most energy?

A toasts

B a sandwich with jam

C oatmeal

11. It is good for the body to eat at least 5 portions of ..... every day.

A fruit and vegetables

B fast food

C ice cream

12. Which of the following is a vegetable?

A



B



C

