

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 