

HOW MUCH DO YOU KNOW ABOUT healthy eating

Do our quiz and find out!

- ① Which activity _____ more calories?
A walking B cycling C skateboarding
- ② How long does it take your stomach to _____ a three-course meal?
A 2 hours B 24 hours C 10 hours
- ③ Which food _____ the most protein?
A broccoli B cheese C eggs
- ④ Which type of meat do Americans _____ the most of at mealtimes?
A chicken B beef C pork
- ⑤ Which food will _____ your energy levels and help you work better?
A yoghurt B banana C pastry
- ⑥ What's the best way to _____ your weight?
A Don't eat carbohydrates.
B Eat three times a day.
C Eat healthily and do regular exercise.
- ⑦ Which food best helps to _____ the risk of heart problems?
A apples B coconut C white bread
- ⑧ What is lost when you _____ food in a