THE BIG FOOD QUIZ

What are the five	tooa groups?						
F							
C							
P							
r	_						
ROUND 1: FRUIT	AND VEGETA	BLES					
How many portion	ns of fruit and ve	getables should we	e eat a day?				
What do fruit and							
Does tinned and d	ried fruit count t	owards your five a	day? Yes No				
How many heaped	2 3	4					
ROUND 2: CARBO	HYDRATES						
What proportion	of your diet shou	ld be made up of c	arbohydrates?				
0% to 20% 20	0% to 45% 45%	% to 65% 65% to	90%				
Name these five c	ommon carbohy	drates:					
P	R	В	P	C			
Why is it better to eat wholegrain carbohydrates?							
Carbohydrates are	e an important so	ource of e					

ROUND 3: DAIRY



Name these	three dairy pro	ducts:							
c	У	m							
Diary produc	cts are good sou	rces of which mir	neral? c	-					
What vitamin contained in diary products do you also get from the sun? A B C D									
			icts like milk. Hov ou drink instead	wever, if you are veg ?	gan, you don't				
ROUND 4: P	ROTEIN								
Why do we r	need protein in	our diet?							
Name the fo	llowing sources	of protein:							
m	f	p	e	t					
Why is oily fi	ish good for us?								

Why shouldn't we eat too much red meat and processed meat?

ROUND 5: FATS



Why shouldn't we eat too much fat?

What's the best kind of fat to eat?

Which kinds of fats can help lower cholesterol?

What foods are high in "hidden fats"?

ROUND 6: DRINK



How many glasses of water should we drink each day to keep hydrated? 2 8 12 20 Why shouldn't we drink too much fruit juice?

What do tea and coffee contain that can be bad for you?

Although alcohol is generally bad for you, why can a small glass of red wine be good for you?