THE BIG FOOD QUIZ

What are the five food groups?

F_____ & V_____
C_____
D_____
P_____
F_____

ROUND 1: FRUIT AND VEGETABLES



How many portions of fruit and vegetables should we eat a day?

What do fruit and vegetables contain that is good for us?

Does tinned and dried fruit count towards your five a day? Yes No

How many heaped tablespoons of vegetables count as a portion? 1 2 3 4

ROUND 2: CARBOHYDRATES



What proportion of your diet should be made up of carbohydrates?

0% to 20% 20% to 45% 45% to 65% 65% to 90%

Name these five common carbohydrates:

P_____ R_____ B_____ P_____ C_____

Why is it better to eat wholegrain carbohydrates?

Carbohydrates are an important source of e_____.

ROUND 3: DAIRY



Name these three dairy products:

c_____ y_____ m_____

Diary products are good sources of which mineral? c_____

What vitamin contained in diary products do you also get from the sun? A B C D

Vegetarians can get protein from diary products like milk. However, if you are vegan, you don't eat dairy products. What kind of milk could you drink instead?

ROUND 4: PROTEIN



Why do we need protein in our diet?

Name the following sources of protein:

m_____ f_____ p_____ e_____ t_____

Why is oily fish 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?