Do the quiz and find out how healthy you are.

QUIZ: FOOD AND HEALTH

1. How many portions of fruit and vegetables should you eat every day?

a) 2
b) 3
c) 4
d) 5 or more

2. Vitamin A helps us to see at night. Which of these gives us a lot of Vitamin A?

a) carrots
b) potatoes
c) oranges
d) bread

3. Vitamin D is good for our skin. Which of these gives us a lot of Vitamin D?

a) bread
b) carrots
c) eggs
d) oranges

4. Which of these contains the most fat?

a) 50 g of hard cheese
b) 50 g of chocolate
c) 50 g of chips
d) 50 g of peanuts

5. How often should we exercise?

a) at least 20 min once a week
b) at least 20 min twice a week
c) at least 20 min three times a week

6. Which activity burns up the most energy per minute?

a) swimming
b) football
c) walking quickly

7. Which of these is a vegetarian' allowed to eat?

a) meat
b) eggs
c) cheese
d) nut

Give yourself two points for each correct answer.

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YOUR SCORE

12-14 Congratulations! You are an expert.

7-11 Good. Very good.

0-6 You should learn more about diet and health!

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