

Junk food QUIZ

In a Big Mac menu there are 900 Kcal.

In a Big Mac menu there are 1200 Kcal.

In a Big Mac menu there are 1400 Kcal.

How much sugar is there in a glass of Coca Cola ?

10 %

15 %

18 %

How many sugar cubes does it make for a 40cl cup of Coca Cola ?

10

12

16

How many Kcal does it make for a 40cl cup of Coca Cola ?

122Kcal

152Kcal

172Kcal

How many Kcal do you burn while jogging for an hour ?

400Kcal

600Kcal

700Kcal

How long do you have to jog to get rid of that 40cl cup of Coca Cola ?

10'

12'

15'

If you are overweight, what health problems can you get ?

constipation

colon cancer

diabetes

sweating

tiredness

solitude

prostate cancer

hypertension

heart attack

respiratory problems

An average person (young and reasonably active) needs 1000 Kcal a day.

An average person (young and reasonably active) needs 1500 Kcal a day.

An average person (young and reasonably active) needs 2000 Kcal a day.

An average person (young and reasonably active) needs 50g of fat a day.

An average person (young and reasonably active) needs 55g of fat a day.

An average person (young and reasonably active) needs 60g of fat a day.

An average person (young and reasonably active) needs 1000mg of sodium a day.

An average person (young and reasonably active) needs 1500mg of sodium a day.

An average person (young and reasonably active) needs 2000mg of sodium a day.

15 % of the American children eat junk food everyday.

20 % of the American children eat junk food everyday.

30 % of the American children eat junk food everyday.

15 % of the American children are obese.

20 % of the American children are obese.

30 % of the American children are obese.

15 % of the American children born in 2000 will develop diabetes in their lifetime.

20 % of the American children born in 2000 will develop diabetes in their lifetime.

30 % of the American children born in 2000 will develop diabetes in their lifetime.

In Huntington, USA, 50 % of the population is obese.

In Huntington, USA, 60 % of the population is obese.

In Huntington, USA, 70 % of the population is obese.

To make basic nuggets, what part of the chicken does the food industry use ?

wings

legs

breast

carcass

skin

connective tissues

Why do people still eat at McDonald's when they know it's really for their health ?

Because it's very sugary food.

Because it's very fat food.

Because it's very salty food.

Because it's very addictive food.

The Happy meals account for 5 % of McDonald's turnover.

The Happy meals account for 7 % of McDonald's turnover.

The Happy meals account for 10 % of McDonald's turnover.