

Fab Foodie Quiz

Test your brain by trying out this foodie quiz with your friends, family, community champions, activity leaders or teachers.

Answers to be revealed by your community champion, activity leader or teacher!

1. Nutrient Maze: Match them up!

Try matching up the boxes using arrows

These are found in a variety of foods and are needed in small amounts. Having a balanced diet with lots of variety is important to avoid deficiencies.

This gives us lots of energy and can be divided into simple sugars and complex starches.

We all need some of this in our diets and to protect our hearts, but we should replace some of our saturated with unsaturated.

This helps to keep our digestive system healthy and helps prevent constipation.

Eggs, beans, peas and lentils are some of the vegetarian sources of this macronutrient.

We should aim to have 6-8 per day to keep hydrated. Water is the best choice.

Carbohydrates

Proteins

Vitamins and Minerals

Drinks

Fats

Fibre



2. Word Options Bubble!

Fill in the missing gaps, choosing from the Word Options Bubble.



HINT: You won't need to use all of the options from the bubbles!



Start the day the right way!

We should start the day with

A useful way to get one of your 5-a-day is to have a glass (150ml) of fresh juice.

So if you have a glass of juice at breakfast, lunch and dinner, how many of your 5-a-day will you have had?
.....

Sweet enough already - cut back on the sugar!

Sugar is found in lots of foods and drinks and we should try to cut back on the amount we have. Too much sugar is bad for our and our

Most of us have too much sugar with kids having on average of more than the recommended guidelines.

This is the same as eating quite a few chocolate bars over a year! How many do you think?



Get moving with Active Alex

Kids aged over 5 years should aim to do minutes of activity every day.

We can do this in short bursts across the day as it all counts!

Let's get active right now – how about 10 star jumps then hula-hula like Alex for 10 seconds! Have a drink afterwards!



Balance your Meals

We should base our meals on starchy carbohydrates such as potatoes, rice, pasta, and bread. It is always best to choose options that are higher in, as these options support our digestive health.

Try adding something to this meal to make it more balanced (not using the bubbles!):

Grilled salmon with a colourful crunchy salad of tomatoes, cucumber, lettuce, celery and pepper.

What could you add to balance this out?
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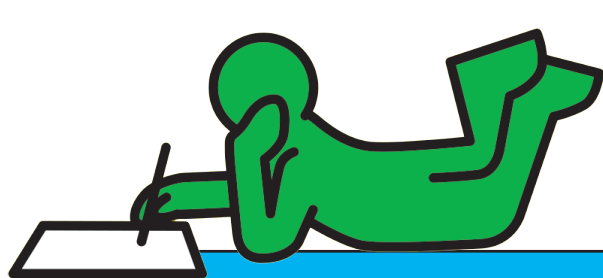
Eat well

Move more

Live longer

3. Food Fact or Food Myth?

Can you work out which of these ten statements are totally true and which are fakey false? **Tick your answer.**



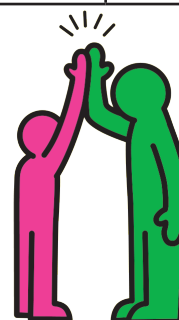
CANINE HELP:
I've ticked the first one for you!

	FOOD FACT OR MYTH?	TRUE	FALSE
1	We should aim to have 5-a-day fruits and veg and lots of variety means different vitamins and minerals.	✓	
2	Coconut oil is the healthiest fat to have in our diet.		
3	Honey is not considered to be an 'added sugar' because it is natural.		
4	We don't have to worry about the sugar that we find in whole fruits and milk.		
5	Gluten free options are usually healthier.		
6	3/4 of the salt we are eating is already in the foods we buy.		
7	Around 2/3 of adults are overweight in England.		
8	Starchy carbohydrates are fattening so we should limit our portions of these.		
9	Alternative milks are much healthier than cow's milk.		
10	Excess sugar turns into harmful fat in our bodies!		

Well Done!

You have completed the quiz! Ask your community champion, activity leader or teacher for the answer sheet so you can check how you did!

Have a virtual high five on us!



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