

Question 1.

Fruits and vegetables are superfoods only when they are....?

- a) Fresh
- b) Frozen
- c) Canned
- d) Dried
- e) All of the above

(Answer: e. Fruit and vegetables are superfoods, full of vitamins, fibre and other great nutrients that keep you healthy when they are fresh or properly preserved.)

Question 2.

How many servings of fruit and vegetables should you have every day?

- a) 2
- b) 3
- c) 4
- d) 5
- e) 6

(Answer: d. Current recommendations are that you eat 5 servings of fruit and vegetables every day to maintain your health!)

Question 3.

Fats allow your body to use vitamins from fruit and vegetables. True or false?

(Answer: True. A little fat and oil help your body to use the vitamins you get in fruit and vegetables. Your best bet is to use fats and oils made from vegetables, nuts and fish!)

Question 4.

Which food contains protein?

- a) Meat
- b) Fish
- c) Beans
- d) Eggs
- e) All of them

(Answer: e. All of these foods and many more contain protein that help your cells grow and repair themselves!)

Question 5.

Which of the following dairy products is actually a fat?

- a) Cheese
- b) Yoghurt
- c) Butter
- d) Milk
- e) None of the above

(Answer: **c**. Although butter is made from milk, it contains a very high level of fat. It is classified as part of the ‘fat’ group because you just need a little every day. Too much fat in your diet can lead to health issues.)

Question 6.

Vegetables don’t contain many...?

- a) Vitamins
- b) Minerals
- c) Fibre
- d) Calories
- e) Water

(Answer: **d**. Vegetables are superfoods! Like fruits, they contain lots of vitamins and minerals, fibre and water but not many calories. Eating 5 portions of Fruit and vegetables every day helps to keep you healthy!)

Question 7.

Which of the following is not part of the carbohydrate food group?

- a) Bread
- b) Corn
- c) Pasta
- d) Rice
- e) Potato

(Answer: **b**. Corn is part of the vegetable food group. All of the others are part of the carbohydrate food group. They are all complex carbohydrates that give you energy slowly but that last a long time.)

Question 8.

You can get healthy fats and oils from...?

- a) Nuts
- b) Fish
- c) Vegetables
- d) All of the above
- e) None of the above

(Answer: **d**. You can get healthy fats and oils from fish, nuts and vegetables. You only need a little fat or oil every day to keep you healthy.)

Question 9.

Grains are the seeds of grasses? True or false?

(Answer: True. Seeds from grasses like barley, oats, wheat & rye are cereal grains and used to make foods like pasta and bread.)

Question 10.

Milk contains calcium? True or false?

(Answer: True. Milk and other dairy products contain calcium that keep your bones strong!).

Question 11.

Sugar is a carbohydrate! True or false?

(Answer: True. Sugar is a simple carbohydrate – it gives you energy quickly but it doesn't last long!)

Question 12.

Which of the following is not a nutrient?

- a) Carbohydrate
- b) Calorie
- c) Mineral
- d) Fat
- e) Protein

(Answer: **b.** Calories are contained in the nutrients we eat or drink. Nutrients are carbohydrates, proteins, fats, minerals, vitamins and water!)

Question 13.

Your body is made up mainly of water? True or false?

(Answer: True! An adult's total body weight is almost $\frac{3}{4}$ water!)

Question 14.

Foods like meat, fish and milk don't contain minerals? True or False?

(Answer: False. All of these foods and many more are rich in minerals.)

Question 15.

Which nutrient helps your body to grow and repair itself...?

- a) Carbohydrates
- b) Fats
- c) Minerals
- d) Proteins
- e) Vitamins

(Answer: **d.** Protein helps your body's cells to grow and repair themselves when required!)

Question 16.

You will only survive a very short time without....?

- a) Exercise
- b) Food
- c) Sunshine
- d) Washing
- e) Water

(Answer: e. You can only survive for about 3 days without water, whereas you can survive about 3 weeks without food! Lots of people survive for a long time without sunshine, exercise or washing!)

Question 17.

All types of food can be digested by humans? True or false?

(Answer: False. Some types of food, like those with lots of fibre are difficult to digest as humans cannot digest fibre. Fibre is however very important as it helps food to move through your digestive system.)

Question 18.

Exercise?

- a) Gives you energy
- b) Helps you relax
- c) Can calm you if you are angry
- d) All of the above
- e) None of the above

(Answer: e. Exercise keeps you fit but also helps you to feel better, more energetic, relaxed and calmer!)

Question 19

You can store all the vitamins you need in your body! True or false?

(Answer: False. Your body can store some vitamins but not all of them so you have to eat a vitamin-rich diet to ensure you have enough!)

Question 20.

Smoking makes you look cool? True or false?

(Answer: False! Smoking makes your breath, clothes and body smell really bad and can turn you teeth and fingers a horrible yellow colour! That's not cool!)