



The Breakfast Quiz!

1. Skipping breakfast can help people to lose weight.

True ☐

False ☐

2. Having a traditional cooked breakfast can be a healthy choice.

True ☐

False ☐

3. Why do you think it is important to eat a healthy breakfast?

4. Skipping breakfast can help people to learn better in lessons?

True ☐

False ☐

5. Baked beans can count as a portion of your 5 a day.

True ☐

False ☐

6. 3 tablespoons of tomato ketchup can count as a portion of your 5 a day.

True ☐

False ☐

7. It's best not to have skimmed milk on your cereal because it doesn't contain as much calcium as semi skimmed and whole milk.

True ☐

False ☐

8. Which of these breakfast items contain salt (tick all that apply).

- | | |
|------------------|--------------------------|
| Cereals | <input type="checkbox"/> |
| Bread | <input type="checkbox"/> |
| Tomato Ketchup | <input type="checkbox"/> |
| Baked beans | <input type="checkbox"/> |
| Banana smoothies | <input type="checkbox"/> |
| Bacon | <input type="checkbox"/> |
| Eggs | <input type="checkbox"/> |

9. White bread is bad for you and you should always eat wholemeal bread.

True ☐

False ☐

10. Drinking too much fruit juice can cause damage to teeth.

True ☐

False ☐

11. Why is it important to eat foods containing calcium in our diets?

12. Many breakfast cereals have vitamins added into them such as fibre, vitamin A and C, riboflavin, calcium, iron and zinc. Do you know the name for this process of adding in vitamins and minerals?

13. What is the main function of fibre in the body?

14. Try to rate these cereals in order of the most fibre to the least fibre per serving, with 1 containing the most and 6 containing the least amount of fibre.

| | |
|-------------------------|-------|
| Porridge oats | _____ |
| An apple | _____ |
| A glass of orange juice | _____ |
| Branflakes | _____ |
| Rice krispies | _____ |
| Weetabix | _____ |

15. Try to rate these cereals in order of the most sugar to the least sugar per serving, with 1 containing the most and 5 containing the least amount of sugar.

| | |
|---|-------|
| 1 Nutri-grain cereal bar apple & cinnamon | _____ |
| 1 bowl of Muesli | _____ |
| 1 bowl of Shreddies | _____ |
| 1 bowl of Golden nuggets | _____ |
| 1 bowl of Shredded Wheat | _____ |