

FOOD AND HEALTH QUIZ

1. What percentage of children's packed lunches are too high in fat, salt and sugar?

- a) 40%
- b) 50%
- c) 60%
- d) 70%

2. What percentage of children aged 10-11 years old in Cumbria are obese?

- a) 9%
- b) 14%
- c) 17%
- d) 20%

3. On average how many portions of fruit and vegetables do children eat each day?

- a) 1-2
- b) 2-3
- c) 3-4
- d) 5

4. Which of the following do you think count as a portion of fruit or veg?

- a) 1 glass of fruit juice
- b) 1 jacket potato
- c) 3 tbsps frozen peas
- d) 3 tbsps baked beans
- e) 3 dried apricots
- f) 1 bowl of salad
- g) 1 tbsp of strawberry jam
- h) 1 apple

5. Which of the food groups should we eat in the largest quantities?

- a) Breads & cereals, meat & alternatives
- b) Breads & cereals, Fruit & vegetables
- c) Meat & alternatives, dairy products
- d) Fruit & vegetables, dairy products

6. What is the recommended limit for salt intake per day for adults?

- a) 2g
- b) 4g
- c) 6g
- d) 8g
- e) 10g

7. If a label says a product contains 1g sodium how do you work out the amount of salt?

- a) It is the same
- b) Divide by 2
- c) Multiply by 2.5
- d) Multiply by 3

8. How much fluid should you be drinking each day?

- a) 2-3 glasses/cups
- b) 4-5 glasses/cups
- c) 5-6 glasses/cups
- d) 6-8 glasses/cups

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Public Health 5-19 Service

