

Name:

Date:

The Eatwell Guide quiz

1. How much fibre are adults recommended to consume per day?

- 10 grams
- 19 grams
- 25 grams
- 30 grams

2. Which one of the following food groups is not essential for health?

- Oils and Spreads
- Foods high in fat, salt and sugars
- Potatoes, bread, rice, pasta and other starchy carbohydrates
- Dairy and alternatives

3. True or false? Diabetics should not follow the Eatwell guide as they require special diets.

- True
- False

4. How many portions of fish are we recommended to consume per week?

- 0 portions
- 1 portion
- 2 portions, one of which is oily
- At least 4 portions, of which 2 are oily

5. Which of the following counts as 1 of your 5-A-DAY?

- Strawberry Jam
- Fruit/vegetable juice or smoothies (150ml)
- Potatoes
- All of the above

6. How much fluid should you aim to consume per day?

- 1-3 glasses
- 4-6 glasses
- 6-8 glasses
- As much as you can

7. Why is it not recommended to consume over 150ml of fruit/vegetable juice or smoothies per day?

- As they are high in free sugars
- As they are high in vitamin C
- Because only water counts towards your fluid intake
- As they never count towards your 5-A-DAY

8. Which of the following would help increase your fibre intake?

Increasing consumption of wholegrains

Choosing a high fibre breakfast cereal

Eating more fruit and vegetables

All of the above

9. True or false? Children under 2 should not drink low fat milk.

True

False

10. Why is butter not included in the 'oils and spreads' section of the Eatwell Guide?

As it is low in saturated fat

As it is high in saturated fat

As it is high in unsaturated fat

As it is commonly eaten

