



Quick Quiz

Q1. Write **T** for True, **F** for False or **U** for Unsure

- 1 Eating lots of chips every day will not do you any harm.
- 2 Chips and crisps are foods that contain a lot of fats.
- 3 You need to eat foods such as bread and pasta that provide lots of energy if you want to do lots of PE.
- 4 All foods are particularly good for helping the body to grow.
- 5 A balanced diet means eating the correct amount of food.
- 6 Fresh fruit and vegetables provide essential vitamins and minerals.
- 7 Most dairy products contain virtually no fat.
- 8 You can still have a balanced diet even if you never eat fruit and vegetables.
- 9 You need to eat fibre to keep your guts healthy.
- 10 Eating too much food that contains fats can contribute to heart disease.
- 11 You only need to eat fresh fruit and vegetables once or twice a week as part of a healthy diet.
- 12 Carbohydrates provide energy, particularly for physical activities.
- 13 Foods such as beans, fish and meat are particularly good at helping your body grow.
- 14 A balanced diet means eating the correct amount of a wide range of foods.
- 15 Too much fish is not good for you because it contains so much sugar.
- 16 Fibre comes from foods such as cheese and milk.