



## The Breakfast Quiz - Answers

### 1. Skipping breakfast can help people to lose weight.

True  False

Skipping breakfast does not help people to lose weight, in fact research shows people who eat breakfast are more able to manage their weight. When we are sleeping our bodies are fasting, therefore when we wake up we need to break-the-fast. People who skip breakfast can often find they become low on energy and feel very hungry mid morning. This leads to the body craving foods high in sugar and fat which are often more easily available than healthier foods.

Furthermore, it is likely that those who do not eat breakfast may snack later into the evening to make up for calories missed at breakfast, and possibly consume more calories overall.

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

True  False

If the breakfast is cooked in a healthy way and healthy alternatives are chosen, then a cooked breakfast can be a healthy start to the day and even help you on your way to your 5 A DAY. An example of a healthy English breakfast could be; 1 slice of wholemeal toast, 2 slices of grilled bacon with the fat trimmed, 2 grilled reduced fat sausages, baked beans (1 of 5 A DAY), mushrooms (1 of 5 A DAY) , grilled or tinned tomatoes (1 of 5 A DAY), and 2 poached or boiled eggs.

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

When we are sleeping our bodies are fasting. Therefore when we wake up it is important to break the fast ... breakfast! Eating breakfast is also important to help our bodies kick start our metabolism so we can use up energy from food more easily. If we do not eat breakfast this can lead to feeling tired and hungry later in the morning. Often people may end up choosing unhealthy snacks to keep them going until lunchtime. Breakfast is also an important time of the day to eat vital nutrients, vitamins and minerals (e.g. from cereals or fruit).

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

True  False

In fact many studies have demonstrated that children who skip breakfast do not perform as well in both mathematical and creative tasks as children who eat breakfast on a regular basis. There is also evidence that eating breakfast improves concentration, mood and memory amongst children and protects against the decline of attention during the morning.

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

True  False

Beans and pulses do count as vegetables and towards your 5 A DAY, therefore so do baked beans. On the eatwell plate you would find them in the meat, fish and alternatives section as they are also a good source of protein. About half a can of baked beans can count of one of your 5 A DAY although it's best to choose the low sugar and salt varieties of beans where possible. Baked beans also contain fibre which helps with healthy digestion.

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

True  False

Tomato ketchup contains some real tomatoes but not enough to count as a portion of your 5 a day. It can also be high in salt and sugar so it is best to choose the reduced salt and sugar varieties and use in moderation.

**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

The levels of calcium in milk are not affected when the level of fat in the milk varies. Skimmed milk contains the least amount of fat (0.1%), semi-skimmed contains a bit more (1.7%) and whole milk contains the most fat (3.5). Swapping the types of milk on your cereal or in your hot drinks is a good way to reduce the amount of fat in your diet.

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

Cereals	<input checked="" type="checkbox"/>
Bread	<input checked="" type="checkbox"/>
Tomato Ketchup	<input checked="" type="checkbox"/>
Baked beans	<input checked="" type="checkbox"/>
Banana smoothie	<input type="checkbox"/>
Bacon	<input checked="" type="checkbox"/>
Eggs	<input type="checkbox"/>

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

True  False

Wholemeal bread does contain more fibre than white bread and it is important to include more fibre in your diet to help maintain a healthy digestive system. Wholemeal bread can also help keep us fuller for longer. However, it is ok to also eat white bread as variety is important. White bread does contain some calcium. It could be a good idea is to make sandwiches using a slice of white and a slice of wholemeal bread or you can now buy 50/50 bread that is a mix of both!

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

True  False

Fruit contains natural sugars within the structure of the fruit and, when eaten as whole fruit, these sugars are released in the body when they are broken down through digestion. However in fruit juices and smoothies the sugars have already been released which means they come into direct contact with our teeth and can cause tooth decay.



Pure fruit juice can still be part of a healthy diet and one 150ml glass can count towards 5 A DAY. It should be mentioned that no matter how many glasses we drink or if we drink different types of fruit juices, it can never count as more than one portion of our 5 A DAY.

It's best to drink fruit juice as part of a meal and only have one glass per day. Drinking through a straw can also help reduce the level of sugars that come into contact with our teeth. Milk or water are the healthiest choices of drinks throughout the day.

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

For healthy bones and teeth and to prevent disease in later life such as osteoporosis. Calcium also helps with muscle and nerve function in the body.

### **12. Many breakfast cereals have vitamins or minderals 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 (micronutrients) into food?**

#### Food Fortification

**Food fortification** is the process of adding micronutrients (e.g. vitamins) to food. It can be purely a commercial choice to provide extra nutrients in a food, or sometimes it is a public health policy which aims to reduce numbers of people with dietary deficiencies in a population.

E.g. Fluoride salts are added to water and toothpastes to prevent tooth decay. Vitamin D is added to some foods like margarine.

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

To help maintain a healthy digestive system

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

Porridge oats (4g)	3
An apple (3g)	4
A glass of orange juice (0g)	6
Branflakes (5g)	2
Rice krispies (0g)	6
Weetabix (6g)	1

### **15. Try to rate these cereal products 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 (13g)	2
1 bowl of Muesli (24g)	1
1 bowl of Shreddies (6.5g)	4
1 bowl of Golden nuggets (9.5g)	3
1 bowl of Shredded Wheat (0.4g)	5

