

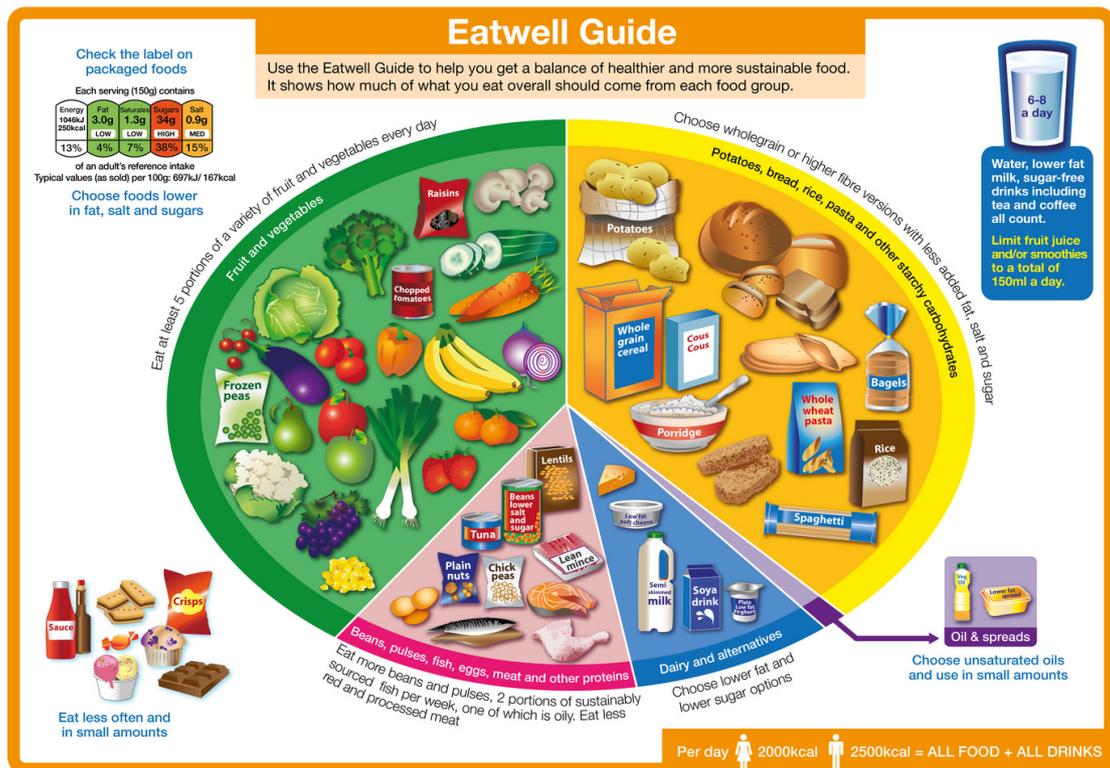
NAME _____

SCORE _____

EATWELL QUIZ

Lets see what you can remember !

The eatwell Guide helps you get the balance right



1. How many portions of fruit and vegetables should we have everyday?

A : 5 FRUIT AND 2 VEGETABLES

B: 1 FRUIT AND 1 VEGETABLE

C: 5 OR MORE- A COMBINATION OF FRUIT AND VEGETABLES

D : YOU DON'T HAVE TO HAVE ANY IF YOU DON'T LIKE THEM

2. Which of these foods is not classed as a type of starchy food?

A : POTATOES

B : CHIPS

C : NOODLES

D : RICE

3. Why is it important to eat foods containing calcium?

**A : FOR HEALTHY BONES
AND TEETH**

**B: TO HELP OUR BODIES
WHEN WE ARE POORLY**

**C: TO GIVE OUR BODIES
ENERGY**

D : TO MAKE US TALLER

4. Why should we not try to eat too many foods and drinks high in sugar?

**A : BECAUSE IT CAN
DAMAGE OUR TEETH**

**B : BECAUSE IT CAN MAKE
OUR HANDS TURN PINK**

**C : BECAUSE IT CAN STOP US
GROWING**

**D : BECAUSE IT CAN
DAMAGE OUR EYESIGHT**