

Healthy Eating Quiz



(Information correct when quiz was created in October 2016)

- 1. What is the maximum amount of sugar a person over 11 years should eat each day?**
 - a. 10 grams
 - b. 55 grams
 - c. 30 grams**
 - d. 120 grams
- 2. How many portions of fruit and veg should you eat each day**
 - a. 2
 - b. 5**
 - c. 6
 - d. 3
- 3. Which of these has the most calories in 100 grams?**
 - a. Milk chocolate (535)**
 - b. Banana (89)
 - c. Steak (271)
 - d. Sugar (387)
- 4. How many calories should an adult woman eat each day?**
 - a. 1,500
 - b. 800
 - c. 3,400
 - d. 2,000**
- 5. How many calories should an adult man eat each day?**
 - a. 3,400
 - b. 2,500**
 - c. 4,000
 - d. 2,000
- 6. If you're trying to lose weight, how much does the NHS recommend you aim to lose each week?**
 - a. 2 – 2.5 kg
 - b. 3 kg
 - c. 3.5 – 4 kg
 - d. 0.5 – 1 kg**

7. Which of these is a healthy BMI (body mass index)?

- a. 23
- b. 17
- c. 32
- d. 41

8. Which coffee shop option has the most calories?

- a. Latte with whole milk (172)
- b. Cappuccino with skimmed milk (70)
- c. Hot chocolate with semi-skimmed milk (199)
- d. Chai latte with whole milk (194)

9. Which drink is the healthiest?

- a. Smoothie
- b. Orange juice
- c. Tea
- d. Water

10. How much of what you eat should be carbohydrate?

- a. Half
- b. A third
- c. As little as possible
- d. A quarter

11. Which of these does NOT count as one of your five a day?

- a. 1 medium baked potato
- b. 1 medium tomato
- c. 1 handful of dried banana chips
- d. Three heaped tablespoons of chickpeas

12. What is the guideline daily amount of salt recommended for adults?

- a. 2 grams
- b. 10 grams
- c. 6 grams
- d. 12 grams

13. What is the recommended weekly limit for the number of eggs adults should eat?

- a. 7
- b. There is no recommended limit
- c. 4 - 6
- d. 10

14. Which of these can be counted as one of your five a day?

- a. Tinned peaches
- b. Dried apricots
- c. Frozen peas
- d. All of them

15. What is organic food?

- a. Food that's produced without any chemicals
- b. Food produced with specially filtered water
- c. Food from free range animals
- d. Food grown from genetically modified seeds