

Healthy Eating Quiz (true or false)

1. Fruit juice and baked beans count as one portion of your fruit and vegetable intake.

True or False?

(True – fruit juice can only count for one of your 5 portions per day i.e. you can't have 5 glasses of juice and say you have had your 5 a day).

2. If I eat lots of fruit I don't need to eat any vegetables.

True or False?

(False – you need to eat a wide variety of fruit and vegetables for a healthy diet).

3. Your fruit and vegetable intake must come from fresh fruit and vegetables only.

True or False?

(False – your fruit and vegetable portions can be made up of dried, frozen or tinned fruit and vegetables).

4. People should consume at least 5 portions of fruit and vegetables per day.

True or False?

(True).

5. Wholegrain bread, beans and lentils are a rich source of fibre.

True or False?

(True).

6. A diet containing an adequate supply of fibre will help prevent constipation, lower blood cholesterol levels and help control blood glucose levels.

True or False?

(True)

7. There is more calcium in a pint of skimmed milk than in a pint of whole milk.

True or False?

(False – skimmed milk contain less fat but the same amount of calcium).

8. Turnips and oranges are a source of calcium.

True or False?
(False).

9. Sunlight is a source of vitamin D.

True or False?
(True).

10. A diet containing an adequate amount of calcium and vitamin D will help prevent against osteoporosis.

True or False?
(True).

11. Red meat is a rich source of iron.

True or False?
(True – green leafy vegetables are also a good source of iron).

12. Oily fish contains omega 3.

True or False?
(True).

13. Saturated fat is better for you than monounsaturated or polyunsaturated fat.

True or False?
(False).

14. Adults should consume a maximum of 6 grams of salt per day.

True or False?
(True).

15. Excess salt could cause high blood pressure and heart disease.

True or False?
(True).

16. It is recommended that we should drink 6-8 pints of water per day.



True or False?
(True).

17. Men should consume no more than 3-4 units of alcohol per day.

True or False?
(True).

18. One unit of alcohol is equal to one pint of lager.

True or False?
(False – one pint of lager is equal to 2 units).

19. Physical activity can help reduce the risks of heart disease, stroke, cancer, type 2 diabetes, obesity and osteoporosis.

True or False?
(True).

20. Walking and some household chores such as mowing the lawn is counted as physical activity.

True or False?
(True).