Question 1.
Fruits and vegetables are superfoods only when they are….?

a)   Fresh
b)   Frozen
c)   Canned
d)   Dried
e)   All of the above

Question 2.
How many servings of fruit and vegetables should you have every day?

a)   2
b)   3
c)   4
d)   5
e)   6

Question 3.
Fats allow your body to use vitamins from fruit and vegetables. True or false?

Question 4.
Which food contains protein?

a) Meat
b) Fish
c) Beans
d) Eggs
e) All of them

Question 5.
Which of the following dairy products is actually a fat?

a)   Cheese
b)   Yoghurt
c)   Butter
d)   Milk
e)   None of the above

Question 6.
Vegetables don't contain many…?

a)   Vitamins
b)   Minerals
c)   Fibre
d)   Calories
e)   Water

Question 7.
Which of the following is not part of the carbohydrate food group?

a)   Bread
b)   Corn
c)   Pasta
d)   Rice
e)   Potato

Question 8.
You can get healthy fats and oils from…?

a)   Nuts
b)   Fish
c)   Vegetables
d)   All of the above
e)   None of the above

Question 9.
Grains are the seeds of grasses? True or false?

Question 10.
Milk contains calcium? True or false?

Question 11.
Sugar is a carbohydrate! True or false?

Question 12.
Which of the following is not a nutrient?

a)   Carbohydrate

b)   Calorie
c)   Mineral
d)   Fat
e)   Protein

Question 13.
Your body is made up mainly of water? True of false?

Question 14.
Foods like meat, fish and milk don't contain minerals? True or False?

Question 15.
Which nutrient helps your body to grow and repair itself…?

a)   Carbohydrates
b)   Fats
c)   Minerals
d)   Proteins
e)   Vitamins

Question 16.
You will only survive a very short time without….?

a)   Exercise
b)   Food
c)   Sunshine
d)   Washing
e)   Water

Question 17.
All types of food can be digested by humans? True or false?

Question 18.
Exercise ….?

a)   Gives you energy
b)   Helps you relax
c)   Can calm you if you are angry

  d) All of the above
  e) None of the above

Question 19
You can store all the vitamins you need in your body! True or false?

Question 20.
Smoking makes you look cool? True or false?