



Young Veggie Healthy Eating Quiz

Use our "Food Comparisons" and "Do You Get The Balance Right?" posters to help you find the answers to these questions.

1. How many portions of fruit and vegetables should we eat each day for a healthy balanced diet?
 - At least 3
 - 4
 - More than 5
2. Potatoes don't count as a vegetable portion because:
 - They are mainly a starchy food
 - They are used to make chips
 - They aren't a proper vegetable
3. One pork pie contains the same amount of fat as:
 - 128.5 bananas
 - 3 bars plain chocolate
 - 33 pints skimmed milk
 - All the above
4. Calcium is good for:
 - Building up your appetite
 - Building up strong teeth and bones
 - Making chicken soup
5. Oranges are a good source of:
 - Vitamin A
 - Vitamin B12
 - Vitamin C
6. Which of the following foods containing protein is unsuitable for vegetarians?
 - Cheddar cheese
 - Pork sausages
 - Baked beans
 - All of the above





7. Which cereals are best for you?
 - Unrefined
 - Refined
 - Undignified
8. How many fried eggs provide the same amount of Vitamin A as two portions of carrots?
 - 12
 - 83
 - 166
9. Which foodstuff provides the most fibre?
 - 10 hamburgers
 - 2 jacket potatoes
 - 3 pears
10. Which vitamin is especially good for your nervous system?
 - B12
 - Q
 - C
11. How much sugary food should we eat each day for a healthy balanced diet?
 - 5 portions
 - 0 - 3 portions
 - As much as we can
12. Fruit and vegetables contain which of the following:
 - Protein, fat and vitamins
 - Fat, fibre and vitamins
 - Vitamins, fibre and minerals
13. In which section of the Healthy Balance plate would you find cornflakes?
 - Fruit and vegetables
 - Milk and dairy
 - Bread, cereals and potatoes
 - All of the above





14. How many packets of crisps provide the same amount of vitamin C as an orange?

- 82.5
- 12.5
- 8

15. Which of the following can be included as part of your daily fruit and vegetable consumption?

- Tinned peaches
- Dried apricots
- Frozen peas
- All of the above

16. Why is it important to have a good source of protein in your diet?

- It is essential for body growth and repair
- It carries oxygen around our blood
- It stops our feet smelling

17. Which food provides the most calcium?

- 1 portion of tuna
- 1 portion of blackberries
- 1 portion of curly kale
- 1 portion of tofu

18. Is tofu..?

- A cross between toffee and fudge
- A posh female sheep
- A soya bean based source of calcium and protein.

19. 1½ portions of baked beans gives you the same amount of iron as:

- 3 portions of leeks
- 1 portion of spaghetti
- 1 roasted chicken leg

20. How many slices of bread equals one portion?

- 5
- 2
- 1

