

WHAT DO YOU KNOW ABOUT THE FOOD YOU EAT? QUIZ

This fun quiz is designed to test what you know about the food you eat.
How healthy is the food in your supermarket basket or trolley?

1. We should always try to enjoy a balanced diet, which includes mostly: Please tick
- a) animal foods: red meat, white meat and dairy products
 - b) plant foods: vegetables, fruit, cereals, grains and pulses
 - c) fats and sugars: found in cakes and biscuits
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2. Which of the following does not count towards a portion of your 5-a-day fruit and vegetable target?
- a) 3 heaped tablespoons of frozen vegetables
 - b) 3 heaped tablespoons of canned fruit
 - c) Half a jacket potato
 - d) Half an avocado
 - e) 1 heaped tablespoon of dried fruit
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3. What is the best time of the day to eat a starchy food like wholemeal bread, wholemeal pasta or potatoes?
- a) At breakfast, so that you burn off the calories throughout the day
 - b) In the early evening, so that you replenish the calories you have burnt off during the day
 - c) At any time of the day, as starch helps you maintain stable blood sugar levels and avoid sugar cravings
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4. Which of these is known as an 'unhealthy' fat?
- a) Polyunsaturated fat
 - b) Monounsaturated fat
 - c) Saturated fat
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5. Which of these contains the most calories?
- a) 100g of muesli
 - b) 100g of cheese and tomato pizza
 - c) 100g of standard crisps
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6. Which of the following would not count towards the recommended target for eating oily fish at least once a week?
- a) Tinned mackerel
 - b) Tinned tuna
 - c) Baked trout
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7. You are trying to cut down on the fat in your diet. If a food label states 'low-fat', what does this mean?
- a) Less than 3g of fat per 100g
 - b) Less than 10g of fat per 100g
 - c) Less fat than the standard version of the food

8. Which contains more fat?

Please tick

a) 100g of butter

b) 100g of margarine

c) They have the same amount of fat.

9. Which contains the least fat?

a) Lean red meat

b) Skinless poultry

c) Processed meat products, such as sausages and burgers

10. Some foods are labelled 'reduced salt'. How much sodium per 100g is 'a lot' in a food?

a) 5g of sodium per 100g

b) 0.6g of sodium per 100g

c) 2g of sodium per 100g

11. On average, how much salt do people in the UK eat each day?

a) 1g of salt

b) 6g of salt

c) 9.5g of salt

d) 15g of salt

12. By law, how much alcohol can beer labelled 'alcohol-free' contain?

a) None

b) 0.05% or less

c) 1% or less

13. If a food is labelled 'organic', by law what percentage of its ingredients can come from non-organic sources?

a) None

b) Up to 1%

c) Up to 5%

14. How much alcohol does a large (250ml) glass of wine with 12% ABV contain?

a) 1 unit of alcohol

b) 2 units of alcohol

c) 3 units of alcohol

15. Many people watching their weight switch to semi-skimmed or skimmed milk. Do you know how much fat whole milk contains?

a) 11.1g fat per 100ml

b) 7.9g fat per 100ml

c) 3.9g fat per 100ml

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ANSWERS

- 1 b** While plant foods are not the only healthy choices, enjoying a diet based around these foods reduces your intake of fat and sugar.
- 2 c** Potatoes are counted as starchy foods, not vegetables. Avocados do count. However, they do contain fat and eating too much of any food containing fat can lead to weight gain. The fat in avocados is, however, monounsaturated fat, which has a positive effect on blood cholesterol levels. For a healthy, balanced diet we should aim to reduce the amount of saturated fat we eat and replace it with unsaturated fats. Dried, frozen and canned fruits and vegetables all count towards the daily target. Fruit juices only count as a maximum of 1 portion a day.
- 3 c** Starchy foods provide energy that is needed throughout the day, so it does not matter when you eat them.
- 4 c** For a healthier diet, try to reduce your intake of saturated fats.
- 5 c** Muesli contains 330kcal per 100g. Pizza contains 235kcal per 100g. Crisps contain 530kcal per 100g. Portion size is the key here. 100g of crisps is almost four standard-size packets whereas 100g of pizza is almost one mouthful!
- 6 b** Everyone should be trying to eat at least 2 portions of fish a week as part of a healthy, balanced diet. One of these portions should be oily fish. Note that canned tuna is not counted as an oily fish because the canning process removes the beneficial oils. This does not apply to canned mackerel.
- 7 a** The Food Standards Agency recommends that 'low-fat' should only be used on foods that contain no more than 3g of fat per 100g of food. Fat-free should mean no more than 0.15g per 100g.
- 8 c** Butter and margarine contain different types of fat, but both contain about the same amount. Whichever you choose, use it sparingly.
- 9 b** Lean red meat is quite low in fat at 4.8g per 100g. However, if you don't remove visible fat and the lean and fat components are blended together (for example with mince), the fat content is much higher. Skinned poultry contains about 1.3g fat per 100g, but if the skin is not removed the fat content will be much higher. It is difficult to provide an average for the fat content of processed meat products because they vary significantly from product to product. These types of products are often high in saturated fat and salt, so checking the food labels will help you identify the nutritional value of different options.
- 10 b** Salt is known as sodium chloride – 1g of sodium is equivalent to about 2.5g of salt. It's the sodium in salt that can lead to health problems. As a rule, 0.6g of sodium per 100g of food is a lot, and 0.1g of sodium per 100g is a small amount.
- 11 c** Adults should have no more than 6g of salt a day, which is about 2.5g of sodium. And children should have even less. On average, people in the UK have about 9.5g of salt a day.
- 12 b** 'Free from' claims on food labels don't always mean what you might think, so check the nutritional information labels and lists of ingredients. By law, alcohol-free beer can contain up to 0.05% alcohol. Beers that contain 1% alcohol must be described as 'low-alcohol'.
- 13 c** Not all ingredients are available in organic form, so food producers are allowed to use specific non-organic ingredients, provided that organic ingredients make up at least 95% of the food.
- 14 c** A 250ml glass of wine at 12% ABV contains 3 units of alcohol. As a standard guide, 1 unit of alcohol is 100mls of an alcoholic drink at 10% ABV.
- 15 c** Whole milk contains 3.9g total fat per 100ml, of which 2.5g is saturated fat. Semi-skimmed milk contains 1.7g total fat per 100ml, of which 1.1g is saturated fat. Skimmed milk contains 0.3g total fat per 100ml, of which 0.1g is saturated fat. It can therefore be labelled 'low-fat'.