

How healthy are you?

Answer the questions ☐

1. What's your favourite meal?

- a) anything with chips
- b) cake, chocolate and sweets
- c) a burger, fizzy drink and ice-cream
- d) meat or fish with rice or pasta and vegetables



2. Where's your favourite place to eat on your birthday?

- a) in a fast food restaurant
- b) in a good restaurant
- c) in the school canteen
- d) at home



3. What's your favourite party snack?

- a) popcorn and crisps (just like at the movies)
- b) cake and sweets
- c) pizza
- d) fruit and nuts



4. How many portions of fruit and vegetables did you eat yesterday?

(1 portion=an apple, a small salad or a small bowl of vegetable soup)

- a) I hate fruit and vegetables! I didn't eat any!
- b) I don't like fruit and vegetables much. I ate 1 or 2 portions.
- c) I like fruit and vegetables. I ate 3 or 4 portions.
- a) I love fruit and vegetables! I ate more than 5 portions.



5. What have you drunk today?

- a) tea
- b) fizzy drinks
- c) fruit juice
- d) water



6. You're feeling a bit sick. Which food group will give you the proteins you need to make your body better?

- a) fats, oils and sweets
- b) bread, cereal, rice and pasta
- c) fruit and vegetables
- d) meat, fish, eggs, beans and nuts



7. You're feeling tired. Which of these nutrient groups will make you feel more energetic?

- a) vitamins and minerals
- b) fats
- c) proteins
- d) carbohydrates



Now check your answers with the key!