



A QUIZ ABOUT HEALTHY EATING



Dieticians recommend eating **5 portions** of fruit and vegetables every day. Does a **glass of juice** count as one of these 5 portions?

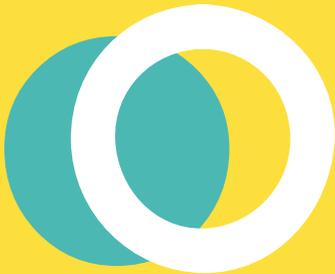
Yes. Juice is not only a drink but is also food, so if you drink 5 glasses of freshly squeezed juice then you meet the recommended daily amount.





What is **glucose**?

- a) It is sugar, the main source of human energy;
- b) Medication for a sore throat;
- c) Paper glue.



Correct answer:

a) It is sugar, the
main source of
human energy.





**Are sweets
necessary in our
diet?**

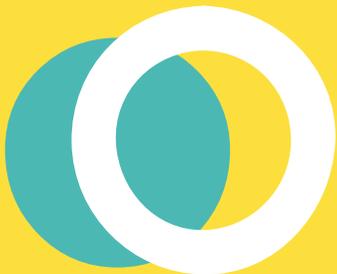
Yes, although **glucose** has a good influence on our brain, sweets differ in their ingredients, so it is best to try and eat the healthy types (e.g. **fruits and dark chocolate**) and avoid those that are bad for our health (e.g. **gummies, lollipops etc.**).





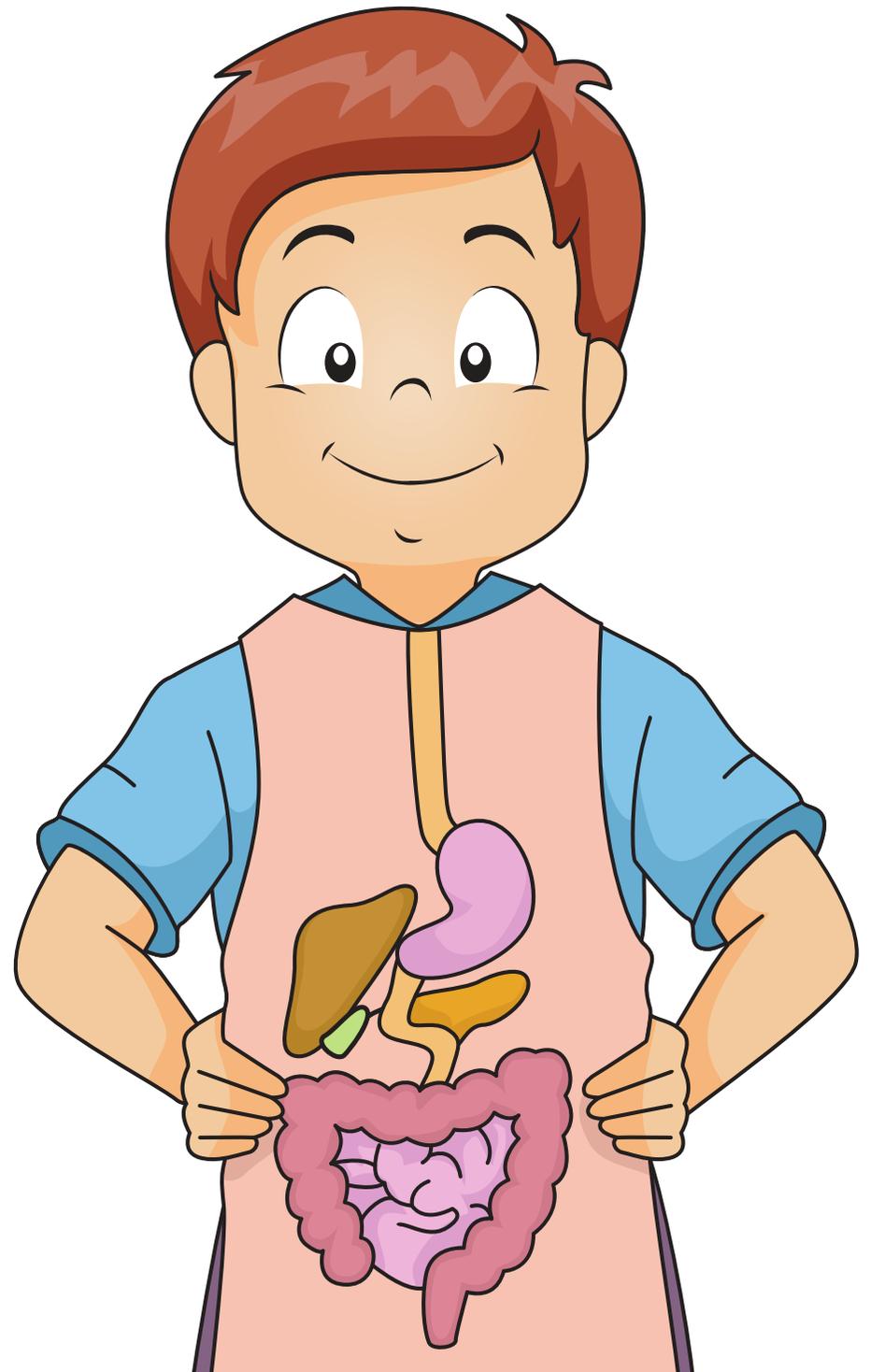
What is **fibre**?

- a) A component of some food types necessary for the proper functioning of the digestive system;
- b) A detail of a car;
- c) A type of a flower.



Correct answer:

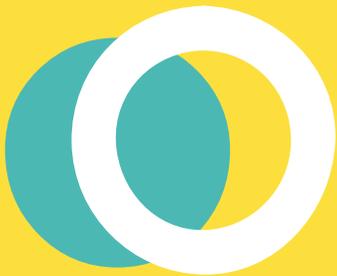
- a) A component of some food types necessary for the proper functioning of the **digestive system**.





Where
can we find large
amounts of **fibre**?

- a) In wholemeal bread;
- b) In salads;
- c) In beans.





**All answers
are correct**





If you eat a lot of fruit, do you also need to eat vegetables?

Even though many children dislike vegetables, vegetables are an essential part of their diet as they contain important **microelements and vitamins**. Besides, the majority of fruit contains a lot of sugar and we need to be careful of sugar levels in our diet.





Is the sun the source of **vitamin D**, which is essential for strong bones?

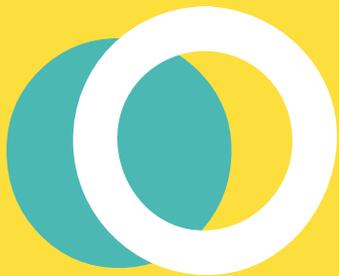
Yes. Without vitamin D, calcium (the main building block of bones) can't be absorbed easily by the body.



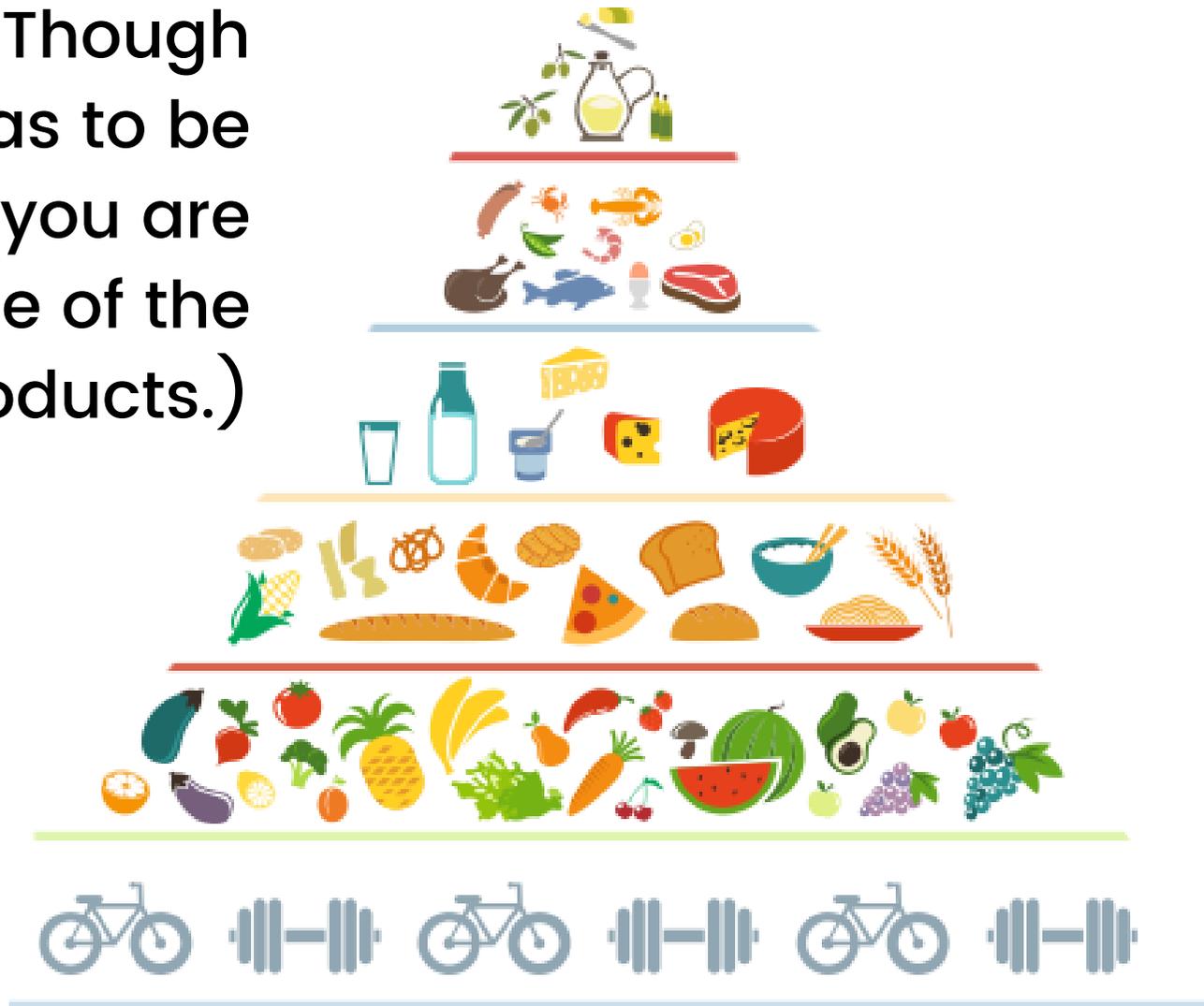


What groups of products should you consume daily?

- a) Cereals;
- b) Fruits and vegetables;
- c) Protein;
- d) Dairy.



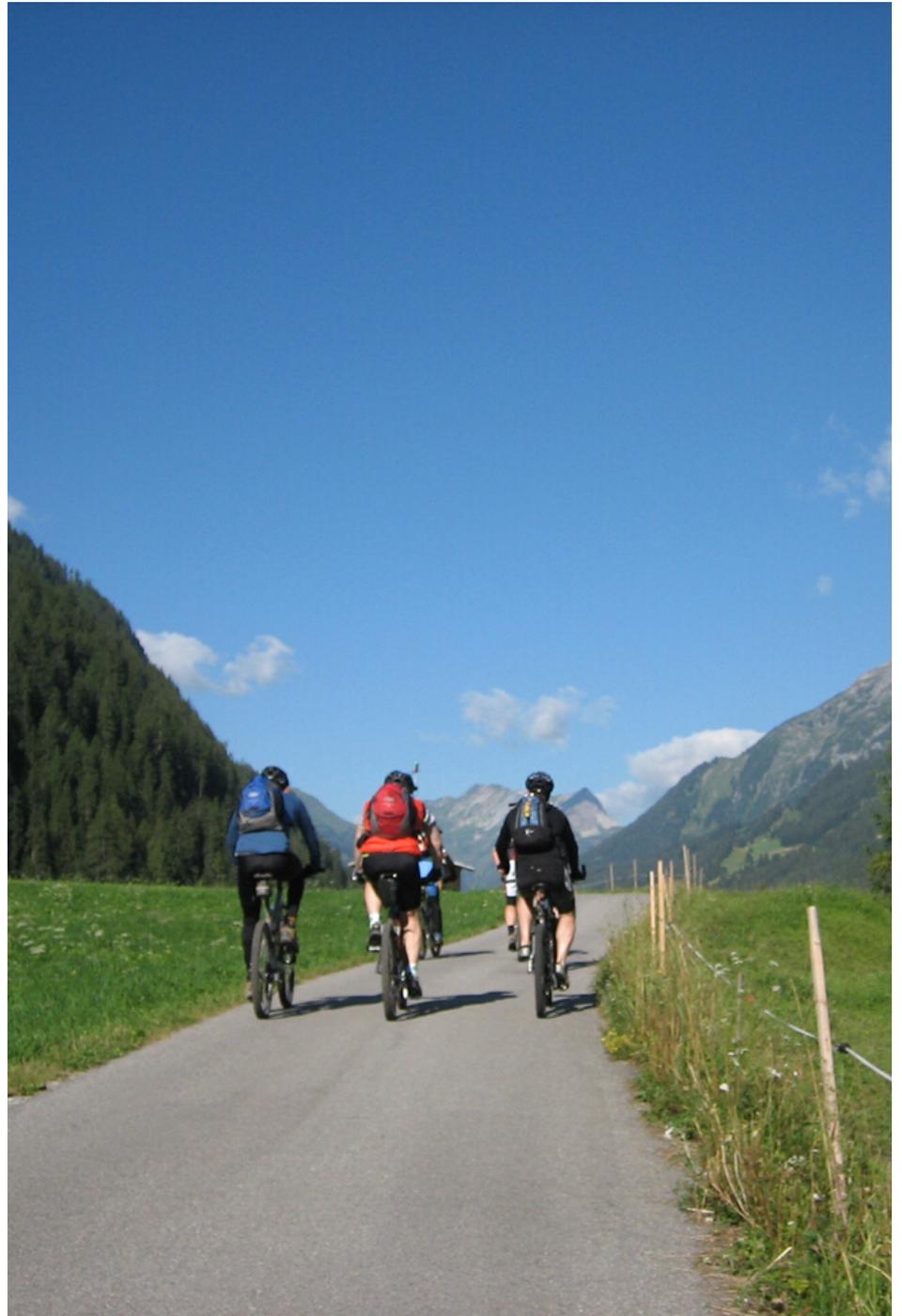
Every food group is essential for our bodies to function well. (Though an exception has to be made when you are **allergic** to one of the products.)





Do we need **physical activity** in order to be healthy, or is healthy eating enough?

Yes, we need physical activity to be healthy and we should practise **sports** regularly.





Is cleaning your home or doing shopping a type of physical activity?

Yes, every physical activity counts so it's worth helping your parents with the housework as it is good for your **health.**

