

## 5 A DAY quiz

Circle the answer that you think is correct:

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| <b>1. How many fruit and vegetables is it recommended we should aim to consume each day?</b>    |
| One<br>Three<br>Four<br>At least five   |
| <b>2. True or false? Frozen vegetables count as 1 of your 5-A-DAY</b>                           |
| True<br>False   |
| <b>3. Which of the following snacks would count towards your 5-A-DAY?</b>                       |
| Peanuts<br>Plain toast<br>Banana<br>Blueberry muffin  |
| <b>4. Why are we recommended to consume 5-A-DAY? Because fruit and vegetables...</b>            |
| ... can be high in sugars.<br>... are high in fat.<br>... provide vitamins, minerals and fibre. |

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| <b>5. Why do fruit/vegetable juice or smoothies only count as 1 of your 5-A-DAY?</b>  |
| Because they are high in free sugars and low in fibre<br>Because they contain a lot of fat<br>Because they are high in vitamins<br>All of the above |
| <b>6. How much fruit/vegetable juice or smoothies counts as 1 of your 5-A-DAY?</b>  |
| 10ml<br>150ml<br>300ml<br>500ml   |
| <b>7. True or false? Eating 5-A-DAY can reduce risk of some diseases.</b>   |
| True<br>False   |
| <b>8. Which of the following count as part of 5-A-DAY?</b>  |
| Strawberry Jam<br>New potatoes<br>Beans and pulses<br>Strawberry flavour yogurt   |

**9. Fruit and vegetables provide fibre. Why is fibre important?**

Helps keep our digestive systems healthy

Contains lots of sugars

Contains lots of fat