



Healthy Eating Quiz

1. Which of these foods is good for you?
 - A. Shiny apple
 - B. Crunchy carrot
 - C. Whole wheat toast
 - D. All of the answers
2. Which of these is not a fruit?
 - A. Banana
 - B. Celery
 - C. Watermelon
 - D. Mango
3. Where does pizza come from?
 - A. USA
 - B. Italy
 - C. Australia
 - D. Mexico
4. What is the national dish of Japan?
 - A. Sushi
 - B. Pizza
 - C. Tacos
 - D. Pavlova
5. Which food do monkeys and humans both love to eat?
 - A. Sushi
 - B. Frozen Yogurt
 - C. Bananas
 - D. Peppers
6. Which one of these foods can you find in Italy?
 - A. Sorbet
 - B. Ice cream
 - C. Gelato
 - D. Frozen Yogurt
7. What foods do people have the most common allergic reactions to?
 - A. Nuts
 - B. Eggs
 - C. Dairy
 - D. All of the answers



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8. How can we make sure we digest foods properly?
- A. Make sure we don't eat and drink at the same time
 - B. Make sure we chew our food properly
 - C. Make sure we don't exercise and eat at the same time
 - D. All of the answers
9. Which of these vegetables are grown in the ground?
- A. Potatoes
 - B. Mushrooms
 - C. Broccoli
 - D. All of the answers
10. According to the food pyramid, what foods should we eat MORE of?
- A. Grains & cereals
 - B. Fruits
 - C. Vegetables
 - D. All of the answers
- <http://teamnutrition.usda.gov>
11. According to the food pyramid, what foods should we eat LESS of?
- A. Fats & Oils
 - B. Vegetables
 - C. Fruit
 - D. Dairy
- <http://teamnutrition.usda.gov>
12. What is a Food Pyramid?
- A. A guide to help people understand how to eat healthy
 - B. A way to put the food away neatly in your pantry
 - C. Food that can be found in Egypt
 - D. Food that is shaped like a triangle
- http://kidshealth.org/kid/stay_healthy/food/pyramid.html#a_The_Pyramid_Speaks
13. Cheese, yogurt and milk all belong to which food group that provides lots of calcium?
- A. Types of fish
 - B. Types of dairy
 - C. Types of nuts
 - D. Types of fruit
14. What drink has the most added sugar?
- A. Orange juice
 - B. Cola
 - C. Water
 - D. Apple juice
- http://kidshealth.org/kid/stay_healthy/food/pyramid.html#a_The_Pyramid_Speaks



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15. What is the healthiest drink?
- A. Water
 - B. Juice
 - C. Cola
 - D. Apple juice
- <http://kidshealth.org>
16. What fruit has the most vitamin C?
- A. Grapes
 - B. Oranges
 - C. Watermelons
 - D. Strawberries
17. Which ingredients belong in a smoothie?
- A. Banana
 - B. Yogurt
 - C. Milk
 - D. All of the answers
18. What is organic food?
- A. Food which has been grown while organ music is played to it
 - B. Food which has been grown using artificial fertilizers and pesticides
 - C. Food which has been grown without the use of artificial fertilizers and pesticides
 - D. Food which has been grown using extra colors and flavors
- http://www.organic.org/kc_organic_food.php
19. What food group would a pita belong to?
- A. Meats
 - B. Fruits
 - C. Vegetables
 - D. Grains
20. Which is a not a nut?
- A. Peanut
 - B. Cashew
 - C. Sesame
 - D. Hazelnut
21. What is Breakfast?
- A. Is when you "break" your "fast" in the morning
 - B. Is when you get fueled up with energy for the day
 - C. Is when you top up energy when your levels are low in the morning
 - D. All of the answers



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22. Which is the most important meal of the day?
- A. Breakfast
 - B. Lunch
 - C. Dinner
 - D. Afternoon Tea
23. Which of these the most healthy breakfast food?
- A. A bowl of chocolate puffs with milk
 - B. Toast with strawberry jam
 - C. Oatmeal or porridge
 - D. Left over pizza
24. Which of these makes a great, healthy snack?
- A. Packet of crisps
 - B. A chocolate bar
 - C. Chicken nuggets
 - D. None of the answers
25. Good Nutrition is important because:
- A. It makes you nice to your brothers and sisters
 - B. It fills your tummy up
 - C. It makes your parents happy
 - D. It gives you good energy and makes you fit and strong
26. What is Fair Trade Food?
- A. Food that you trade with your friends
 - B. Food that you buy in a fair ground
 - C. Food that you buy in the zoo
 - D. Foods produced making sure people in poor nations get a fair deal
27. What are Food Miles?
- A. The free chips you get on an airplane
 - B. The distance you can run if you eat a big breakfast
 - C. The distance food travels to get to your plate
 - D. The distance to the nearest supermarket
28. Where does Food come from?
- A. The supermarket
 - B. A farm
 - C. From the fridge
 - D. From mummy



Healthy Eating Quiz

29. What does "Eating in Season" mean?

- A. buying organic fruit and vegetables
- B. eating whatever fruits and vegetables are fresh and well in season in your part of the world
- C. shipping fresh food from other countries to eat
- D. eating hot food in winter and cold food in summer

Let's help kids develop healthy eating habits early so they are set for life.

Healthy Eating Answers

1d, 2b, 3b, 4a, 5c, 6c, 7d, 8d, 9d, 10d, 11a, 12a, 13b, 14b, 15a, 16b, 17d, 18c, 19d, 20c, 21a, 22c, 23d, 24d, 25d, 26d, 27c, 28b, 29b