

A balanced diet Quiz

1. How does protein help the body?
2. Name 3 sources of carbohydrates.
3. Name 3 things found in fruit and vegetables.
4. What would you find in cheese, milk and yogurt?
5. Name the 2 fats which you find in your diet.
6. Name 2 reasons for drinking the recommended amount of water.
7. Which food source helps to prevent ageing?
8. Give an example of who would eat extra carbohydrates and explain why.
9. Name 3 sources of protein.
10. How does fibre help the body?
11. How does calcium help your body?