



Food Quiz



**Test what you know about feeding your child?
Answer True or False to the following statements.**

	True	False
1. My children need small quantities and a large variety of nutritious food every day		
2. Breakfast is a very important meal in the day		
3. The foods and drinks my children have can affect their behaviour		
4. Milk/soy milk and water are the only drinks my children need every day		
5. Low fat milk and dairy products are best for my children over the age of 2 years		
6. My children need to eat whatever they want		
7. My children need solid foods from the age of 4 months		
8. Cow's milk can be used in place of mother's milk at any age.		
9. Wholemeal bread is a better than multigrain and white bread		
10. My children need 5 serves of vegetables and 2 serves of fruit every day		
11. Kids need to try a new food at least 20 times before they might like it		
12. "Lean" meat means a small serving of meat		
13. Avocado is a good to spread on toast or wraps instead of butter or margarine.		
14. Baked beans are protein and vegetables in one		
15. ChocolatePops and milk are a good breakfast.		
16. Fruit is a cheaper snack than packaged food		
17. White bread contains bleach		
18. Frozen vegetables are not as good as fresh vegetables.		
19. Yoghurt can be served in place of milk at some meals.		
20. If you introduce a new food to a child and they don't like it, don't give it to them again.		
21. Eating healthier food can calm my child's behaviour		

22. Constipation can be caused by poor diet and not drinking enough water		
23. Packet snack foods are essential part of daily nutrition.		
24. Adding salt is the only way to increase the flavour of food		
25. Eggs are a great protein in place of meat		
26. Overweight children are more likely to be bullied by other children		
27. It's OK to replace fresh meat with processed meats, like devon.		
28. My children over 2 years need 3-6 glasses of water every day		
29. Using dried or fresh herbs like garlic, basil, cumin coriander, curry powder is a good way to flavour our food instead of salt		
30. Devon and other processed meat is high in fat and salt		
31. Tinned fish is a great protein in place of meat		
32. 'Lean' meat means most of the fat is removed		

ANSWERS: 1T 2T 3T 4T 5T 6F 7F 8F 9T 10T 11T 12F 13T 14T 15F 16T 17T 18F
19T 20F 21T 22T 23F 24F 25T 26T 27F 28T 29T 30T 31T 32T

