

## Diet and health up to 11-12 years

<p>A healthy diet is:</p> <p>a) Never eating sweets.  <b>b) Eating a balance and variety of different foods.</b>  c) Only eating fruit and vegetables.</p>	<p>Why do we need carbohydrate?</p> <p>a) To help us grow.  <b>b) To give us energy.</b>  c) To give us shiny hair.</p>	<p>Why do we need protein?</p> <p>a) To give us energy.  b) To give us strong bones and teeth.  <b>c) To help us grow.</b></p>	<p>Name a food which is a good source of carbohydrate.</p> <p><b>Possible answers: Bread, rice, potatoes, pasta, yam, cassava.</b></p>
<p>Name a food which is a good source of protein.</p> <p><b>Possible answers: Meat (beef, lamb, pork, chicken), fish (salmon, cod, mackerel), eggs, beans (chickpeas, kidney beans), lentils, nuts.</b></p>	<p>True or false? We need some fat in our diet to be healthy.</p> <p><b>Answer: True.</b></p>	<p>How long should we be active each day?</p> <p><b>Answer: At least 1 hour.</b></p>	<p>Which of these foods should we only eat occasionally?</p> <p><b>a) Foods and drinks high in fat and/or sugar.</b>  b) Fruit and vegetables.  c) Rice and pasta.</p>
<p>True or false? Pregnant women, babies and teenagers need exactly the same type of foods.</p> <p><b>False. People's needs change at different times in their lives.</b></p>	<p>Give two reasons why some people might not eat certain foods.</p> <p><b>Possible answers: do not like it, religious or cultural reasons, allergy or intolerance.</b></p>	<p>Which of these would make the healthiest snack?</p> <p>a) A bag of chips.  <b>b) Carrot sticks with a hummus dip.</b>  c) A chocolate bar.</p>	<p>Name two foods that people may be allergic to.</p> <p><b>Possible answers: Milk; nuts; bread; shellfish, kiwi fruit; eggs.</b></p>
<p>How many portions of fruit and vegetables should we eat everyday?</p> <p>a) Less than 4 portions.  <b>b) At least 5 portions.</b>  c) 3 portions.</p>	<p>Which of the following will help keep our gut healthy?</p> <p>a) Eating more fat.  <b>b) Eating plenty of fibre.</b>  c) Brushing our teeth.</p>	<p>Why do we need calcium?</p> <p>a) For healthy blood.  b) For happiness.  <b>c) For strong bones and teeth.</b></p>	<p>We need iron for healthy blood. Which foods are a good source of iron?</p> <p><b>a) Red meat and green leafy vegetables.</b>  b) All grey coloured foods.  c) Foods beginning with the letter 'I'.</p>

## Shopping up to 11-12 years

<p>Do lentils come from a plant or an animal?</p> <p><b>Answer: A plant.</b></p>	<p>Does vegetable and bean soup come from a plant or an animal?</p> <p><b>Answer: A plant.</b></p>	<p>Does cheese and tomato pizza come from a plant or an animal?</p> <p><b>Answer: A plant and an animal.</b></p>	<p>True or false? On food labels you can find information about the ingredients, weight and storage instructions.</p> <p><b>Answer: True.</b></p>
<p>What is it called when people cannot eat a certain food because it will make them unwell?</p> <p><b>Answer: Allergy or food intolerance.</b></p>	<p>Name two places where you can buy food.</p> <p><b>Possible answers: Local shops; supermarkets; canteens; café; restaurants, market, online.</b></p>	<p>True or false? Food labels provide information to help people make choices about what they buy.</p> <p><b>Answer: True.</b></p>	<p>Name two places where you might find an advert for food.</p> <p><b>Possible answers: TV; radio; billboards; newspapers; magazines, online.</b></p>
<p>Give an example of how an advert might try to persuade you to buy a certain food.</p> <p><b>Possible answers: use colourful images, describe it in a way that makes it sound delicious, good value, healthy.</b></p>	<p>True or false? Milk sold in shops and supermarkets has to be heat-treated (pasteurised) to remove harmful bacteria.</p> <p><b>Answer: True.</b></p>	<p>When is wheat usually harvested in the UK?</p> <p><b>Answer: Summer (mid-July to September).</b></p>	<p>Name two winter vegetables.</p> <p><b>Possible answers: Beetroot; brussels sprouts; cauliflower; celery; parsnip; potatoes; turnips.</b></p>
<p>Which dairy food is made by curdling milk?</p> <p><b>Answer: Cheese.</b></p>	<p>True or false? Potatoes can be grown in a bucket, garden, an allotment or farm.</p> <p><b>Answer: True</b></p>	<p>Where do grapes grow?</p> <p>a) On a tree.  <b>b) On a vine.</b>  c) Under the ground.</p>	<p>How could you find out which of two bags of pasta was the best value?</p> <p><b>Answer: Compare the products by the price and weight.</b></p>

## Cooking up to 11-12 years

<p>Where does the dish stir-fry come from originally?</p> <p><b>Answer: China.</b></p>	<p>Where does the dish sushi come from originally?</p> <p><b>Answer: Japan.</b></p>	<p>Where does the dish pizza come from originally?</p> <p><b>Answer: Italy.</b></p>	<p>Where does the dish paella come from originally?</p> <p><b>Answer: Spain.</b></p>
<p>What piece of equipment would use to cook a stir-fry?</p> <p><b>Answer: A wok.</b></p>	<p>What am I? You push me on potatoes to make them smooth.</p> <p><b>Answer: A masher.</b></p>	<p>What piece of equipment would use to boil potatoes?</p> <p><b>Answer: A saucepan.</b></p>	<p>What piece of equipment would you use to measure the amount of flour you need to make bread?</p> <p><b>Answer: Weighing scales.</b></p>
<p>Which part of the cooker would you use to boil vegetables?</p> <p><b>Answer: The hob.</b></p>	<p>Which part of the cooker would you use to bake a cake?</p> <p><b>Answer: The oven.</b></p>	<p>Which skill would you use to make bread?</p> <p><b>a) Kneading.</b> b) Slicing. c) Grating.</p>	<p>True or false? You must take care when using equipment such as knives and graters.</p> <p><b>Answer: True. Knives and graters have sharp parts.</b></p>
<p>What is the name for recycling peelings or food waste?</p> <p><b>Answer: Composting.</b></p>	<p>Which of these food wastes cannot be composted?</p> <p>a) Potato peelings. b) Tea bags. <b>c) Fish bones.</b></p>	<p>Where would you store canned foods, dried rice and a bag of flour?</p> <p><b>Answer: In a cupboard.</b></p>	<p>Where must you store dairy foods such as milk, cheese and yogurt?</p> <p><b>Answer: The fridge.</b></p>

## Food safety up to 11-12 years

<p>If you spill any food on the floor while you are cooking you must:</p> <p>a) Leave it there until you are finished.  <b>b) Stop and clean it up straight away and wash and dry your hand after.</b>  c) Walk around it.</p>	<p>True or false. It is safe to buy a dented can of food.</p> <p><b>Answer: False. Do not buy food with open or damaged packaging.</b></p>	<p>True or false? When you have an open can of beans, you must put it straight in the fridge.</p> <p><b>Answer: False. Cans should not go in the fridge. The food should be put into a container or dish and covered.</b></p>	<p>What should you do when you have spilled a food?</p> <p><b>a) Clean it up right away.</b>  b) Let someone else clean it up.  c) Leave it.</p>
<p>True or false? You should wash up in cold water.</p> <p><b>Answer: False. Use warm water and washing up liquid.</b></p>	<p>Is a food which is past its use-by date safe to eat?</p> <p><b>Answer: No. A use-by date means that the food will not be safe to eat past the date shown.</b></p>	<p>How long can you keep leftover spaghetti bolognese in the fridge, so that it is safe to eat?</p> <p><b>Answer: 2 days.</b></p>	<p>True or false? It is OK to eat raw eggs.</p> <p><b>Answer: False. They must be cooked to kill harmful bacteria.</b></p>
<p>True or false? A chicken is cooked when the meat is white all the way through.</p> <p><b>Answer: True. Never eat chicken if it is still pink or red.</b></p>	<p>Where should you store Cheddar cheese or eggs?</p> <p><b>Answer: In the fridge.</b></p>	<p>Where should you store fresh ham or butter?</p> <p><b>Answer: In the fridge.</b></p>	<p>Where should you store fish fingers?</p> <p><b>Answer: In the freezer.</b></p>
<p>What piece of clothing do you need to wear when you cook?</p> <p><b>Answer: An apron.</b></p>	<p>True or false? You must wash your hand thoroughly after touching raw meat.</p> <p><b>Answer: True.</b></p>	<p>If you are preparing raw meat and vegetables for a dish, what should you do?</p> <p>a) Work quickly.  <b>b) Wash the chopping board thoroughly after preparing the raw meat.</b>  c) Not use too many vegetables.</p>	<p>What must you do with your hands before you cook?</p> <p><b>Answer: Wash with soap and water and dry them thoroughly.</b></p>