

Diet and health up to 7-9 years

<p>What is the first meal of the day called?</p> <p>Answer: Breakfast.</p>	<p>How many food groups are there on the eatwell plate?</p> <p>Answer: 5 groups.</p>	<p>Do frozen fruit and vegetables count towards your 5 A DAY?</p> <p>Answer: Yes. Fresh, frozen, dried, canned, and juiced fruit and vegetables all count towards 5 A DAY.</p>	<p>Which of these drinks can help you to have strong bones and teeth?</p> <p>a) Milk. b) Lemonade. c) Apple juice.</p>
<p>Which are the two largest groups on the eatwell plate?</p> <p>Answer: Fruit and vegetables and Bread, rice, potatoes, pasta and other starchy foods.</p>	<p>How many portions of fruit and vegetables should we eat each day?</p> <p>Answer: At least 5 portions.</p>	<p>True or false? It is good to try new foods.</p> <p>Answer: True. Because you can learn more about what you like to eat.</p>	<p>How many times should we brush our teeth each day?</p> <p>Answer: Twice a day.</p>
<p>Which of these is healthy?</p> <p>a) Eating the same food every day. b) Eating lots of different foods. c) Just eating fruit and vegetables.</p>	<p>Which of these foods should we only eat in small amounts?</p> <p>a) Fruit and vegetables. b) Bread and potatoes. c) Sweets and chocolate.</p>	<p>True or false? We should drink plenty of water.</p> <p>Answer: True. We need to drink plenty so we can concentrate and learn.</p>	<p>How many drinks should we have each day?</p> <p>Answer: 6-8 glasses. We should drink more when the weather is hot and when we are active.</p>
<p>How long should we spend brushing our teeth?</p> <p>Answer: 2 minutes.</p>	<p>Name two ways to be active?</p> <p>Possible answers: Go for a walk; ride a bike; walk the dog; go dancing; go skipping.</p>	<p>Name two ball games.</p> <p>Possible answers: Football; netball; table tennis; tennis; hockey; basket ball; rounders.</p>	<p>Which of these snacks would help towards your 5 A DAY?</p> <p>a) A banana. b) A slice of toast. C) A rice cake.</p>

Shopping up to 7-9 years

<p>Name two places where food comes from.</p> <p>Possible answers: A garden; an allotment; local shops; supermarkets; farms; factories; dining hall; canteens; café; restaurants.</p>	<p>Do eggs come from a plant or an animal?</p> <p>Answer: An animal.</p>	<p>Do beans come from a plant or animal?</p> <p>Answer: A plant.</p>	<p>Does milk come from a plant or an animal?</p> <p>Answer: An animal.</p>
<p>Which of these foods could be bought from a bakers?</p> <p>a) A cabbage. b) A bread roll. c) A Lamb chop.</p>	<p>Which of these foods could be bought from a butchers?</p> <p>a) A beef tomato. b) A pineapple. c) Minced beef.</p>	<p>Where would canned foods be stored in a shop or supermarket?</p> <p>a) On the shelves. b) In the chiller. c) In the freezers.</p>	<p>Where would yogurt be stored in a shop or supermarket?</p> <p>a) In the fruit and vegetable area. b) In the chiller. c) In the freezers.</p>
<p>Where would icecream be stored in a shop or supermarket?</p> <p>a) On the shelves. b) In the chiller. c) In the freezers.</p>	<p>Name three types of berry you might find in a shop, market or supermarket.</p> <p>Possible answers: Blackberry; blueberry; cranberry; gooseberry; loganberry; raspberry; strawberry.</p>	<p>Which of these is a herb people might grow at home?</p> <p>a) Lentil. b) Basil. c) Lettuce.</p>	<p>Where can you find the list of ingredients used in a can of soup?</p> <p>Answer: Read the label.</p>
<p>True or false? Food labels tell you how to cook the food and where to keep it.</p> <p>Answer: True.</p>	<p>Before shopping, what can you do to help you remember what to buy?</p> <p>Answer: Write a shopping list.</p>	<p>What do people in shops and supermarket use to hold their shopping?</p> <p>Answer: A shopping basket; a shopping trolley.</p>	<p>Name a red coloured fruit or vegetable.</p> <p>Possible answers: Strawberry, pepper, tomato.</p>

Cooking up to 7-9 years

<p>What fruit is green, round and crunchy?</p> <p>Answer: An apple.</p>	<p>What food is usually used to make sandwiches?</p> <p>Answer: Bread.</p>	<p>What food is hard but goes soft when it is boiled and comes in lots of different shapes?</p> <p>Answer: Pasta.</p>	<p>What meat is white when it is cooked and comes from an animal with two legs?</p> <p>Answer: Chicken.</p>
<p>Which of the following foods should be peeled?</p> <p>a) Grape. b) Cheese. c) Banana.</p>	<p>Which of the following foods would you grate?</p> <p>a) Chicken. b) Carrots. c) Orange juice.</p>	<p>Which piece of equipment would you use to spread soft cheese onto bread?</p> <p>Answer: A knife.</p>	<p>Which piece of equipment is used to grate foods?</p> <p>Answer: A grater.</p>
<p>Which piece of equipment is used to take the skin off potatoes?</p> <p>Answer: A vegetable peeler.</p>	<p>Which piece of equipment would you use to snip some herbs?</p> <p>Answer: Kitchen scissors.</p>	<p>Which piece of equipment would you have to be the most careful with?</p> <p>a) Plastic bowl. b) Vegetable knife. c) A spoon.</p>	<p>Which piece of equipment has sharp parts?</p> <p>a) A spoon. b) A paper plate. c) A grater.</p>
<p>True or false? When you are cooking you need to work in a clean and tidy way.</p> <p>Answer: True.</p>	<p>What do you use to take food out of a hot oven?</p> <p>Answer: Oven gloves.</p>	<p>True or false? We should recycle food packaging.</p> <p>Answer: True.</p>	<p>Which of these foods would you juice?</p> <p>a) Raisins. b) Lettuces. c) Lemons.</p>

Food safety up to 7-9 years

<p>What must you put on before you start to cook?</p> <p>Answer: An apron.</p>	<p>What should you take off before you start to cook?</p> <p>Possible answers: Watch; jewellery; nail varnish.</p>	<p>If you have long hair, what do you need to do before you cook?</p> <p>Answer: Tie it back.</p>	<p>If you have long sleeves, what do you need to do before you cook?</p> <p>Answer: Roll them up.</p>
<p>How should we wash our hands?</p> <p>a) Quickly, with cold water. b) Thoroughly, with warm water and soap. c) Slowly, without water.</p>	<p>True or false? You do <u>not</u> need to dry your hand after you wash them.</p> <p>Answer: False. Hands need to be dried carefully because bacteria can live on warm, wet hands.</p>	<p>Where should you store fresh milk?</p> <p>Answer: In the fridge.</p>	<p>Where should you store canned baked beans?</p> <p>Answer: In the cupboard.</p>
<p>Where should you store frozen peas?</p> <p>Answer: In the freezer.</p>	<p>Where should you keep leftover food?</p> <p>Answer: In the fridge. It should also be covered.</p>	<p>Should pets be allowed on the kitchen work surfaces?</p> <p>Answer: No. Pets should be kept away from the cooking area.</p>	<p>True or false? The kitchen is a good place to play lively games.</p> <p>Answer: False. The kitchen can be dangerous because there is an oven and sharp equipment. You must always be careful in the kitchen.</p>
<p>True or false? If you are using the oven, it is best to ask an adult to help you.</p> <p>Answer: True. The oven may be very hot.</p>	<p>When you have finished cooking, what do you need to do?</p> <p>a) Go and play. b) Eat what you have made. c) Wash-up and tidy away.</p>	<p>If there are bits of food or spills on kitchen surfaces, what should you do?</p> <p>a) They should be left. b) They should be wiped away with a clean, damp cloth. c) You should rub them with your hand.</p>	<p>True or false? If you need to cough or sneeze when you are cooking, you must move away from the cooking area and wash your hands before you go back to your cooking.</p> <p>Answer: True.</p>