

What food can be found in lots of different shapes, and is hard, but softens when it is boiled?

- a Muffins
- b Pasta**
- c Cheese

Which of these is **not** a way of cooking potatoes?

- a Baking
- b Toasting**
- c Steaming

Which piece of equipment is used to take the skin off of vegetables?

- a Peeler**
- b Grater
- c Spoon

Which piece of equipment would you have to be most careful with?

- a Plastic bowl
- b Vegetable knife**
- c Spoon

What food is usually used to make sandwiches?

- a Aubergines
- b Oats
- c Bread**

Which of the following is **not** a type of pasta?

- a Macaroni
- b Risotto**
- c Ravioli

Name three different ways of cooking potatoes.

Possible answers:
baking, boiling, shallow frying, deep frying, microwaving or steaming

True or false?

Before cooking, potatoes must always be peeled.

False

Which piece of equipment would not be used when making spaghetti bolognaise?

- a Chopping board
- b Colander
- c Whisk**

Which of the following is **not** a stage of bread making?

- a Kneading
- b Frying**
- c Proving

Which of the following is **not** a way of cooking eggs?

- a Boiling
- b Grilling**
- c Scrambling

Which piece of equipment would you use to boil potatoes?

- a A saucepan**
- b An oven
- c An electric kettle

Which piece of equipment would you use to measure the amount of flour needed to make bread?

- a Saucepan
- b Weighing scales**
- c Fork

Where should you keep leftover food?

- a In the cupboard
- b On the worktop
- c In the fridge**

Which part of the cooker would you use to boil carrots?

- a The oven
- b The hob**
- c The grill

Name two ways of cooking an egg.

Possible answers:
scrambled, poached, fried, boiled

True or false?

Potato is used to make shepherd's pie.

True

What is the difference between self-raising flour and plain flour?

- a Plain flour can only be used in sweet foods
- b Self-raising flour contains raising agents to help food rise**
- c Self-raising flour has husks which cannot be sifted

Leftover food should be covered and stored in the fridge for a maximum of how many days?

- a None
- b Two**
- c Five

Name three different ways of cooking carrots.

Possible answers:
boil, steam, microwave, stir fry, roast, stew

Where should you store fresh milk?

- a **In the fridge**
- b In the cupboard
- c In the oven

Which of the following would be used to eat a meal?

- a Jug
- b **Cutlery**
- c Toaster

Which of the following might you use to measure ingredients?

- a **A spoon**
- b A rolling pin
- c A salad bowl

Which part of the cooker would you use to bake a lasagne?

- a The hob
- b The grill
- c **The oven**

What do you follow when you are cooking?

- a A map
- b **A recipe**
- c A storyline

True or false?

Fresh milk should **not** be consumed after its use by date.

True

Which of the following equipment would **not** be used for eating?

- a Chopsticks
- b **Fish slice**
- c Cutlery

What does the abbreviation 'tbsp' stand for?

- a The biggest spoon
- b Teaspoon
- c **Tablespoon**

Which of the following would you expect to find in moussaka?

- a Lasagne sheets
- b **Aubergine**
- c Quinoa

True or false?

When you are cooking, you need to work in a clean and tidy way.

True

True or false?

It is important to wash fresh fruit and vegetables before they are eaten or cooked.

True

Which of these is a way of cooking meat and fish?

- a Freezing
- b **Roasting**
- c Toasting

True or false?

You should wash up in cold water.

False

What meat is white when it is cooked and comes from an animal with two legs?

- a Cod
- b **Chicken**
- c Pork

Which of these dishes is **not** traditionally made with beef?

- a Spaghetti bolognaise
- b Beef burgers
- c **Sushi**

What should you do to fresh fruit and vegetables before eating or cooking?

- a Rub them
- b **Wash them**
- c Squeeze them

Which of the following cooking methods would add fat to vegetables?

- a Microwaving
- b **Deep frying**
- c Steaming

Which of these would you **not** do when preparing vegetables and raw meat?

- a **Use the same chopping board for both foods**
- b Wash the knife in between chopping foods
- c Keep the vegetables separate from the meat

How can you tell when chicken is cooked?

- a It is black
- b It is white on the outside and pink in the middle
- c **It is white all the way through**

Which of these is **not** a red meat?

- a Pork
- b **Chicken**
- c Lamb

Where does lettuce grow?

- a On a tree
- b Under the ground
- c **Above the ground**

Which of these is **not** a fish?

- a Salmon
- b **Chicken**
- c John Dory

Do eggs come from a plant or an animal?

An animal

Which of these foods could be bought from a bakery?

- a A cabbage
- b **A bread roll**
- c A lamb chop

True or false?

In a supermarket, you would find breakfast cereals and frozen peas in the same place.

False

What is the process used to kill micro-organisms in milk called?

- a **Pasteurisation**
- b Skimmed milk
- c Boiling

Which of these is **not** a type of shellfish?

- a Langoustine
- b Mussel
- c **Salmon**

Do lentils come from a plant or an animal?

A plant

In the UK, wheat is usually harvested in which months?

- a January and February
- b April and May
- c **August and September**

Where would canned foods be stored in a supermarket?

- a In the chillers
- b **On the shelves**
- c In the freezers

Where does the dish pizza come from originally?

- a Spain
- b **Italy**
- c Japan

What is a lamb?

- a A young chicken
- b **A young sheep**
- c A young pig

Which insect makes honey?

- a **Bee**
- b Fly
- c Ant

Is cheese made with an ingredient from a plant or an animal?

An animal

What dairy food is made by curdling milk?

- a **Cheese**
- b Bread
- c Eggs

Which country is the dip guacamole traditionally from?

- a France
- b **Mexico**
- c New Zealand

Which animal is bacon from?

- a Cow
- b Lamb
- c **Pig**

Which of the following is **not** an animal product?

- a Butter
- b **Olive oil**
- c Honey

Which animal does **not** produce milk?

- a Cow
- b Goat
- c **Chicken**

Which of these cheeses is native to Britain?

- a Parmesan
- b **Wensleydale**
- c Mozzarella

Which of these is a herb people might grow at home?

- a Lentil
- b Basil**
- c Coconut

Which of these foods could be bought from a butcher?

- a Ham and cheese croissant
- b Breaded fish
- c Minced beef**

True or false?

In the UK, most apples and blackberries are harvested in the autumn.

True

True or false?

In the UK, most strawberries are harvested in the winter.

False

What fruit is green or red and round and crunchy?

- a Banana
- b Apple**
- c Cauliflower

Which part of a plant is a carrot?

- a Stem
- b Root**
- c Fruit

Which of these foods could be bought from a butcher?

- a Halibut
- b Lamb chop**
- c Buffalo mozzarella

Which season are apples and blackberries harvested in the UK?

- a Spring
- b Summer
- c Autumn**

Which season are most strawberries in the UK harvested?

- a Spring
- b Summer**
- c Winter

Which of the following is **not** a type of apple?

- a Granny Smith
- b King Edward**
- c Pink lady

Where do potatoes grow?

- a On trees
- b In factories
- c Under the ground**

Where do eggs come from?

- a Under the ground
- b Chickens**
- c Cows

Which part of the wheat plant is used to make flour?

- a Grain**
- b Root
- c Stem

What is the main ingredient in a fish finger?

- a Chicken**
- b Rice
- c Fish

Where do cows live?

- a In the sea
- b On a farm**
- c In a cage

Which one of the following is **not** a stage of potato farming and production?

- a Planting
- b Milling**
- c Chitting

True or false?

Feta is the name of a traditional German cheese.

False

What term is used to describe the process of grinding grains of wheat to make flour?

- a Milling**
- b Transporting
- c Harvesting

What do these foods have in common: salmon, sardine and mackerel.

- a They are all a source of fibre
- b They are all oily fish**
- c They are all shellfish

Name two different cuts of pork.

Possible answers: loin, shoulder, belly, cheek, fillet, chop, leg

True or false?

Frozen fruit and vegetables count towards our 5 A DAY.

True

True or false?

A 150ml glass of orange juice counts as one of our 5 A DAY.

True

How many portions of fruit and vegetables should we eat each day?

- a At least one
- b **At least five**
- c At least seven

Which of these snacks would help towards our 5 A DAY?

- a **A banana**
- b A slice of toast
- c A blueberry muffin

Why do we need carbohydrate?

- a To give us shiny hair
- b **To give us energy**
- c To give us strong bones

True or false?

A baked potato counts as one of our 5 A DAY.

False

Fruit juice and smoothies should be limited to a combined maximum of...

- a 100ml per day
- b **150ml per day**
- c 150ml per week

Which of these is a portion of fruit?

- a One grape
- b **A handful of strawberries**
- c One watermelon

Which of the following foods do **not** count towards our 5 A DAY?

- a Baked beans
- b **New potatoes**
- c Frozen peas

Which food contains the most fibre?

- a **Wholemeal pasta**
- b White bread
- c White fish

What animal does ham come from?

- a A cow
- b **A pig**
- c A chicken

Why do we need calcium?

- a For healthy blood
- b For happiness
- c **For strong bones and teeth**

Which of these is **not** a dairy food?

- a **Eggs**
- b Yogurt
- c Cheese

Which of these drinks can help you to have strong bones and teeth?

- a Lemonade
- b **Milk**
- c Apple juice

Which of these foods should we only eat in small amounts?

- a Fruit and vegetables
- b **Oils and spreads**
- c Starchy foods like potatoes, bread, rice and pasta

True or false?

Chickpeas count towards our 5 A DAY.

True

Which mineral is needed for strong bones and teeth?

- a Selenium
- b **Calcium**
- c Vitamin C

True or false?

Teenagers need more calcium than adults.

True

Which of the following food does not provide calcium?

- a Watercress
- b Milk
- c **Mushrooms**

True or false?

We should eat plenty of butter because it is high in calcium.

False

True or false?

We should try to eat foods from the *Potatoes, bread, rice, pasta and other starchy carbohydrates* group at each meal.

True

Which of the following will help keep our digestive system healthy?

- a Eating more fat
- b Eating plenty of fibre**
- c Brushing our teeth

Which of these foods is **not** from the *Potatoes, bread, rice, pasta and other starchy carbohydrates* food group?

- a Spaghetti
- b Cheese**
- c Bagel

Which of the following foods are **not** suitable for a vegetarian?

- a Hummus
- b Bread
- c Cod**

In which Eatwell Guide food group would you find tuna?

- a Fruit and vegetables
- b Beans, pulses, fish, eggs, meat and other proteins**
- c Dairy and alternatives

Which of these should we try to do?

- a Base meals on starchy foods**
- b Limit intakes of starchy foods
- c Add butter to starchy foods

What is found in wholemeal bread which helps keep our digestive system stay healthy?

- a Dietary fibre**
- b Dietary folate
- c Dietary fat

True or false?

Foods from the *Potatoes, bread, rice, pasta and other starchy carbohydrates* food group provide most of the fat in the diet.

False

Which of the following is **not** suitable for a vegan?

- a Lentils
- b Eggs**
- c Nuts

How many portions of fish should we eat each week?

- a Seven
- b Two**
- c One

Which of these would be the healthiest to spread on your toast?

- a Lower fat spread**
- b Butter
- c Chocolate spread

What is the first meal of the day called?

- a Snack
- b Dinner
- c Breakfast**

How many food groups are there on the Eatwell Guide?

- a 4
- b 5**
- c 9

True or false?

We should drink plenty every day.

True

How many drinks should we have each day?

- a 0-3
- b 4-6
- c 6-8**

Which of these is true?

- a We do not need any fat in our diet to be healthy.
- b We need some fat in our diet to be healthy.**
- c Fat helps our bodies get rid of waste.

Name two features you would expect to see in a healthy breakfast.

A drink - water, milk, juice or smoothie
Wholegrain varieties of breakfast cereal or bread.
A portion of 5 A DAY (fruit, vegetables, pluses)

Name the **two** largest groups on the Eatwell Guide.

Fruit and vegetables
Potatoes, bread, rice, pasta and other starchy carbohydrates

True or false?

Only water counts towards our daily fluid intake.

False

True or false?

Every meal must be based on the Eatwell Guide.

False

True or false?

We should do one hour of physical activity every week.

False

Which of these is an example of physical activity?

- a Reading a book
- b Walking to school**
- c Watching television

Do 10 arm circles.

Jog on the spot for 15 seconds.

Stand up and stretch to the ceiling.

How much physical activity should young people aged 5-18 years do every day?

- a 30 minutes
- b 60 minutes**
- c 90 minutes

Which of these is **not** an example of physical activity?

- a Press ups
- b Playing football
- c Tying your shoelaces**

Do 20 arm circles.

Jog on the spot for 30 seconds.

Stand up on tip toes and down 10 times.

True or false?

Physical activity helps to strengthen our muscles and bones.

True

Jog on the spot with high knees for 10 seconds.

True or false?

As well as moving less, we also need to sit more to be healthy.

False

Stand up straight, place one foot on the inside of the opposite calf. Raise your arms and hold for 10 seconds.

Swap legs and repeat

True or false?

Gymnastics does **not** count as physical activity.

False

True or false?

Activities such as jumping help us to build strong bones.

True

Jog on the spot with high knees for 20 seconds.

What are the missing words in this phrase?

“ ____ more, sit ____ ”

- a Move, more
- b Sit, more
- c Move, less**

Stand up straight, place one foot on the inside of the opposite calf. Raise your arms and hold for 10 seconds.

Swap legs and repeat.

True or false?

Only vigorous intensity exercise counts.

False

Stand up and do five star jumps.

Pretend to hula hoop for 10 seconds.

Pretend you are skipping with a skipping rope for 10 seconds.

Which of the following is **not** a sport?

- a** Tennis
- b** **Cooking**
- c** Netball

True or false?
Tennis is played at the Olympic games.

True

Stand up and do 10 star jumps.

Pretend to hula hoop for 20 seconds.

Pretend you are skipping with a skipping rope for 20 seconds.

Name three Olympic sports beginning with B.

Possible answers:
badminton, basketball, beach volleyball, boxing, biathlon, bobsleigh

True or false?
Synchronised swimming is an Olympic sport.

True

Stand on one leg and count to 10.

True or false?
Being active helps to keep our heart healthy.

True

Pat your head and rub your tummy at the same time for 10 seconds.

Mime one of the following:

- Swimming
- Playing golf
- Playing tennis

Dance for 10 seconds.

Stand on one leg and count to 20.

Why do we need to be active?

- a** **To keep our heart healthy**
- b** To gain weight
- c** To strengthen our blood

Pat your head and rub your tummy at the same time for 20 seconds.

True or false?
Disc golf is a sport.

True

Dance for 20 seconds.