**Nutrition and Hydration Quiz** – answer sheet

1. **How many drinks should you have each day (in cups or glasses)?**

c. 6-8

1. **True or false: drinking tea and coffee makes you more dehydrated**

False: Tea and coffee contain a lot of water so are a great way to stay hydrated!

1. **True or false: your sense of thirst can decrease as you get older**

True: This is one of the reasons some people become dehydrated

1. **Which type of milk should you drink if you need to put on weight?**

C: Full-fat milk is recommended for people who need to put on weight. You can also mix in 2-4 tablespoons of milk powder to add extra energy, calcium and protein

1. **Apart from thirst, how can you tell if you are dehydrated?**

The pinch-test – gently pinch the skin on the back of your hand, it springs back to normal you are well hydrated

Look at the colour of your urine when you go to the toilet. It should be clear in colour and odour-free (some medications can affect this)

Sunken eyes, dry lips and dry skin

Headaches, dizziness, concentration

UTIs

1. **Who sold the ‘Worst Pies in London’**

Sweeney Todd

1. **Which character sang ‘A spoonful of sugar’?**

Mary Poppins

1. **Which siblings had a hit with ‘Don’t sit under the apple tree’?**

The Beverly Sisters

1. **Which nuts are used in Marzipan?**

Almonds

1. **What gas makes bread rise?**

Carbon Dioxide

1. **What Traditionally Can You Eat Only When There Is An R In The Month?**

Oysters

1. **Webb's Wonderful and Winter Density are varieties of which vegetable?**

Lettuce

1. **What Is 'SPAM' Short For?**

Spiced Ham

1. **True Or False The Caesar Salad Was Actually Named After Julius Caesar?**

False It is named after Cesare Cardini, a restauranteur who was born in northern Italy

1. **In which country was ice cream invented?**

China