**Nutrition and Hydration Quiz**

1. **How many drinks should you have each day (in cups or glasses)?**
   1. 1-2 b. 3-5 c. 6-8 d. 9-10
2. **True or false: drinking tea and coffee makes you more dehydrated**

True False

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

True False

1. **Which type of milk should you drink if you need to put on weight?** 
   1. Skimmed b. Semi-skimmed c. Full-fat
2. **Apart from thirst, how can you tell if you are dehydrated?**

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

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

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

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

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

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

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

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

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

True False

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

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