**Nutrition quiz and “did you know?” fun facts**

1. What is the primary purpose of making sure your body receives carbohydrates?
2. To minimise the body’s ability to absorb Calcium
3. To heighten cholesterol levels
4. To improve the quality of the bone marrow
5. To provide the body with energy
6. What nutrients are especially important for good bone health?
7. Carbohydrates
8. Calcium and vitamin D
9. Omega 3
10. Iron and Sodium
11. How many portions of fruit and vegetables is recommended that you have per day?
12. 12
13. 4
14. 5
15. At least 8
16. How many glasses of water or other liquids should you be drinking per day?
17. 12
18. 2.5
19. 6-8
20. 14
21. How many portions of oily fish should you aim to have each week?
22. 1
23. 8
24. 6
25. 2
26. Which of the following foods offers you more protein?
27. Wholemeal toast with butter
28. Chicken breast
29. Beans
30. Caterpillars
31. Energy is transferred from food to our bodies via
32. Lipids
33. Aminoacids
34. Calories
35. Water
36. Which of the following foods does not have wholegrains?
37. White bread
38. Brown rice
39. Flavoured porridge
40. Rye bread
41. Which is helpful to keeping your mouth healthy?
42. Eating sweets between meals
43. Brushing teeth every other day
44. Not flossing your teeth
45. Using a fluoride toothpaste
46. Which vitamin may help to shorten the duration of the common cold?
47. D
48. C
49. B12
50. K

Answers and “did you know” sheet

1. D
2. B
3. C
4. C
5. D
6. A
7. A
8. A
9. D
10. B

**Did you know facts** (you can read these out loud after the quiz for a bit of fun!)

1. An avocado has more than twice as much potassium as a banana.
2. Broccoli contains twice the vitamin C of an orange and almost as much calcium as whole milk, and the calcium is better absorbed!
3. To increase the protein in peanut butter, Brewer’s yeast can be mixed in - a useful tip for vegetarians.
4. Lemons are considered one of the world's healthiest foods - one lemon contains your daily dose of vitamin C, it cleanses the liver, boosts your immunity and aids in weight loss. Try adding it to a mug of warm water to kick start your day!
5. Eggs contain the highest quality food protein known. All parts of an egg are edible, including the shell which has a high calcium content.
6. The mushroom is the only non-animal natural source of vitamin D.