

Healthy food and drink

Check it

THEME 1 FOOD GROUPS

L Rw/E3.1

- 1 To which food group does bread belong?
- A protein
 - B carbohydrate
 - C dairy

THEME 2 FOOD LABELS

L Rt/L1.4

- 2 What has been used to make the label below easier to read?
- A bold points
 - B numbered points
 - C picture points
 - D bullet points

- Keep refrigerated
- Use by: See date on pack
- Suitable for home freezing

THEME 3 NUTRITIONAL INFORMATION

N MSS1/E3.9

- 3 Which of these show the highest fat content?
- A 7.6 g saturated fat
 - B 6.7 g saturated fat
 - C 0.7 g saturated fat

THEME 4 WHAT IS A PORTION?

N MSS1/E2.6

- 4 Which holds more?
- A a teaspoon
 - B a tablespoon

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THEME 5 BUDGETING

N MSS1/L1.1

- 5 If you spend £12.76 on a meal for four people, how much is it per person?
- A £3.19
 - B £4.14
 - C £3.24
 - D £4.25

THEME 6 FOOD TEMPERATURE SAFETY

L Rt/E3.9

- 6 Where would you see this symbol *?
- A on an oven
 - B on a microwave
 - C on a freezer

THEME 7 FOOD DATE SAFETY

L Rw/E3.1

- 7 What does the term 'Use by' on foods mean?
- A You must use the food by the date shown.
 - B You can use the food after the date shown.
 - C You can eat the food any time.

THEME 8 UNDERSTANDING A DIET

L Rw/L1.3

- 8 Which of these sentences is trying to discourage you from eating some foods?
- A To stay healthy, include some fat in your diet.
 - B When you're cooking, we recommend you use vegetable oil.
 - C Try to increase the amount of oily fish you eat.
 - D Try to eat less food that is high in saturated fat.

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THEME 9 WRITING A LIST

L Rw/E2.3

- 9 Which of these is a vegetable?
- A carrot
 - B cereal
 - C cheese

THEME 10 ARE YOU DRINKING ENOUGH FLUID?

N MSS1/E3.7

- 10 1.5 litres of water is the same as:
- A $1\frac{1}{4}$ litres
 - B $1\frac{1}{2}$ litres
 - C 1 litre.

Highlighted curriculum items [] = included in National Tests

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ANSWERS

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