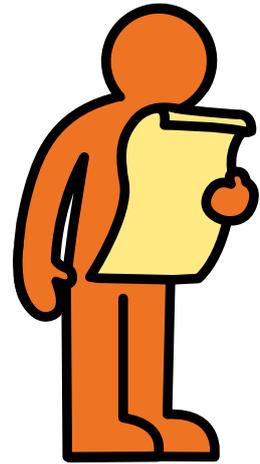


Be Food Smart quiz sheet



- 1. It doesn't matter how much sugar you eat.**
FALSE – eating more than 5 sugar cubes (for 4 to 6 year olds) or 6 sugar cubes (for 7 to 10 year olds) can harm your health and make you ill later on.
- 2. Water or milk are healthier choices to drink.**
TRUE – water and milk are both healthier choices. Sugary drinks like cola should not form part of a child's daily diet.
- 3. Breakfast cereals are always a healthy choice.**
FALSE – some cereals contain lots of sugar. Choose low sugar options like plain wheat biscuits, plain cereal, shredded wheat or plain porridge.
- 4. One can of soft drink doesn't contain much sugar.**
FALSE – one can of sugary soft drink contains 9 cubes of sugar – that's more than we should eat in a day! Swap sugary drinks (soft drinks and sugary juice drinks) for water, lower fat milks, diet drinks, sugar free drinks, or no added sugar drinks.
- 5. You don't need to worry about the sugar in fruit.**
TRUE – you don't need to worry about naturally occurring sugar in fruits. Fruit makes a great snack and we should aim for at least 5 A DAY of fruit and vegetables.
- 6. Sandwiches can contain a lot of saturated fat and salt.**
TRUE – not all sandwiches are healthy. Sandwiches containing sausages, ham and cheese, or lots of sauce, like mayonnaise and ketchup, can contain a lot of saturated fat and salt.
- 7. Flavoured yogurts are always a healthy snack.**
FALSE – many contain a lot of sugar and not a lot of fruit. Choose plain, low fat, or lower sugar yoghurt instead, and add some fresh berries or other fruits for flavour **that** counts towards your 5 A DAY.
- 8. A pudding a day is A OK.**
FALSE – just one little pot of pudding or a couple of scoops of ice cream can contain over 5 cubes of sugar (and check out the saturated fat with your **Be Food Smart app**, which makes an interesting noise!).
- 9. Fruit juice counts towards your 5 A DAY.**
TRUE – but only 150ml a day. Too much fruit juice can also mean too much sugar.

