

Question and Answer Sheet!!

QUESTION	FOR CHILD			FOR ADULT		
1	I am a fruit. I am yellow and sour. What am I			How many portions of fruits and/or vegetables per day are recommended?		
	ANSWER			ANSWER		
	Lemon	Banana	Quince	2	5	8
2	During and after sports and exercise, what must you drink?			These drinks are arranged from HIGHEST to LOWEST in sugar content: Lucozade-SunCola-Milkshake-Sweetened tea- water		
	ANSWER			ANSWER		
	Soup	Water	Energy drink	True	or	False
3	We have the most vitamins. Who are we?			Which of the following two sets of factors cause obesity?		
	ANSWER			ANSWER		
	Meat and Fish	Milk and Eggs	Fruit and Vegetables	Environment and Genetics	Culture and Social behaviour	Both
4	Which of these very good sports is in water?			Improved school meals, reduced sugar content in food products, increased availability and enhance access to healthy foods are proved to help with good weight management.		
	ANSWER			ANSWER		
	Ball games	Swimming	Running	True	Or	False
5	I am healthy and I am sweet. What am I?			How many scoops of ice cream is ONE portion for a 6 year old child? (1 scoop = 2 tablespoons)		
	ANSWER			ANSWER		
	SunTop	Ice cream	Honey	2 scoops	1 scoop	½ scoop
6	What important thing must you do to be healthy?			What helps with childhood weight management?		
	ANSWER			ANSWER		
	Study well	Sing well	Sleep well	Adequate sleep	Healthy family lifestyle	Both

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QUESTION	FOR CHILD			FOR ADULT		
7	What makes good chocolate healthy?			Which of the following diseases are related to poor weight management?		
	ANSWER			ANSWER		
	High fat content	High Cacao content	High sugar content	Diabetes and Cancer	Heart disease and strokes	Both
8	Which is the healthiest burger?			How much physical activity should a pre-school child (under 5 yrs old) do per day?		
	ANSWER			ANSWER		
	Fresh home-made burger	Frozen ready burger	Takeaway burger	1h	2h	3h
9	It is good and healthy to do this.			How much physical activity should a school-aged (5-16 yrs old) child do a day?		
	ANSWER			ANSWER		
	Walk to school	Watch TV	Play video games	1h	1.5h	2h
10	I am a healthy and tasty snack, What am I?			Which food swap is NOT healthy?		
	ANSWER			ANSWER		
	Biscuits	Dried fruits	Crisps	Muffins to Rice cakes	Water to Diet soda	Crisps to Bread sticks
11	How many fruit and vegetable stalls are there in the market?			Can you find the ingredients (i.e. protein / meat or beans, onion, egg, flour, salt and pepper) to make a simple burger patty in the market?		
	ANSWER			ANSWER		
	None	1-2	3+	Yes	or	No