

Nutrition Knowledge Questions

1. Which fat do experts say is most important for people to cut down on? (tick one); (a) monounsaturated fat, (b) polyunsaturated fat, (c) saturated fat, (d) not sure.
2. What version of dairy foods do experts say people should eat? (tick one); a) whole, b) skimmed, c) semi-skimmed, d) not sure.
3. Do you think these food are high or low in added sugar? (high, low, not sure); bananas, unflavored yogurt, ice-cream, orange squash, tomato ketchup, tinned fruit in natural juice.
4. Do you think these foods are high or low in fat? (high, low, not sure); pasta without sauce, baked beans, luncheon meat, honey, potato omelette, nuts, fresh cheese, polyunsaturated margarine.
5. Do you think experts put these foods in the starchy foods group? (yes, no, not sure); cheese, pasta, butter, nuts, rice.
6. Do you think these foods are high or low in protein? (high, low, not sure); chicken, cheese, fruit, baked beans, butter, cream.
7. Do you think these fatty foods are high or low in saturated fat? (high, low, not sure); mackerel, whole, milk, olive oil, red meat, sunflower margarine, chocolate.
8. Some foods contain a lot of fat but no cholesterol (agree, disagree, not sure).
9. Saturated fats are mainly found in: (tick one) a) vegetable oils, b) dairy products, c) both the same, d) not sure.
10. There is more protein in a glass of whole milk than in a glass of skimmed milk (agree, disagree, not sure).
11. Which would be the best choice for a low fat, high fibre snack? (tick one), (a) diet strawberry yoghurt, (b) raisins, (c) muesli bar, (d) wholemeal crackers and cheddar cheese.
12. Which of these breads contain the most vitamins and minerals? (tick one; a) white bread, b) brown bread, c) not sure.

13. Which do you think is higher in calories: butter or regular margarine? (tick one); a) butter, b) margarine, c) both the same, d) not sure.
14. A type of oil which contains mostly monounsaturated fat is: (tick one) a) coconut oil, b) sunflower oil, c) olive oil, d) palm oil, e) not sure.
15. There is more calcium in a glass of whole milk than a glass of skimmed milk (agree, disagree, not sure).
16. Which one of the following has the most calories for the same weight? (tick one) a) sugar, b) starchy foods (bread, rice, potatoes,...), c) fibre, d) fat, e) not sure.
17. Which kind of sandwich do you think is healthier? (tick one) (a) two thick slices of bread with a thin slice of cheddar cheese filling, (b) two thin slices of bread with a thick slice of cheddar cheese filling.
18. Polyunsaturated fats are mainly found in: (tick one) a) vegetable oils, b) dairy products, c) both the same, d) not sure.
19. Brown sugar is a healthy alternative to white sugar (agree, disagree, not sure).
20. Do you think these foods are high or low in fibre? (high, low, not sure); cornflakes, bananas, eggs, red meat, broccoli, nuts, fish, baked potatoes with skins, chicken, baked beans.