

Embec Care Ltd The Wise Choice Quiz

FOOD QUIZ

Please tick True or False	T	F
1. It is important to eat 3 meals a day?	<input type="checkbox"/>	<input type="checkbox"/>
2. A snack can be as good as a cooked meal?	<input type="checkbox"/>	<input type="checkbox"/>
3. A corned beef and tomato sandwich is a good snack?	<input type="checkbox"/>	<input type="checkbox"/>
4. Cups of tea are high in iron?	<input type="checkbox"/>	<input type="checkbox"/>
5. A high fibre diet will help to prevent constipation?	<input type="checkbox"/>	<input type="checkbox"/>
6. White bread is a good source of fibre?	<input type="checkbox"/>	<input type="checkbox"/>
7. Meat, eggs and oily fish are high in iron?	<input type="checkbox"/>	<input type="checkbox"/>
8. Instant mashed potato is high in vitamin C?	<input type="checkbox"/>	<input type="checkbox"/>
9. Frozen vegetables are as good as fresh ones?	<input type="checkbox"/>	<input type="checkbox"/>
10. Sardines, salmon, pilchards are good for bones?	<input type="checkbox"/>	<input type="checkbox"/>
11. Milk and cheese contain a lot of calcium?	<input type="checkbox"/>	<input type="checkbox"/>
12. It is good to drink at least 8 cups of fluid a day?	<input type="checkbox"/>	<input type="checkbox"/>
13. Cakes biscuits, crisps and chocolate are part of a well balanced diet?	<input type="checkbox"/>	<input type="checkbox"/>
14. It is a good idea to keep a well stocked cupboard?	<input type="checkbox"/>	<input type="checkbox"/>