

Question:

Which of these is a food you could grow at home - Lentils, Basil or Coconuts?

Answer:

Basil

Question:

Which part of a plant is a carrot - Stem, Root, or Leaf?

Answer:

Root

Question:

In which season do we naturally grow strawberries in the UK?

Answer:

Summer

Question:

In which season do apples and blackberries naturally grow in the UK?

Answer:

Autumn

Question:

Which of these is NOT a type of apple - Granny Smith, King Edward or Pink Lady

Answer:

King Edward

Question:

Frozen fruit and vegetables still count towards your 5 a day - True or False

Answer:

True

Question:

Which one of these is a portion of fruit - 1 Grape, Handful of Strawberries or 1 Melon?

Answer:

Handful of Strawberries

Question:

A 150ml glass of orange juice counts as one of your 5 a day - True or False?

Answer:

True

Question:

Which of the following does NOT count as one of your 5 a day - Baked Beans, Frozen Peas or New Potatoes?

Answer:

New Potatoes

Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Question:

Where do pineapples grow?
On the ground, in a tree, or underground?

Answer:

On the ground

Question:

Apples are made from 24% air -
True or False?

Answer:

True

Question:

Carrots can be purple, orange and white –
True or False?

Answer:

True

Question:

How much fruit and vegetables should you eat per day?

Answer:

5 Portions

Question:

Which vitamins do you get from oranges -
A, B or C?

Answer:

C Vitamins

Question:

What are raisins made from?

Answer:

Grapes

Question:

Which has more sugar -
Strawberries or Lemons?

Answer:

Lemons

Question:

Which has more vitamin C -
Broccoli or Oranges?

Answer:

Broccoli

Question:

Gala, Honeydew and Water are all types of what?

Answer:

Melon

Question:

Which vegetable makes your eyes water?

Answer:

Onions

Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Fruit & Vegetables



Question:

Feta is the name of a traditional German cheese - True or False?

Answer:

False - it is a traditional Greek cheese

Question:

What is the process used to kill micro-organisms in milk called - Churning, Pasteurisation or Boiling?

Answer:

Pasteurisation

Question:

What dairy food is made by curdling milk - Yogurt or Cheese?

Answer:

Cheese

Questions:

Which of these cheeses comes from the UK - Parmesan, Wensleydale or Mozzarella?

Answer:

Wensleydale

Questions:

Which of these is NOT a dairy food - Cheese, Yogurt or Eggs?

Answer:

Eggs

Question:

We should eat plenty of butter because it is high in calcium - True or False?

Answer:

False

Question:

Which of these is NOT suitable for a Vegan - Lentils, Cheese or Nuts?

Answer:

Cheese

Question:

Which of these do NOT provide any calcium - Watercress, Mushrooms or Milk?

Answer:

Mushrooms

Question:

Some cheeses are left to mature in caves - True or False?

Answer:

True

Dairy



Dairy



Dairy



Dairy



Dairy



Dairy



Dairy



Dairy



Dairy



Dairy



Question:

What can we get from all these animals - Goats, Sheep and Buffalo?

Answer:

Milk

Question:

What mineral do you get from dairy foods?

Answer:

Calcium

Question:

What does calcium help grow in your body?

Answer:

Bones & Teeth

Question:

How much water is in milk - 30%, 60% or 90%?

Answer:

90%

Question:

How many litres of milk does it take to make 1kg of cheese - 2, 5 or 10?

Answer:

10

Question:

What is the name of the cheese with all the holes in?

Answer:

Swiss Cheese

Question:

How many licks does it take to eat a single ice cream cone - 50, 100 or 150?

Answer:

50

Question:

Which ice cream flavour was invented first - Vanilla or Chocolate?

Answer:

Chocolate

Question:

How much milk does a cow produce each day - 3.6, 4.2 or 6.3 gallons?

Answer:

6.3 Gallons

Question:

How many hours a day do cows lie down - 2, 8 or 14?

Answer:

14 Hours

Dairy



Dairy



Dairy



Dairy



Dairy



Dairy



Dairy



Dairy



Dairy



Dairy



Question:

What country do pizzas originally come from?

Answer:

Italy

Question:

Which part of the wheat plant is used to make flour - The Grain, Root or Stem?

Answer:

Grain

Question:

What weather powered building was traditionally used to mill grains into flour?

Answer:

Windmill

Question:

Which food contains the most fibre - Cornflakes, Wholemeal Pasta or White Bread?

Answer:

Wholemeal Pasta

Question:

King Edwards, New and Duke of York, are all types of what?

Answer:

Types of Potato

Question:

In the supermarket where can fresh pasta be found - On the Shelves or In the Chiller?

Answer:

In the Chiller

Question:

A baked potato counts as one of your 5 a day - True or False?

Answer:

False

Question:

Carbohydrates provide most of the fat in our diet - True or False?

Answer:

False

Question:

For which meal do we traditionally eat cereals?

Answer:

Breakfast

Carbohydrates



Carbohydrates



Carbohydrates



Carbohydrates



Carbohydrates



Carbohydrates



Carbohydrates



Carbohydrates



Carbohydrates



Carbohydrates



Question:

Where do potatoes grow?

Answer:

In the ground

Question:

Why do we need carbohydrates - To see in the dark or To give us energy?

Answer:

To give us energy

Question:

Which of these is not a carbohydrate - Potato, Rice or Beans?

Answer:

Beans

Question:

Spaghetti, linguine and macaroni are all types of what?

Answer:

Pasta

Question:

Bread is made from flour, but what is flour made from?

Answer:

Wheat

Question:

Carbohydrates are made up of oxygen, hydrogen and carbon - True or False?

Answer:

True

Question:

Carbohydrates are only found in certain foods - True or False?

Answer:

False - they are actually found in all foods

Question:

How much of your diet should be carbohydrates - A Quarter, Half or Third?

Answer:

A Third

Question:

How many bread loaves are sold in the UK each year - 6, 12 or 20 million?

Answer:

The equivalent of 12 million bread loaves are sold each year

Question:

Wheat can only be used in foods - True or False?

Answer:

False - it can be used in beauty products, paper and even clothes

Carbohydrates



Carbohydrates



Carbohydrates



Carbohydrates



Carbohydrates



Carbohydrates



Carbohydrates



Carbohydrates



Carbohydrates



Carbohydrates



Question:

Where do eggs come from?

Answer:

Hens

Question:

Which of these foods could be bought from a butcher - Fish, Ham or Bread?

Answer:

Ham

Question:

What is a lamb?

Answer:

A Baby Sheep

Question:

Which of these is NOT a fish - Salmon, Chicken or John Dory

Answer:

Chicken

Question:

Which of these is NOT a cut of Pork - Shoulder, Leg or Foot?

Answer:

Foot

Question:

How many portions of fish should we eat a week?

Answer:

Two

Question:

Which is NOT suitable for Vegetarians - Hummus, Cod or Bread?

Answer:

Cod

Question:

Which animal does steak come from?

Answer:

Cow

Question:

Which of these is NOT a shellfish - Crab, Mussels or Salmon?

Answer:

Salmon

Protein



Protein



Protein



Protein



Protein



Protein



Protein



Protein



Protein



Protein



Question:

Which is not a protein -
Nuts, Beans or Peas?

Answer:

Peas

Question:

What animals does bacon
come from?

Answer:

Pig

Question:

Do fresh eggs float or sink
in water?

Answer:

Sink

Question:

Which is the best source of
protein -
Chicken, Beef or Ostrich?

Answer:

Ostrich

Question:

Which protein can you eat
raw - Beef or Chicken?

Answer:

Beef

Question:

What do you call people
who do not eat meat?

Answer:

Vegetarian

Question:

What do chickens eat to
make the hard shell of an
egg - Grass, Sand or
Stones?

Answer:

Stones

Question:

How much of the human
body is protein -
10%, 20% or 30%?

Answer:

20%

Question:

Fish is the best source of
which type of vitamin -
C, D or E?

Answer:

D

Question:

How many beans are in a
tin of baked beans -
232, 376 or 465?

Answer:

465

Protein



Protein



Protein



Protein



Protein



Protein



Protein



Protein



Protein



Protein

