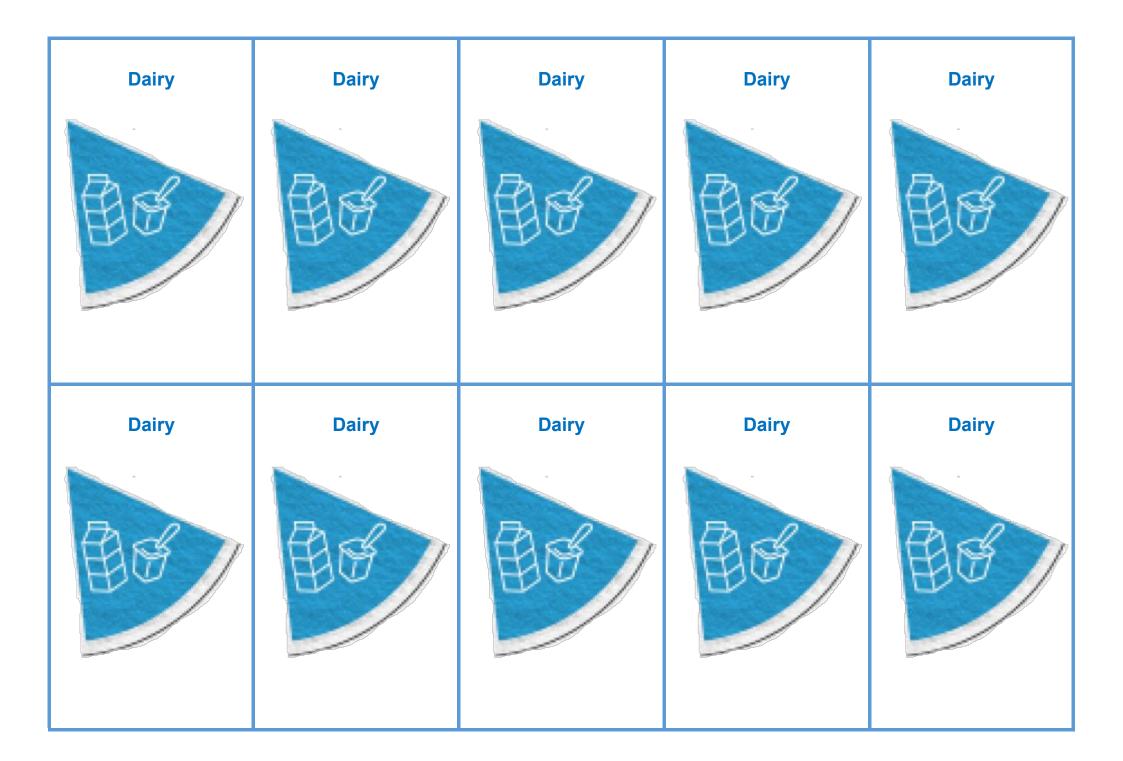
Question:	Question:	Question:	Question:	Question:
Which of these is a food you could grow at home - Lentils, Basil or Coconuts?	Which part of a plant is a carrot - Stem, Root, or Leaf?	In which season do we naturally grow strawberries in the UK?	In which season do apples and blackberries naturally grow in the UK?	Which of these is NOT a type of apple - Granny Smith, King Edward or Pink Lady
Answer:	Answer:	Answer:	Answer:	Answer:
Basil	Root	Summer	Autumn	King Edward
Question:	Question:	Question:	Question:	
Frozen fruit and vegetables still count towards your 5 a day - True or False	Which one of these is a portion of fruit - 1 Grape, Handful of Strawberries or 1 Melon?	A 150ml glass of orange juice counts as one of your 5 a day - True or False?	Which of the following does NOT count as one of your 5 a day - Baked Beans, Frozen Peas or New Potatoes?	
Answer:	Answer:	Answer:	Answer:	
True	Handful of Strawberries	True	New Potatoes	

Fruit & Vegetables Fruit & Vegetables

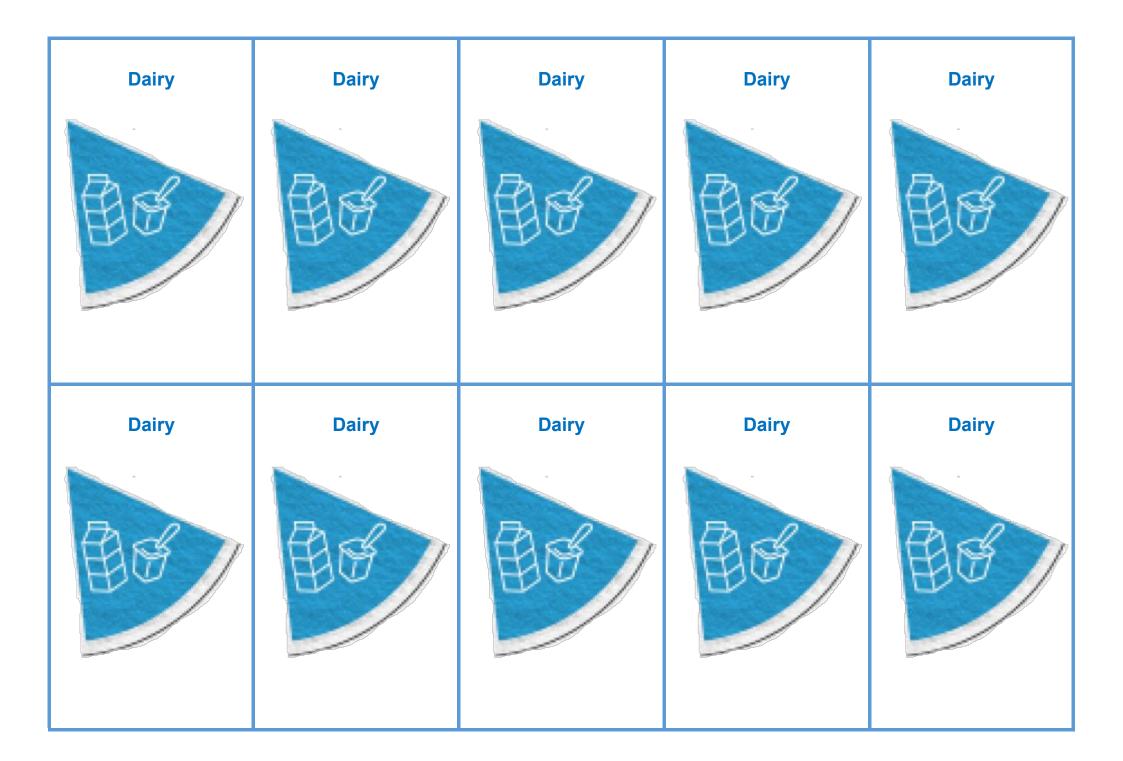
Question:	Question:	Question:	Question:	Question:
Where do pineapples grow? On the ground, in a tree, or underground?	Apples are made from 24% air - True or False?	Carrots can be purple, orange and white – True or False?	How much fruit and vegetables should you eat per day?	Which vitamins do you get from oranges - A, B or C?
Answer:	Answer:	Answer:	Answer:	Answer:
On the ground	True	True	5 Portions	C Vitamins
Question:	Question:	Question:	Question:	Question:
What are raisins made from?	Which has more sugar - Strawberries or Lemons?	Which has more vitamin C - Broccoli or Oranges?	Gala, Honeydew and Water are all types of what?	Which vegetable makes your eyes water?
Answer:	Answer:	Answer:	Answer:	Answer:
Grapes	Lemons	Broccoli	Melon	Onions

Fruit & Vegetables Fruit & Vegetables

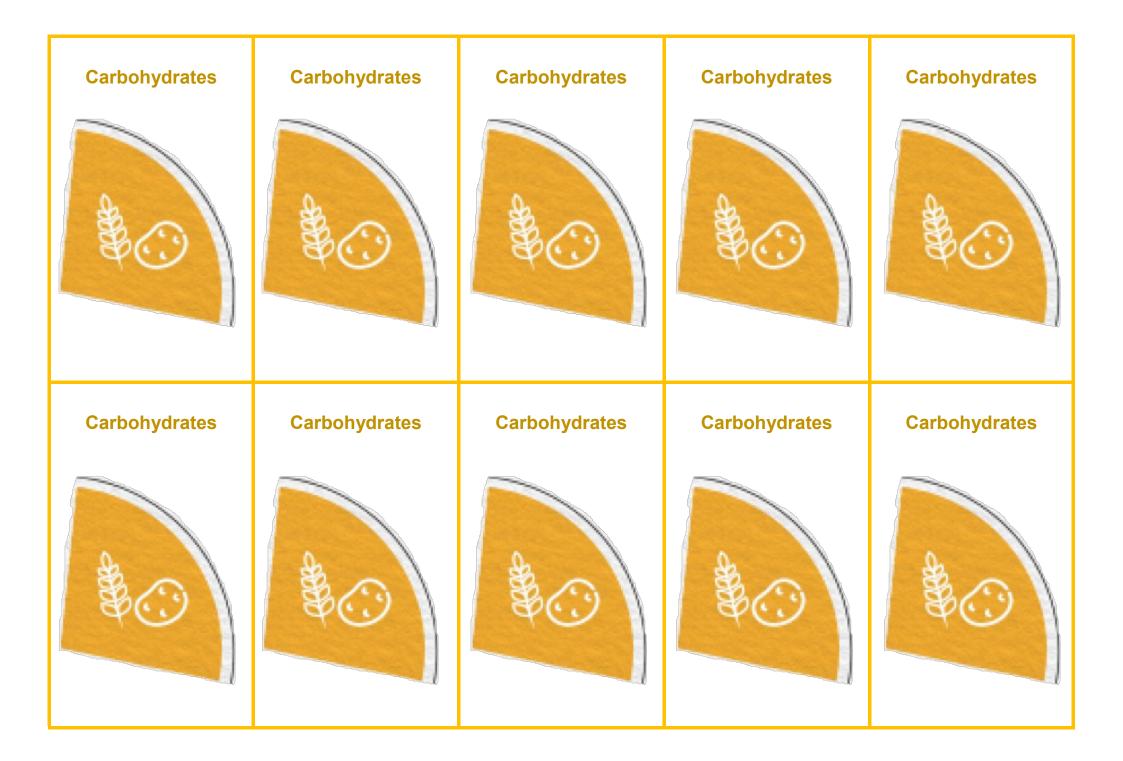
Question:	Question:	Question:	Questions:	Questions:
Feta is the name of a traditional German cheese - True or False?	What is the process used to kill micro-organisms in milk called - Churning, Pasteurisation or Boiling?	What dairy food is made by curdling milk - Yogurt or Cheese?	Which of these cheeses comes from the UK - Parmesan, Wensleydale or Mozzarella?	Which of these is NOT a dairy food - Cheese, Yogurt or Eggs?
Answer:	Answer:	Answer:	Answer:	Answer:
False - it is a traditional Greek cheese	Pasteurisation	Cheese	Wensleydale	Eggs
Question:	Question:	Question:	Question:	
We should eat plenty of butter because it is high in calcium - True or False?	Which of these is NOT suitable for a Vegan - Lentils, Cheese or Nuts?	Which of these do NOT provide any calcium - Watercress, Mushrooms or Milk?	Some cheeses are left to mature in caves - True or False?	
Answer:	Answer:	Answer:	Answer:	
False	Cheese	Mushrooms	True	



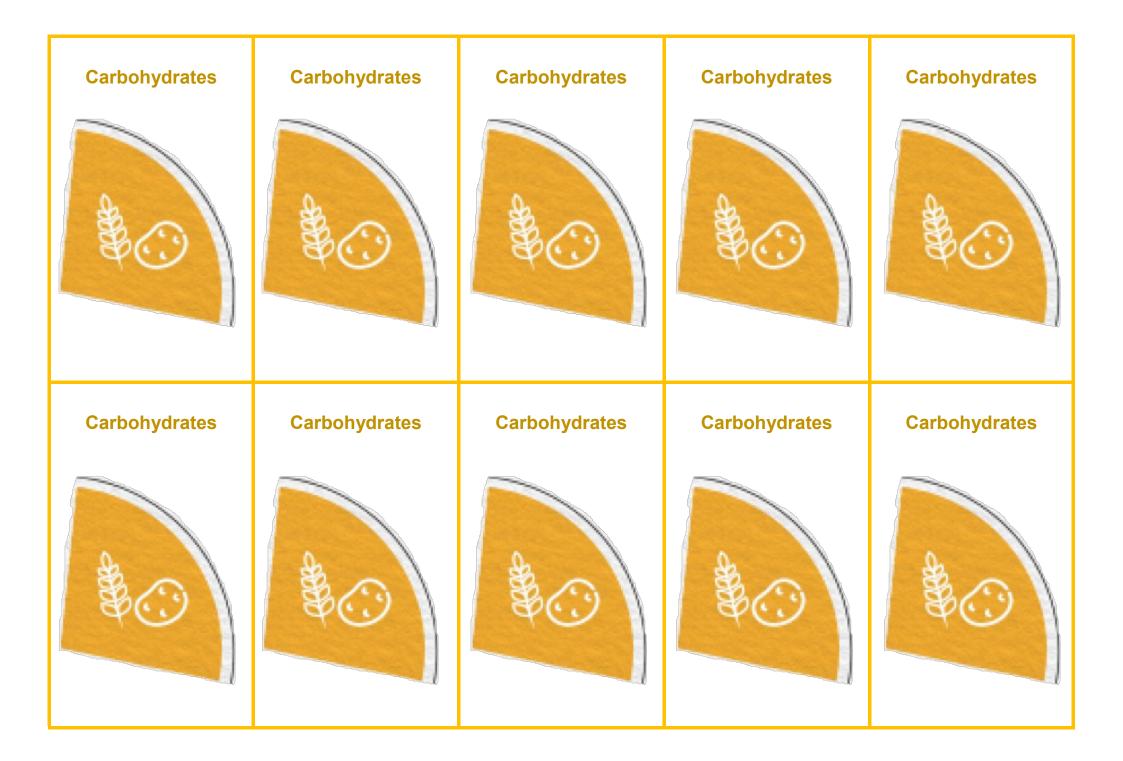
Question:	Question:	Question:	Question:	Question:
What can we get from all these animals - Goats, Sheep and Buffalo?	What mineral do you get from dairy foods?	What does calcium help grow in your body?	How much water is in milk - 30%, 60% or 90%?	How many litres of milk does it take to make 1kg of cheese - 2, 5 or 10?
Answer:	Answer:	Answer:	Answer:	Answer:
Milk	Calcium	Bones & Teeth	90%	10
Question:	Question:	Question:	Question:	Question:
What is the name of the cheese with all the holes in?	How many licks does it take to eat a single ice cream cone - 50, 100 or 150?	Which ice cream flavour was invented first - Vanilla or Chocolate?	How much milk does a cow produce each day - 3.6, 4.2 or 6.3 gallons?	How many hours a day do cows lie down - 2, 8 or 14?
Answer:	Answer:	Answer:	Answer:	Answer:
Swiss Cheese	50	Chocolate	6.3 Gallons	14 Hours



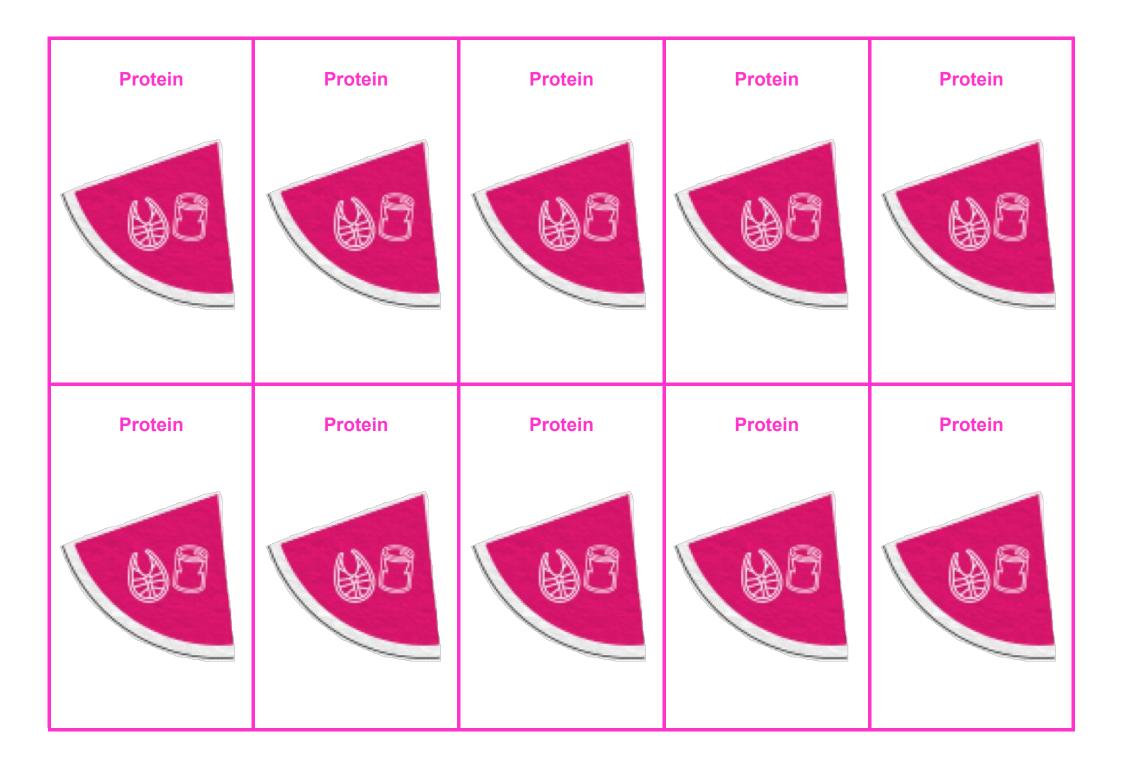
Question:	Question:	Question:	Question:	Question:
What country do pizzas originally come from?	Which part of the wheat plant is used to make flour - The Grain, Root or Stem?	What weather powered building was traditionally used to mill grains into flour?	Which food contains the most fibre - Cornflakes, Wholemeal Pasta or White Bread?	King Edwards, New and Duke of York, are all types of what?
Answer:	Answer:	Answer:	Answer: Wholemeal Pasta	Answer: Types of Potato
Italy	Grain	Windmill		
Question:	Question:	Question:	Question:	
In the supermarket where can fresh pasta be found - On the Shelves or In the Chiller?	A baked potato counts as one of your 5 a day - True or False?	Carbohydrates provide most of the fat in our diet - True or False?	For which meal do we traditionally eat cereals?	
Answer:	Answer:	Answer:	Answer:	
In the Chiller	False	False	Breakfast	



Question:	Question:	Question:	Question:	Question:
Where do potatoes grow?	Why do we need carbohydrates - To see in the dark or To give us energy?	Which of these is not a carbohydrate - Potato, Rice or Beans?	Spaghetti, linguine and macaroni are all types of what?	Bread is made from flour, but what is flour made from?
Answer:	Answer:	Answer:	Answer:	Answer:
In the ground	To give us energy	Beans	Pasta	Wheat
Question:	Question:	Question:	Question:	Question:
Carbohydrates are made up of oxygen, hydrogen and carbon - True or False?	Carbohydrates are only found in certain foods - True or False?	How much of your diet should be carbohydrates - A Quarter, Half or Third?	How many bread loaves are sold in the UK each - year - 6, 12 or 20 million?	Wheat can only be used in foods - True or False?
Answer:	Answer:	Answer:	Answer:	Answer:
True	False - they are actually found in all foods	A Third	The equivalent of 12 million bread loaves are sold each year	False - it can be used in beauty products, paper and even clothes



Question:	Question:	Question:	Question:	Question:
Where do eggs come from?	Which of these foods could be bought from a butcher - Fish, Ham or Bread?	What is a lamb?	Which of these is NOT a fish - Salmon, Chicken or John Dory	Which of these is NOT a cut of Pork - Shoulder, Leg or Foot?
Answer:	Answer:	Answer:	Answer:	Answer:
Hens	Ham	A Baby Sheep	Chicken	Foot
Question:	Question:	Question:	Question:	
How many portions of fish should we eat a week?	Which is NOT suitable for Vegetarians - Hummus, Cod or Bread?	Which animal does steak come from?	Which of these is NOT a shellfish - Crab, Mussels or Salmon?	
Answer:	Answer:	Answer:	Answer:	
Two	Cod	Cow	Salmon	



Question:	Question:	Question:	Question:	Question:
Which is not a protein - Nuts, Beans or Peas?	What animals does bacon come from?	Do fresh eggs float or sink in water?	Which is the best source of protein - Chicken, Beef or Ostrich?	Which protein can you eat raw - Beef or Chicken?
Answer:	Answer:	Answer:	Answer:	Answer:
Peas	Pig	Sink	Ostrich	Beef
Question:	Question:	Question:	Question:	Question:
What do you call people who do not eat meat?	What do chickens eat to make the hard shell of an egg - Grass, Sand or Stones?	How much of the human body is protein - 10%, 20% or 30%?	Fish is the best source of which type of vitamin - C, D or E?	How many beans are in a tin of baked beans - 232, 376 or 465?
Answer:	Answer:	Answer:	Answer:	Answer:
Vegetarian	Stones	20%	D	465

