# 9. True or false? Children under 2 should not drink low fat milk.

True

False

# 10. Why is butter not included in the 'Oil and spreads' section of the Eatwell Guide?

As it is low in saturated fat

As it is high in saturated fat

As it is high in unsaturated fat

As it is commonly eaten



# **The Eatwell Guide answers**

- 1. How much fibre are adults recommended to consume per day?
- 10 grams
- 19 grams
- 25 grams
- <mark>30 grams</mark>
- 2. Which one of the following food groups is not essential for health?

Oil and spreads

## Foods high in fat, salt and sugars

Potatoes, bread, rice, pasta and other starchy carbohydrates

Dairy and alternatives

3. True or false? People with type 2 diabetes should not follow the Eatwell Guide as they require special diets.

True

## **False**

## 4. How many portions of fish is it recommended that we all consume per week?

- 0 portions
- 1 portion

## 2 portions, one of which is oily

At least 4 portions, of which 2 are oily

## 5. Which of the following counts as 1 of your 5-A-DAY?

Strawberry Jam

# Fruit/vegetable juice or smoothies (150ml)

Potatoes

All of the above



# 6. How much fluid should you aim to consume per day?

1-3 glasses

4-6 glasses

## <mark>6-8 glasses</mark>

As much as you can

## 7. Why is it not recommended to consume over 150ml of fruit/vegetable juice or smoothies per day?

## As they are high in free sugars

As they are high in vitamin C Because only water counts towards your fluid intake As they never count towards your 5-A-DAY

# 8. Which of the following would help increase your fibre intake?

Increasing consumption of wholegrains

Choosing a high fibre breakfast cereal

Eating more fruit and vegetables

All of the above

# 9. True or false? Children under 2 should not drink low fat milk.

#### **True**

False

# 10. Why is butter not included in the 'Oil and spreads' section of the Eatwell Guide?

As it is low in saturated fat

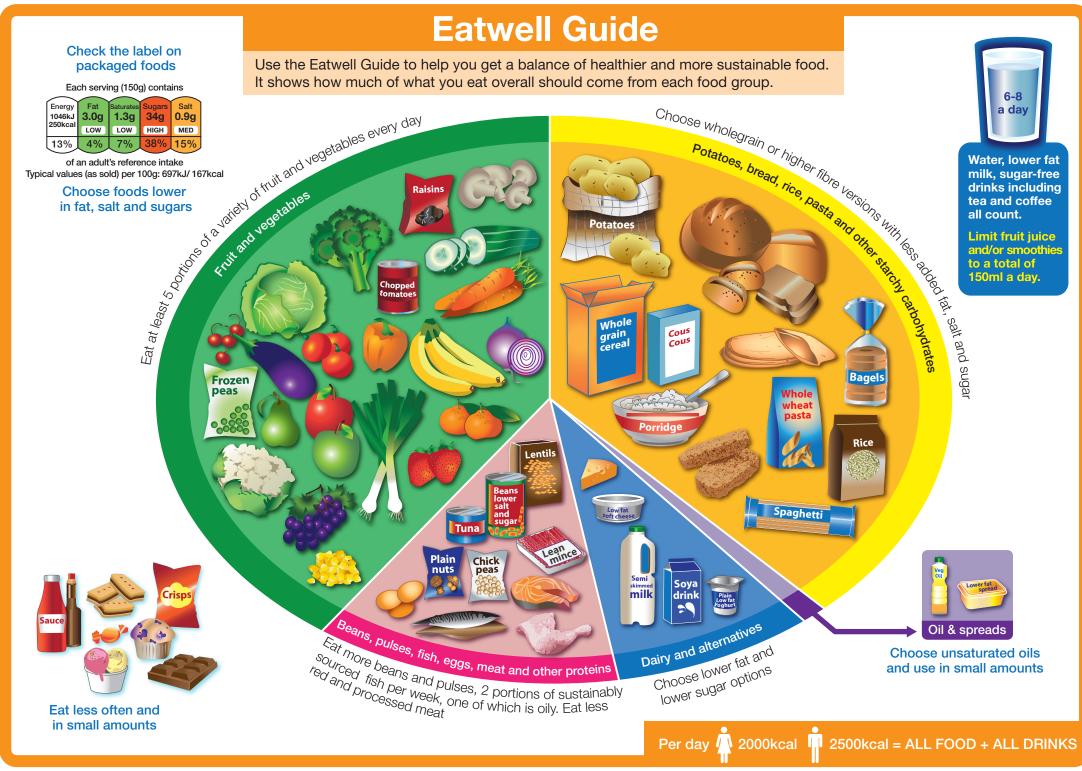
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Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland