

On average, which of the following coffee shop drinks contains the most calories? • Small cappuccino made with whole milk • Small latte made with whole milk • Small white coffee made with whole milk • Small mocha made with whole milk	Which of these breakfast options is healthiest? • Porridge made with semi skimmed milk topped with dried fruit • Museli, fresh fruit and low fat yoghurt • Wholegrain breakfast cereal with semi skimmed milk • Boiled egg with wholemeal toast • Grilled mushrooms and tomatoes on a wholegrain bagel	Which of the following does not count as one of your 5 A DAY • A medium apple • Two halves of canned peaches • One handful of dried banana chips • Two handfuls of new potatoes • Three heaped tablespoons of canned sweetcorn • Three heaped tablespoons of cooked kidney beans	On average, which of the following is the most calorific? • Blueberry muffin • Flapjack • Brownie • Plain croissant • Fuit scone	How many litres of fluids should you drink each day? • 400ml (2glasses) • 800ml (4 glasses) • 1.2L (6 glasses) • 2L (10 glasses)	On average, which of the following supermarket sandwich options is highest in calories? • Han and salad • Cheese and tomato • Prawn mayonnaise • Egg mayo and cress • BLT	On average, which of the following takeaway options is lowest in calories? • 9-10 inch meat or fish pizza • Sweet and sour pork with small egg fried rice • Fish and Chips • Chicken Korma with pilau rice • Chicken shish kebab in pitta with salad
On average, which of the following shop-bought drinks is healthiest? • A diet fizzy soft drink • A smoothie • Fresh orange juice • Bottled water	How much of our diet should be made up of starchy foods (carbohydrates) such as rice, potatoes, pasta and bread? • Half • Third • Quarter • None	How much red meat (beef, lamb, pork) should a non-vegetarian eat each day? • As much as possible • About 70g • About 150g	How many times a week should a non-vegetarian eat fish (as a minimum)? • Once • At least twice • Everyday	If you have a vegetarian diet, what in particular should you eat to ensure a balanced diet? • Quorn and tofu • Meat, its the only way to achieve a balance diet • Pulses, Quorn, tofu, nuts and seeds	How many eggs can you eat in a week in order to stay within recommendations? • Just one or two • Two or three is fine • Three or four is OK • As many as you like	As a guide, how many calories should we eat each day? • 2000 for a woman, 2500 for a man • 2500 for a woman, 3000 for a man • 1500 for a woman, 2000 for a man