

UK mal **NUTRITION**

Awareness Week[©]

QUIZ

Q1: Which is the best way to get your 5 portions of fruit and vegetables a day?

- | | | |
|----------|--------------------------|-----------------------------|
| A | <input type="checkbox"/> | Fresh fruit and vegetables |
| B | <input type="checkbox"/> | Dried fruit |
| C | <input type="checkbox"/> | Frozen fruit and vegetables |
| D | <input type="checkbox"/> | Tinned fruit and vegetables |
| E | <input type="checkbox"/> | All of the above |

Q2: How many portions of fish should you eat in a week?

- | | | |
|----------|--------------------------|---|
| A | <input type="checkbox"/> | 3 |
| B | <input type="checkbox"/> | 1 |
| C | <input type="checkbox"/> | 4 |
| D | <input type="checkbox"/> | 2 |

Q3: Which of these foods does not count towards your 5-a-day?

- | | | |
|----------|--------------------------|----------------|
| A | <input type="checkbox"/> | Sweet potatoes |
| B | <input type="checkbox"/> | Tomatoes |
| C | <input type="checkbox"/> | Potatoes |
| D | <input type="checkbox"/> | Orange juice |

Q4-10 Continued overleaf >

**Q4: Protein is important for growth and repair.
Which of the foods below contain protein?**

- A** Beef
- B** Nuts
- C** Lentils
- D** All of the above

Q5: It's natural to lose weight as you get older

- TRUE FALSE

Q6. Which of these is a sign someone might be at risk becoming malnourished?

- A** Clothing and jewellery looser than usual
- B** Loss of interest in cooking or eating
- C** Swallowing difficulties
- D** All of the above

Q7: Estimates show how many older people in the UK are at risk or suffering from malnutrition?

- A** 1 in 10
- B** 1 in 20
- C** 1 in 50

Q8. Malnutrition only affects those who are underweight

- TRUE FALSE

Q9. What can help prevent malnutrition?

- A** Avoiding foods high in fat
- B** Eating meals higher in calories & protein
- C** Doing less exercise

**Q10: Nourishing drinks provide you with extra calories and protein.
Which of the drinks below would be best for someone who was struggling to eat?**

- A** Coca-Cola
- B** Black Coffee with two sugars
- C** Milk
- D** Water with diluting juice