

Have fun with less fat quiz

1) Is fat in foods good or bad for you?



Good

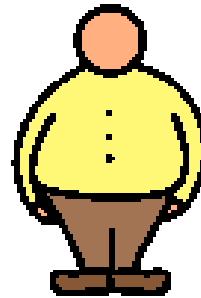


Bad

2) Too much fat in food makes us



Thin



Fat



Have Heart problems

3) Tick the foods that we should eat more often



Lean Meat



Meat



Full fat milk



Low fat milk



Chips



Jacket Potato



Butter



Low fat Margarine



Thin Spread



Thick Spread

4) Choose the snacks that are healthier for you



Crisps



Apple



Dried Fruit



Chocolate bar



Low fat Yoghurt



Chocolate Cake

5) What are the healthy ways to cook eggs?



Fried egg



Boiled egg



Poached Egg

Answers

1. Too much fat is bad for us
2. Eating too many fatty foods can make us put on weight and get fat. It is not good for our heart either.
3. We should try to eat lean (not fatty) meats, drink green or red top milk which is lower in fat (but contains the same amount of calcium). Try not to eat too many chips instead eat jacket potatoes, boiled or mashed potatoes. Low fat margarine contains less fat than butter remember to spread it thinly.
4. Healthy snacks to choose are apple, dried fruit and low fat yoghurt.
5. The healthier ways to cook eggs are to boil or poach them.