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
- Full fat milk
- Chips
- Butter
- Thin Spread

- Meat
- Low fat milk
- Jacket Potato
- Low fat Margarine
- 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.