Say Yes to Fibre Quiz

Tick or circle the correct answers

1) What problems can we have if our body does not get enough fibre?

- headache
- cold
- constipation
- stomach ache
- toothache
- heart problem

2) What else do we need for fibre to work well?

- chocolate bar
- crisps
- drink
- biscuits
- ice cream
How many drinks should we drink each day?

1 glass  2 glasses  10 glasses

3) Which type of bread has more Fibre?

White bread  Brown bread

4) Which is the breakfast with most Fibre?

Fried breakfast  Cereal and fruit juice
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>Q1</td>
<td>If we do not eat enough fibre we can get constipation. This means a sore tummy and not being able to go to the toilet easily. It is also good for the heart to eat fibre.</td>
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<td>Q2</td>
<td>We need to drink fluids like water so that fibre can soak it up inside our bodies. This helps us go to the toilet easily.</td>
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<td>Q3</td>
<td>Brown (wholemeal) bread has more fibre and is better for you. Ask group if they eat brown bread?</td>
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<td>Q4</td>
<td>Cereal and fruit juice have more fibre than a fried breakfast. Ask group how they could get more fibre at breakfast time?</td>
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