

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



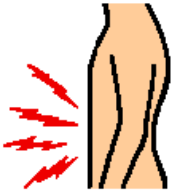
cold



constipation



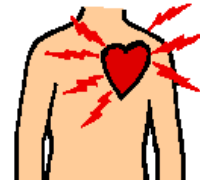
stomach ache



toothache



heart problem



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

chocolate bar



crisps



drink



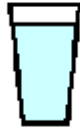
biscuits



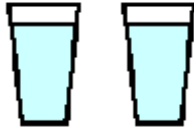
ice cream



How many drinks should we drink each day?



1 glass

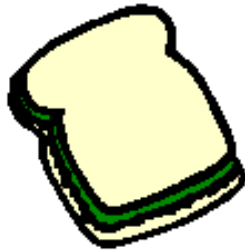


2 glasses



10 glasses

3) Which type of bread has more Fibre?

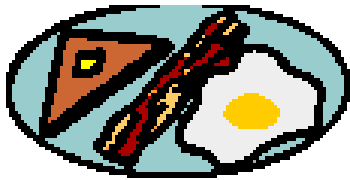


White bread



Brown bread

4) Which is the breakfast with most Fibre?



Fried breakfast



Cereal and fruit juice

Question**Answer**

Q1

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.

Q2

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.

Q3

Brown (wholemeal) bread has more fibre and is better for you. Ask group if they eat brown bread?

Q4

Cereal and fruit juice have more fibre than a fried breakfast. Ask group how they could get more fibre at breakfast time?