

IROKO Robics Quiz

1. What does BMI stand for
Body Mass Index
British Manufacturing Industry
Big Major Incident
2. What is a unit of alcohol equivalent to:
A pint of beer
2 Pints of beer
1/3 of a pint of beer
3. What is the Guideline Daily Amount of sugar an adult can eat
90g
200g
10g
4. What is the best way to cook vegetables to make sure they keep as much of their nutrients as possible
Steam
Boil
Roast
5. How many calories do you burn doing the vacuuming for 30 minutes?
201
37
119
6. What is the minimum amount of exercise you should get per week?
30mins 5 days a week
1hour everyday
30mins once a week
7. Which one of these is not a food group
Fibre
Protein
Chocolate
8. What is the recommended daily calorie intake for men

4505
3000
2550
9. What is the recommended daily calorie intake for women

2550
2240
1940

10. What is the 'Traffic Light System'?

It helps make roads safer

It's a way of stopping you eating the wrong foods

It's the term used to describe a type of food labelling system

11 How many portions of fruit and vegetables should we eat every day?

0, it doesn't matter

10

5

12. What food group do baked beans belong to?

Fats

Protein

Carbohydrate

13. What is the best way to make sure you leave the supermarket with lots of healthy foods?

Write a list

Take the kids

Go shopping when you're hungry

14. Why is too much salt not good for you?

Makes your food taste disgusting

Leaves you feeling thirsty all the time

Could lead to high blood pressure

15. Before you start a new diet or exercise plan what should you do first?

Treat yourself with a trip Mcdonalds

Speak to your GP

Tell your family

Responses

10-15 Correct: Well done! You have a good knowledge of how to live a healthy lifestyle! To make sure you never forget and to learn a few more helpful tips make sure you read our fact sheets.

5-9 correct: You did ok, but there is definitely room for improvement. To help improve your knowledge, have a look at our healthy living fact sheets.

0-4 correct: Oh dear! Seems like you might need a nudge in the right direction when it comes to living a healthy lifestyle. We suggest you start by reading our factsheets and following the links provided. Do that and you'll be well on your way to a healthier, happier you!

IROKO Robics Quiz Answers

1. What does BMI stand for
Answer: Body Mass Index
2. What is a unit of alcohol equivalent to:
Answer: 1/3 of a pint of beer
3. What is the Guideline Daily Amount of sugar an adult can eat
Answer: 90g
4. What is the best way to cook vegetables to make sure they keep as much of their nutrients as possible
Answer: Steam
5. How many calories do you burn doing the vacuuming for 30 minutes?
Answer: 119
6. What is the minimum amount of exercise you should get per week?
Answer: 30mins, 5 days a week
7. Which one of these is not a food group
Answer: Chocolate
8. What is the daily calorie intake for men
Answer: 2550
9. What is the recommended daily calorie intake for women
Answer: 1940
10. What is the 'Traffic Light System'?
Answer: It's the term used to describe a type of food labelling system
11. How many portions of fruit and vegetables should we eat every day?
Answer: 5
12. What food group do baked beans belong to?
Answer: Protein
13. What is the best way to make sure you leave the supermarket with a lot of healthy foods?
Answer: Write a list
14. Why is too much salt not good for you?
Answer: Could lead to high blood pressure
15. Before you start a new diet or exercise plan what should you do first?
Answer: Speak to your GP