



## Nutrition and Food Safety Quiz

(Circle the Answer You Think is Correct)

### Nutritional Questions:-

- Older people have less need for nutritional food than younger people**  
**TRUE                      FALSE                      NOT SURE**
  
- What is the lowest number of portions of fruit or vegetables we need to eat every day to stay healthy?**  
**1   3   5   7   9   NOT SURE**
  
- Which type of food provides the most nutrition to keep us healthy?**  
**FRESH                      FROZEN**  
**CANNED                      DRIED                      NOT SURE**



**9. Good sources of fibre for older people can be found in:-**

**FRESH FRUITS            FRESH VEGETABLES**

**CAKES                    WHITE BREAD            OATS**

**WHOLEMEAL BREAD                    BRAN**

**BISCUITS**

**10. It is particularly important for older people to eat plenty of dairy foods because they are rich in calcium, which is good for:-**

**BLOOD            MEMORY            BONES            ENERGY**

**FOOD SAFETY QUESTIONS:-**

**1. Why should fresh food be kept in the fridge?**

**TO KEEP IT SAFE TO EAT**

**SO IT TASTES BETTER**

**TO MAKE IT LAST LONGER**

**2. What temperature should your fridge run at?**

**0-5 DEGREES                    OVER 10 DEGREES**

**LESS THAN 0 DEGREES                    5-10 DEGREES**

**3. What is the maximum time you should keep fresh food once it has been opened?**

**1 DAY**

**3 DAYS**

**A WEEK**

**4. How do you know that fresh food is safe to use?**

**CHECK THE 'USE BY' DATE**

**SMELL IT**

**CHECK THE 'BEST BEFORE DATE'**

**Thank you for completing our quiz.**

**Please write your name here, for the chance to win a £20 food voucher**

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