



Nutrition & Food Hygiene Quiz

Name:

1. It is safe to eat something after the best before date

- A. True
- B. False

2. How much of the eat well plate should fruit and vegetables make up?

- A. 1/2
- B. 1/4
- C. 1/3

3. Which one of these is **not** a symptom of food poisoning?

- A. Diarrhoea
- B. Vomiting
- C. Ear Ache

4. It is **not** safe to keep raw meat uncovered in the fridge

- A. True
- B. False

5. Which one of these **is** a cause of food poisoning?

- A. cross contamination from raw to ready to eat food
- B. Overcooking food
- C. Wiping worktops with disinfectant

6. What are the five components of a balanced diet? (worth 5 points)

- 1.
- 2.
- 3.
- 4.
- 5.

7. How many portions of fruit and veg should we eat a day?

- A. 10
- B. 2
- C. 5

8. What section of the eat well plate does potatoes come under?

- A. fruit and vegetables
- B. Carbohydrates
- C. Dairy and alternatives

Your score /12

Well done!