

FOOD and DRINK QUIZ

1 Where do you get your energy from:

You buy it

From the food you eat

You are born with it

The energy fairy visits you each night and gives you some

2 Food is divided into three groups. Do you know what they are?

Healthy, moderately healthy and unhealthy

Carbohydrate, protein, fat

Animal, mineral, vegetable

Group 1, group 2, group 3

3 Which groups do the following foods fall in to?

(Write the answer by each one)

Bananas

Pasta

Tuna fish

Jelly sweets

Roast beef

Wholemeal bread

Chocolate

Baked beans

4 Give an example of a small snack that you could eat at school during break, or before you go to training in the evening.

Why is it the right thing to eat?

5 How many portions of fresh fruit and vegetables should you be eating every day?

Is it:

1 to 2

2 to 3

3 to 4

5 or more

6 Which of these would give you the most energy for swimming, as well as being a healthy choice of food?

Ham salad

Chicken nuggets, potatoes and peas

Cheese burger and chips

Baked potato with baked beans
and cheese

7 Give an example of something you might eat at a competition, while you were waiting for your race.

Why would you eat this?

8 Why do you need to drink when you are training?

Because you sweat and you lose water making the blood thicker and the heart work harder

Because your coach tells you to

Because you can get an extra rest at the end of the lane

You don't need to drink during training

10 What should you drink during training?

Irn Bru

Water

Diet Cola

Weak squash

11 When should you drink during the day?

Is it:

Only when you are thirsty

All the time

Just at mealtimes

Three times, spread out over the day

12 How do you know when you haven't been drinking enough? Is it:

You get told off by your coach

Your pee looks dark

Your pee looks pale

You never know