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### Why do we need to eat?

How many portions of fruit and vegetables should you eat each day?

Name three vegetables that are different colours from each other?

- 1.
- 2.
- 3.

Name three different types of bread.

- 1.
- 2.
- 3.

Why do people eat bread?

Which types of bread are healthier?

What could you add to bread to make a healthy, balanced meal?

### Answers

Answers from the online quiz are:

1. Why do you need fibre?  
**To help your digestive system stay healthy**
2. Which foods should make up most of your diet?  
**Vegetables, fruit & carbohydrates**
3. Which of these foods should you eat to help you grow?  
**Meat**
4. Which of the following is not a dairy product?  
**Chicken**
5. How many portions of fruit and vegetables should you eat each day?  
**5**
6. Which type of food gives you energy?  
**Carbohydrate**
7. Which of the following is a very rich source of energy and helps your body absorb vitamins?  
**Fat**
8. Which foods should you only eat as a treat?  
**Fried, fatty foods & sweets**