

The City School
PAF Chapter
Blog Worksheet
Class 3
Quick Quiz

On your answer sheet circle the correct letter for each question.

1 Which list shows only foods?

- A cucumber, eggs, bacon
- B egg shell, bacon, toast
- C petrol, toast, tomatoes
- D pencil top, nuts, butter

2 What do you need food for?

- A health and growth, but not activity
- B growth and activity, but not health
- C health, but not growth or activity
- D health, growth and activity

3 Which food group would you put toffees into?

- A fatty foods
- B meats and nuts
- C sweet foods
- D fruits and vegetables



1 What is a diet?

A The things people eat if they want to get slimmer.

B All the things that a person eats.

C All the bad things that a person eats.

D All the healthy things that a person eats.

2 Which of these foods should you eat the least of?

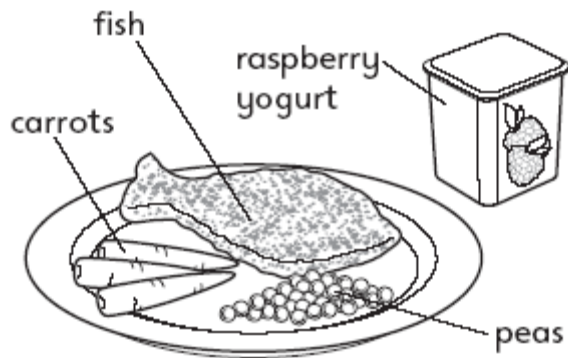
A green vegetables

B potatoes

C sugary foods

D fruits

3 Look at this meal.



Which of these foods would be best to balance this meal?

A green beans

B boiled potatoes

C ice cream

D fish

1 Which of these foods would be eaten by cats and dogs but not by rabbits?

A meat

B grass

C cabbage

D carrots

1 Circle the pictures of food.



Which foods could be put in a group called 'sweet foods'? Write their names.

3 Which of these things is found in all sweet foods? Circle one word.
milk sugar fat chocolate ketchup

4 Write the name of one food in the pictures that can help you grow.

5 Write the name of one food in the pictures that you need for activity.

1 Tick the true sentences.

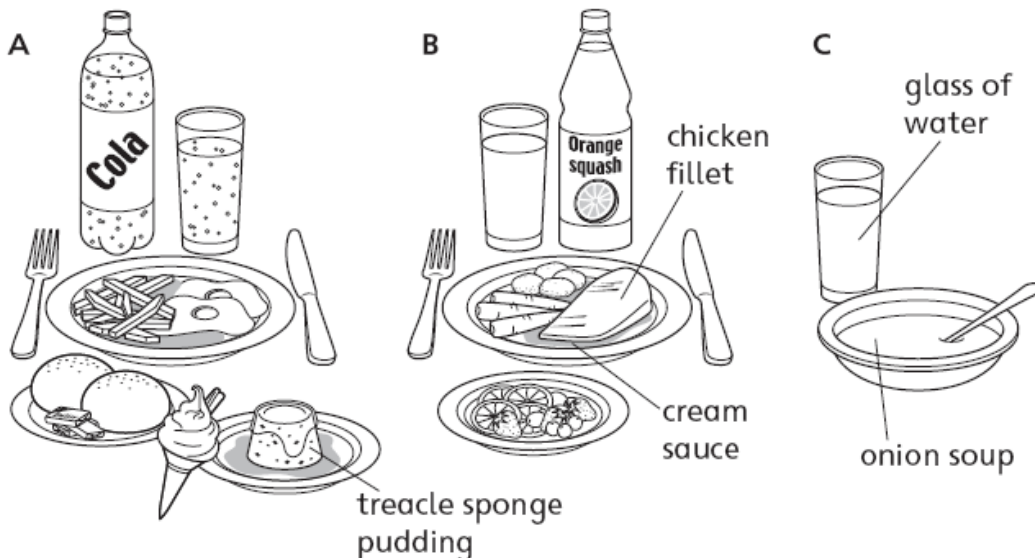
To eat healthily you should:

- eat as much as you possibly can.
- eat so you are not hungry but not too full.
- eat very little.
- never eat sweet things.
- not eat too many sweet things.
- never eat fatty things.
- eat lots of fatty things.
- not eat too many fatty things.

2 What does the word diet mean? Tick one statement.

- what people do to get slimmer
- what people eat
- eating only fruits and vegetables
- eating only healthy things

3 a Which of these meals is the most healthy? Circle one.



b Why did you choose this meal?
