



# Nestlé Healthy Kids Programme

TOPIK 6:

## Smart Eaters Quiz



## QUESTION 1

Rice, noodles, bread, grains and tubers are located on level 1 of the food pyramid.

A. True

B. False



## QUESTION 2

Vegetables and fruits are located on level 3 of the food pyramid.

A. True

B. False

*\* Vegetables and fruits are located on **level 2** of the food pyramid.*



## QUESTION 3

Rice, bread and ambuyat are foods that belong to the grains group.

- A. True
- B. False



## QUESTION 4

Whole grains contain higher content of fibre, vitamins and minerals compared to normal grains.

- A. True
- B. False



## QUESTION 5

Red beans and *tempeh* are examples of animal-based proteins.

A. True

B. False

\* *Red beans and tempeh are examples of **plant-based proteins**.*





## QUESTION 6

Vegetables and fruits contain vitamins and minerals which are important for health.

A. True

B. False



## QUESTION 7

Fish contains fibre which helps with digestion.

A. True

B. False

*\* Fibre is only found in **plant-based sources**. Fish is an animal-based source. As such, fish does not contain fibre.*





## QUESTION 8

Fat supplies vitamin B.

A. True

B. False

*\* Fat supplies fat-soluble vitamins such as vitamin A, D, E, and K.*



## QUESTION 9

Sports such as cycling, badminton and football are located on level 1 of the physical activity pyramid.

A. True

B. False

*\* Sports such as cycling, badminton, and football are located on **level 2** of the physical activity pyramid.*



## QUESTION 10

‘See, Smell and Taste’ steps are ways to determine if food is safe to eat.

A. True

B. False



## QUESTION 11

Signs of food poisoning include vomiting, stomach ache and diarrhea.

A. True

B. False



## QUESTION 12

Grilling and steaming are healthier cooking options.

A. True

B. False



## QUESTION 13

Ingredient lists on food labels show nutritional content in the food.

A. True

B. False

*\* **Nutritional information panel** on food labels shows nutritional content in the food.*





## QUESTION 14

When choosing fast food, replace mashed potatoes with french fries.

A. True

B. False

*\* Mashed potatoes is healthier than french fries because french fries has high fat content.*



## QUESTION 15

Lack of iron can cause brittle bones and teeth.

A. True

B. False

*\* Lack of **calcium** can cause brittle bones and teeth.*



## QUESTION 16

Vitamin C is important for good vision.

A. True

B. False

*\* Vitamin A is important for good vision.*



## QUESTION 17

Excessive food intake can cause obesity.

A. True

B. False



## QUESTION 18

Jumping jacks and push ups are examples of activities that ensure flexible muscles.

A. True

B. False

