

# HEALTHY EATING SELF ASSESSMENT

(9 Pages)

Scoring of EACH question of each Exercise is automated and shown immediately on screen - either by attempting the questions first, &/or, if initial help is needed, rolling the cursor over the Exercise part letter or number (this can take some searching with the cursor).

A combination of these actions encourages student interaction with the subject matter. Repeated trials lead to greater understanding and learning.

AS THE AIM OF THIS APPROACH IS UNDERSTANDING & LEARNING THROUGH AS MANY ATTEMPTS AS THE STUDENT WANTS, THE TOTAL OF ALL THE EXERCISES IN THIS 'SET' ARE NOT AUTOMATICALLY CALCULATED.



## Exercise 1 [◀ back](#)

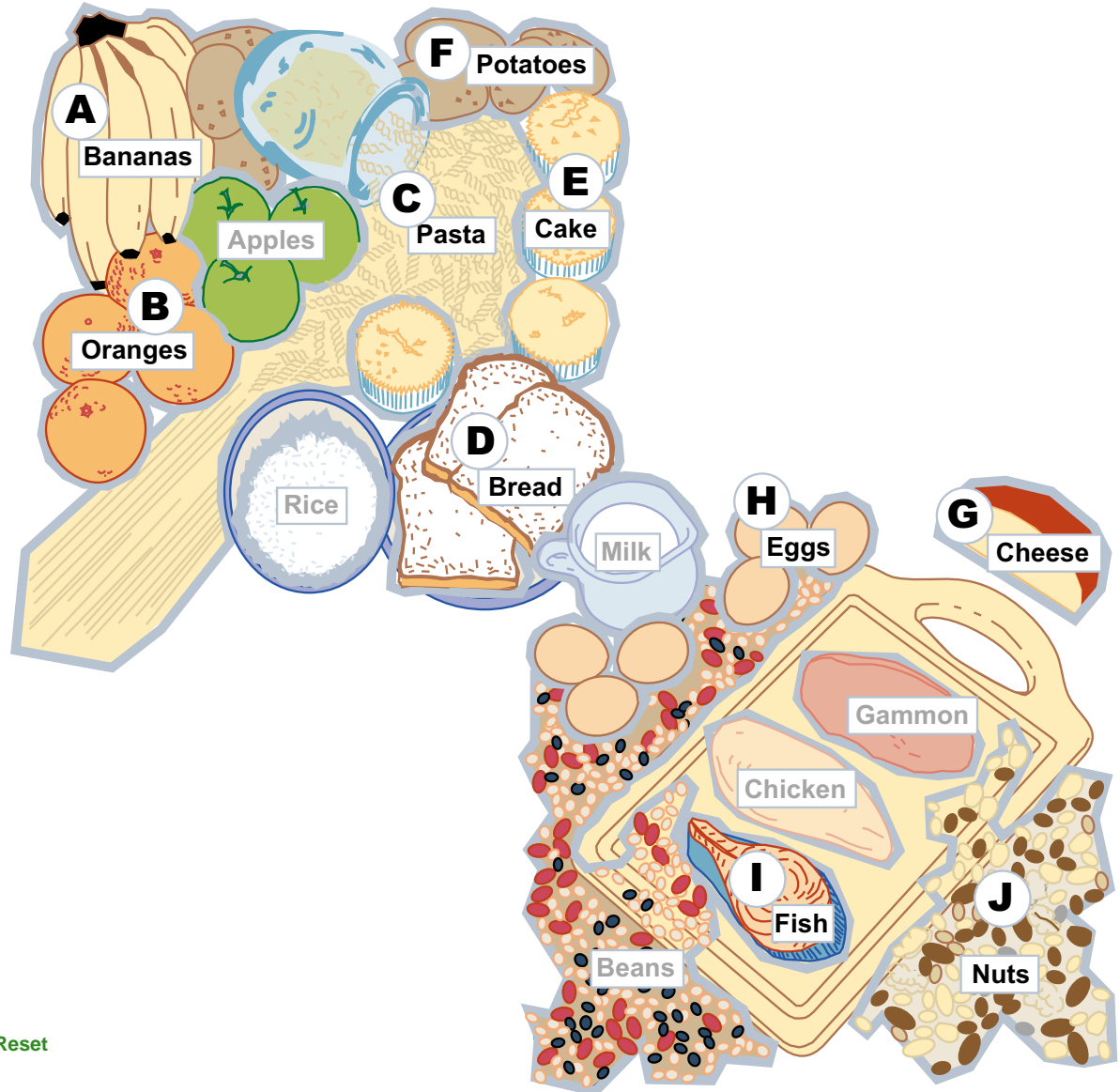
Study the simplified drawings below of two groups of food. In the drawings different foods are identified by the letters A – J. Match each lettered food to the most appropriate numbered statement, by filling in the boxes provided.

- 1 Contains most Vitamin C per 100g. ☐
- 2 Consists of pure starch. ☐
- 3 A plant source high in proteins & unsaturated fats (oils) ☐
- 4 Highest in vitamin D & plenty of iron. ☐
- 5 Contains most fibre per 100g. ☐
- 6 Too much fat & sugar for weight watchers. ☐
- 7 Good for bones and teeth. ☐
- 8 Is a good animal source of proteins & unsaturated fats (oils). ☐
- 9 Best source of carbohydrate for someone on a diet. ☐
- 10 Widely used as a convenient source of energy by sports people sometimes even during their activity (eg: Tour de France). ☐

● Total score out of a possible 10

0

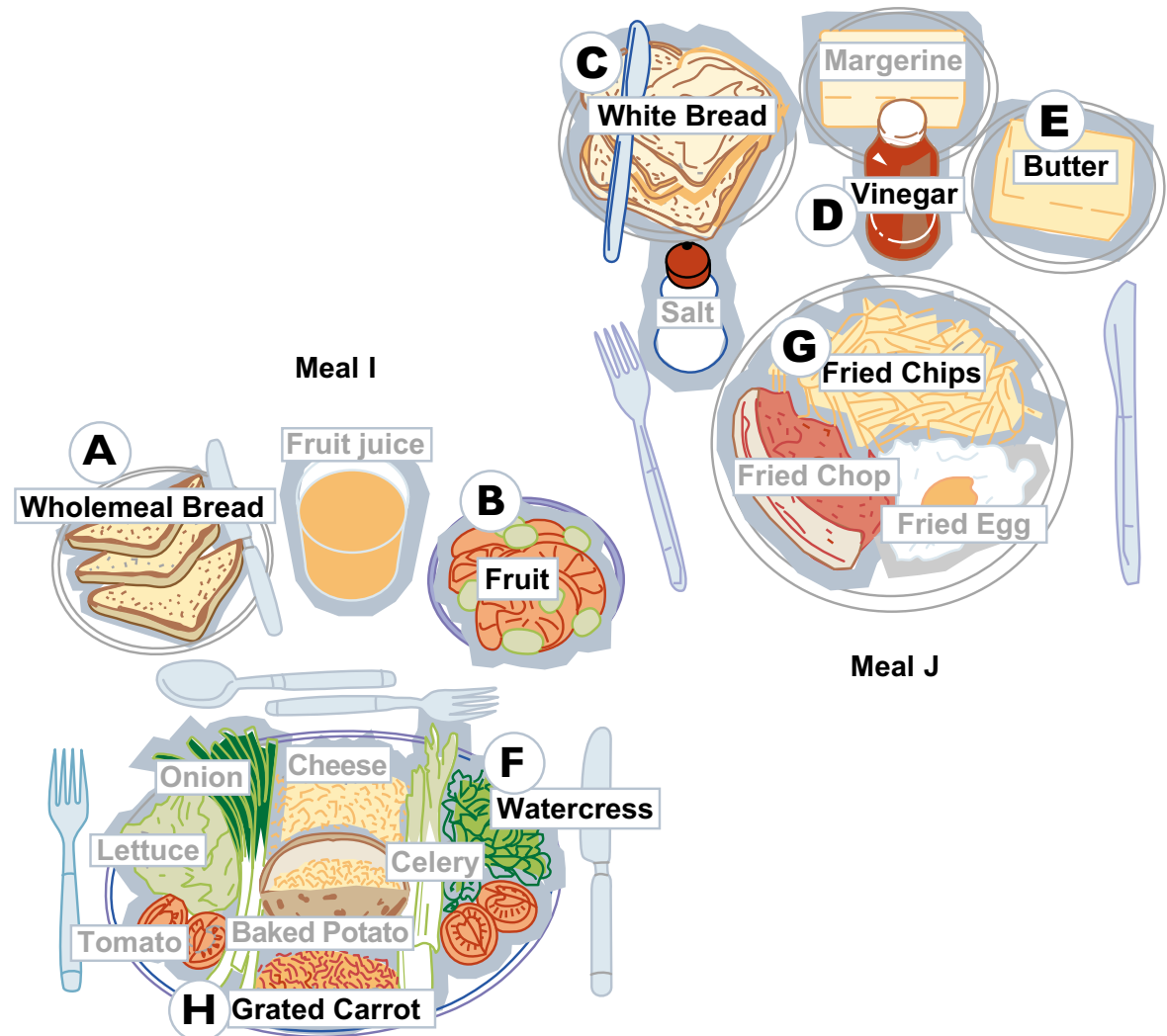
[Reset](#)



## Exercise 2 [◀ back](#)

Study the simplified drawings below two different types of meal. In the drawings different foods are identified by the letters A – J. Match each lettered food to the most appropriate numbered statement, by filling in the box provided. You may find the information in the food table provided helpful.

1	Made from refined flower with low fibre..	<input type="text"/>
2	The type of meal that decreases your risk of developing heart disease and cancer	<input type="text"/>
3	Contains the most natural sugar.	<input type="text"/>
4	The best source of vitamin C	<input type="text"/>
5	Contains the most energy and saturated fats.	<input type="text"/>
6	High in fat when cooked in this way.	<input type="text"/>
7	The type of meal that increases your risk of developing heart disease and cancer (especially of the large intestine)	<input type="text"/>
8	Very acidic.	<input type="text"/>
9	Is the best source of fibre and iron.	<input type="text"/>
10	Is the best source of vitamin A.	<input type="text"/>



● Total score out of a possible 10

0

[Reset](#)