

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.



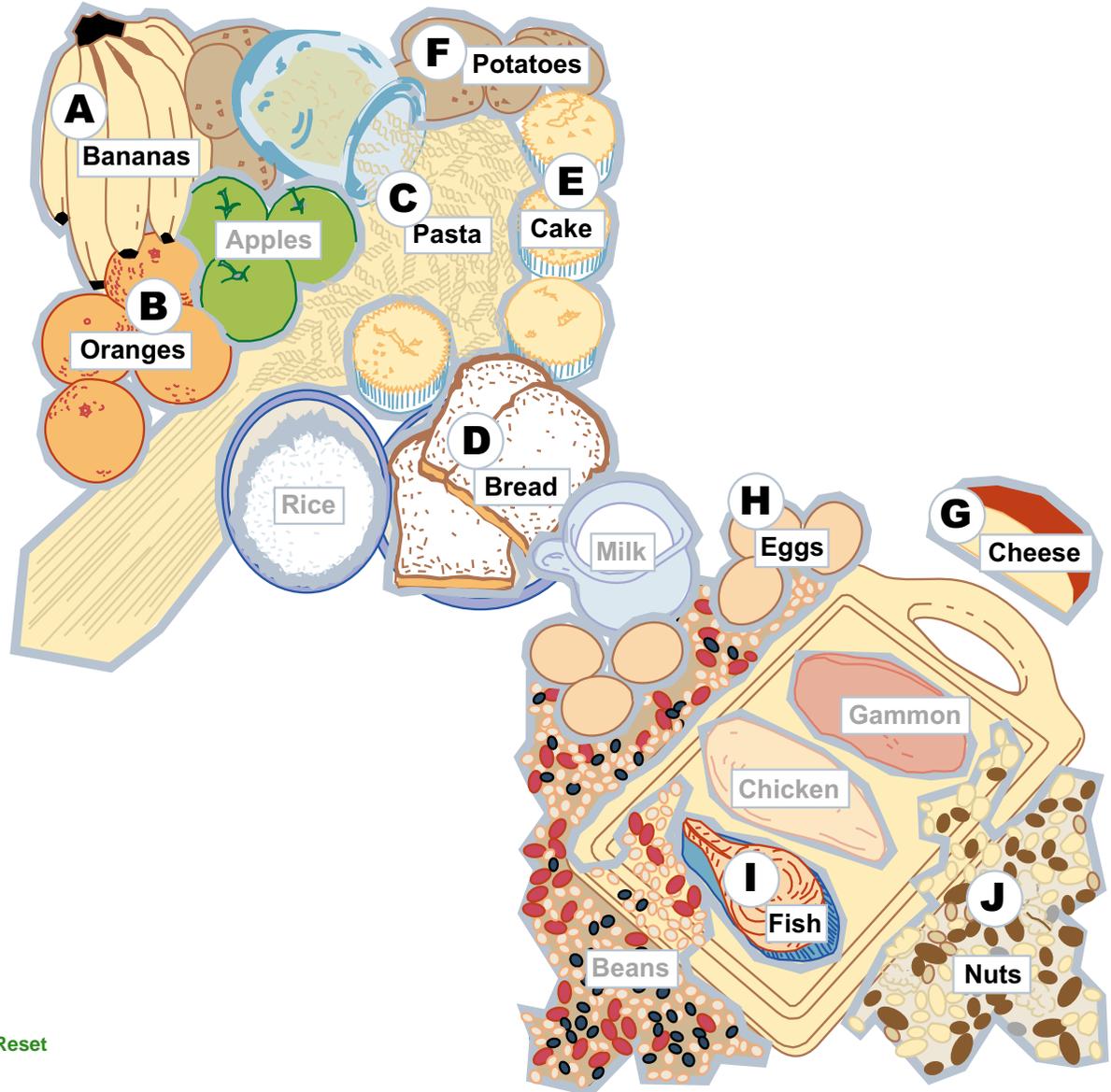
Exercise 1 [◀ back](#)

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

● Total score out of a possible 10

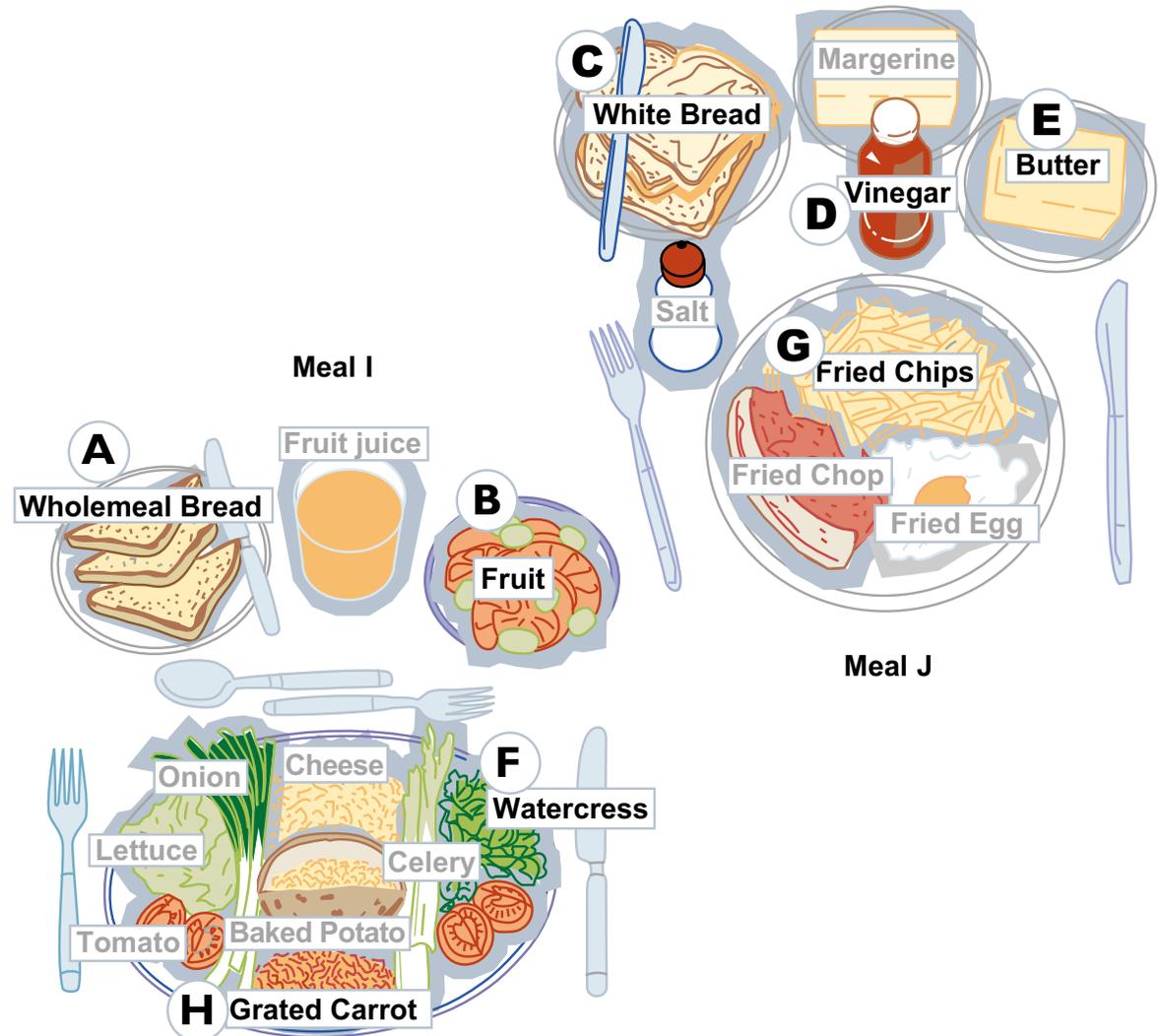
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Exercise 2 [◀ back](#)

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