

## KS1 D and T Quiz - Food (Questions)

*This quiz addresses part of the requirements of the National Curriculum KS1 Design and Technology for children aged 5 and 6 in years 1 and 2. Specifically it looks at different types of food and choosing which to eat. It is one of 10 quizzes to help you with designing and making useful things, and finding out about how things are made.*

We all need to eat food. Where does food come from? What different types of food are there? What are good things to eat? Before you can start cooking, you need to be choosing which foods to use. This quiz helps you work through choosing foods so as to grow and stay healthy and strong.

**1. Where does milk come from?**

- Cows
- Factories
- Offices
- Garages

**2. Rice, potato and pasta all contain lots of:**

- Carbohydrates
- Fats
- Proteins
- Fibre

**3. Which part of the lettuce plant do we eat?**

- The root
- The flower
- The seed
- The leaves

**4. Alex is designing a salad. Which one of these could Alex put in his salad?**

- Biscuits
- Chips
- Tomatoes
- Cakes

**5. What can happen if we eat too much?**

- We might put on too much weight
- We might lose weight
- We might get hungry
- We might get shorter

**6. As well as a varied diet, what else can we do to stay healthy?**

- Sit around all day
- Play computer games all day
- Never go out
- Do lots of sports and go for walks

**7. As well as eating fruits from plants, we also eat some plant roots. Which one of these comes from the root of a plant?**

- Banana
- Carrot
- Beef
- Corn flakes

**8. Fruits are good for you. Fruits come from:**

- Plants
- Factories
- The sea
- The air

**9. Meat, fish and beans all contain a lot of:**

- Proteins
- Carbohydrates
- Air
- Water

**10. To stay healthy what should we do?**

- Eats lots of the same food
- Always eat the same thing
- Only eat potatoes and iced buns
- Eat a variety of different foods

## KS1 D and T Quiz - Food (Answers)

**1. Where does milk come from?**

- Cows
- Factories
- Offices
- Garages

What other types of food are made from milk?

**2. Rice, potato and pasta all contain lots of:**

- Carbohydrates
- Fats
- Proteins
- Fibre

We need to eat carbohydrates, but if we eat too much we will store it as fat

**3. Which part of the lettuce plant do we eat?**

- The root
- The flower
- The seed
- The leaves

We also eat the leaves of the cabbage

**4. Alex is designing a salad. Which one of these could Alex put in his salad?**

- Biscuits
- Chips
- Tomatoes
- Cakes

What else could Alex put in his salad?

You can find out more about food by looking at our [KS1 Science](#) quizzes. Have you tried them yet?

**5. What can happen if we eat too much?**

- We might put on too much weight
- We might lose weight
- We might get hungry
- We might get shorter

We need to eat enough but not too much

**6. As well as a varied diet, what else can we do to stay healthy?**

- Sit around all day
- Play computer games all day
- Never go out
- Do lots of sports and go for walks

Exercise helps us to stay healthy

**7. As well as eating fruits from plants, we also eat some plant roots. Which one of these comes from the root of a plant?**

- Banana
- Carrot
- Beef
- Corn flakes

Beetroot and parsnips also come from the roots of plants

**8. Fruits are good for you. Fruits come from:**

- Plants
- Factories
- The sea
- The air

Which are your five favourite fruits?

**9. Meat, fish and beans all contain a lot of:**

- Proteins
- Carbohydrates
- Air
- Water

We need proteins to help us grow and stay strong

**10. To stay healthy what should we do?**

- Eats lots of the same food
- Always eat the same thing
- Only eat potatoes and iced buns
- Eat a variety of different foods

We need a varied diet to stay healthy