

#### KS1 Science Quiz - Staying Healthy - Food (Balanced Diet) (Questions)

This quiz addresses the requirements of the National Curriculum KS1 Science for children aged 5 and 6 in years 1 and 2. Specifically this quiz is aimed at the section dealing with staying healthy by eating a balanced diet and different types of food.

Do you eat just one type of food? No - even if you have a favourite food, you will need to eat other things as well if you want to stay healthy. When looking at staying healthy in school you have probably learned that people need a balanced diet - they need to eat a variety of different foods. What have you found out about a balanced diet?

1.	Which of these is the best healthy option?     Image: Cakes and biscuits   Image: Cakes and biscuits   Image: Cakes and crisps   Image: Cakes and vegetables   Image: Cakes and sweets	n	<text></text>
3.	Sam likes doughnuts. But what will happen if Sam only eats doughnuts?	c s	Alex has just woken up. She gets up, washes and leans her teeth. Then she gets dressed. Before she ets off for school, she has something to eat. Alex has her

# Education Quizzes

5. What is toast made from?



- [ ] Potatoes
- [ ] Pizza
- [ ] Bread
- [ ] Biscuits
- 7. What should you do to have a healthy diet?



- [ ] Eat the same thing every day
- [ ] Eat lots of the same thing
- [ ] Eat different types of food
- [ ] Eat lots of food
- 9. Here is a list of foods: cabbage, Brussels sprouts, lettuce, broccoli, spinach. What do we call these vegetables?



- [ ] Beans
- [ ] Greens
- [ ] Reds
- [] Roots

6. Which one of these is best in a healthy diet?



- ] Doughnuts
- [ ] Vegetables
- [ ] Sweets

L

- [ ] Crisps
- 8. Eating fruit is good for us. Many fruits have an important chemical in them. It helps keep us healthy. What is it called?



- [] Hydrogen
- [ ] Carbon dioxide
- [] Oxygen
- [] Vitamin C
- 10. We need a variety of foods to grow and stay healthy. What else do we need to stay healthy?



- [ ] Ice Cream
- [ ] Sweets
- [ ] Chocolate
- [] Water

## Education Quizzes

### KS1 Science Quiz - Staying Healthy - Food (Balanced Diet) (Answers)

1. Which of these is the best healthy option?



- Cakes and biscuits
- [ ] Chips and crisps
- [x] Fruit and vegetables
- [ ] Ice cream and sweets

Do you eat plenty of fruit and veg?

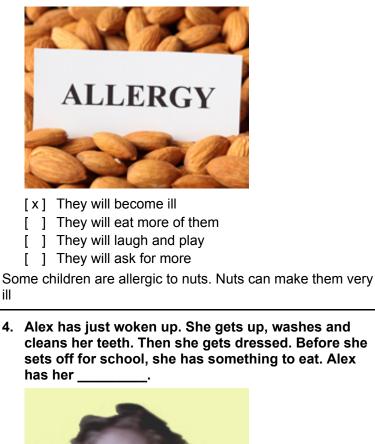
3. Sam likes doughnuts. But what will happen if Sam only eats doughnuts?



- [] He will be very happy
- [x] He will become ill
- [] He will turn into a doughnut
- [ ] He will dream about doughnuts

Sam might dream about doughnuts, and he might be happy. But if you only eat one food, it will make you ill. Sam needs a varied diet

2. Some children have allergies. They must be careful not to eat certain foods. What might happen if they eat those foods?





- [x] Breakfast
- ] Lunch ſ
- Теа []

ill

[] Supper

It is good to have something to eat before you start your lessons

# Education Quitzzes

5. What is toast made from?



6. Which one of these is best in a healthy diet?



[ ] Doughnuts [x] Vegetables

] Sweets

[] Crisps

[

stay healthy

- [] Potatoes
- [] Pizza
- [x] Bread
- [] Biscuits

Bread comes in all sorts of different shapes and sizes. Some bread is white. Eating some white bread is okay, but doctors say that brown bread - wholemeal, wholegrain or granary - is even better in a healthy diet

7. What should you do to have a healthy diet?



- [ ] Eat lots of the same thing
- [x] Eat different types of food
  - [ ] Eat lots of food
- Eat lots different types of food

8. Eating fruit is good for us. Many fruits have an important chemical in them. It helps keep us healthy. What is it called?

Vegetables give us special chemicals to help us to grow and



[]	Hydrogen
[]	Carbon dioxide
[]	Oxygen
[x]	Vitamin C
Vitamin C is in lots of fruit and veg	



9. Here is a list of foods: cabbage, Brussels sprouts, lettuce, broccoli, spinach. What do we call these vegetables?



- [ ] Beans
- [x] Greens
- [] Reds
- [] Roots

Green vegetables are good for us. Do you always eat up your greens?

10. We need a variety of foods to grow and stay healthy. What else do we need to stay healthy?



[	]	Ice Cream
		<b>^</b> ·

- [ ] Sweets [ ] Chocolate
- [x] Water

We have to have something to drink