

1. Give two reasons why you should eat 5 portions of Fruit & Vegetables a day (2 marks)

2. Which of these products contains the most vitamin C?

- **A Sprouts**
- **B Oranges**
- **C Potatoes**
- **D Chocolates**

3. What is the best option for a high energy snack in preparation for physical activity?

- **A Chocolate Bar**
- **B Small Salad**
- **C Can of Fizzy Juice**
- **D Banana**

4. What does BMI stand for?

- **A Body Muscle Ideal**
- **B Blood Measuring Instrument**
- **C Better Midriff Image**
- **D Body Mass Index**