



## Break Time Quiz

1. How much fluid should you drink a day?
  - a) 4 to 5 cups
  - b) 5 to 7 cups
  - c) 6 to 8 cups
  
2. What is the best drink to improve your hydration?
  - a) Water
  - b) Alcohol
  - c) Fizzy Drinks
  
3. How can you identify if you are dehydrated?
  - a) Feeling thirsty
  - b) Passing strong smelling urine
  - c) Urine is a dark colour
  - d) All of these
  
4. How much water do you lose a day through breathing?
  - a) A glass
  - b) A pint
  - c) A gallon
  
5. Which of these is a sign of dehydration?
  - a) Headache
  - b) Irritability
  - c) Tiredness
  - d) All of these

6. Which of these can help your body access its fluid for the day
- a) Coffee
  - b) Water
  - c) Lettuce
  - d) Apples
  - e) All of these
7. What is the recommended daily calories on the Eatwell Guide for a healthy adult?
- a) For a lady
  - b) For a man
8. What is the correct portion size on a plate of ....
- a) The protein item - meat / fish
  - b) The carbohydrate - potato / rice /pasta
  - c) The vegetables
9. How many portions of fruit and vegetables a day should you eat ?
- a) 3
  - b) 5
  - c) 7
10. What form can your daily intake fruit and vegetables take?

Thank you for taking part ..... now enjoy a drink!

Answers -

1 c) 6 to 8 drinks 8 oz 200ml cups per day, but the more active you are you'll need more fluid.

2 a) Water is the best fluid to hydrate. Alcohol does not count to fluid intake and fizzy drinks should be avoid due to their high sugar content.

3 d) All of these are signs of dehydration.

4 b) A pint

5 d) All of these

6 d) All of these

7 a) 2000 calories

b) 2500 calories

8 a) The protein should fit in your palm and be no thicker than a pack of card. It is your palm size or the person eating the food.

b) The carbohydrate rate should be the size of your clenched fist or that of the person eating it.

c) They should fill most of the plate that is left. See Q9 for further details.

9 b) 5 a day is still the key message, although you may hear 5 plus 2 or the colours of the rainbow to vary your fruit and vegetables.

10. They can be fresh, frozen, tinned, fruit juice (although only one glass a day counts) and dried. Be aware of the high sugar content in dried food, especially for younger children where this may lead to dental problems.