

Nutrition Quiz – true or false

1. Potato chips are a healthy way to eat potato. – FALSE

Chips and crisps are made from potato, but cooked in oil, so are high in fat and usually have added salt.

2. Snacks are an important part of a healthy diet for active children – TRUE

Children have small stomachs and need to eat meals and mid-meal snacks to keep up their energy levels and to get all the essential nutrients they need. This doesn't mean grazing all day or snacking on energy-dense, nutrient-poor foods. It means having a healthy morning snack at school and another after school.

3. Fruit juice is a healthy alternative to eating a piece of fruit – FALSE

A piece of fruit is a better choice than juice as it provides fibre, takes longer to eat and is better for the teeth.

4. Thirst is a good indicator of dehydration - FALSE

The thirst mechanism is generally an imprecise guide to water needs, as the feeling of thirst is delayed and suppressed during exercise.

5. Artificially sweetened drinks are safe for teeth – FALSE

While these drinks don't contain sugar, they do contain acid which contributes to the erosion of tooth enamel.

6. Dried fruits aren't as healthy a choice as fresh fruit – TRUE

Dried fruit contain a high concentration of sugar, and tend to stick to teeth and contribute to tooth decay.

7. Primary school children need at least 8 glasses of water each day – FALSE

Children of this age need around 5-6 glasses of fluid/day. This fluid requirement includes water and all other drinks. More is needed in hot weather and during and after playing sport.

8. Primary school children need to drink regular whole milk – FALSE

Reduced fat milks should be encouraged for children over the age of 2 years. They contain the same nutrients as whole milk but are lower in saturated fats and therefore energy.

9. Foods such as broccoli and almonds are a good source of calcium in the diet – FALSE

A handful of almonds (about 15) contains only about 40mg calcium and only about half of this is absorbed by the body. One cup of broccoli contains about 45mg calcium. Compare this to a glass (200ml) of milk that contains 300mg calcium. Considering that an adult female needs at least 1000mg/day, that's a lot of almonds and broccoli!

Dairy foods and calcium-fortified substitutes such as soy milks are the best source of calcium.