

## HOW MUCH DO YOU KNOW ABOUT FOOD?

### WHAT YOUR SCORE MEANS

#### 0–5

Oh dear! You need to be careful. Buy a good book on nutrition – there are plenty to choose from.

#### 6–9

You may be eating the wrong diet. Check that you're including enough fresh produce in your meals.

#### 10–14

Pretty good, but there's still room for improvement

#### 15–18

You obviously know a lot about food and you're probably eating very healthily.

**Some words and expressions used in the Quiz. Look up the ones you don't know**

Which type

What effect

Recommended daily amount

Main cause

Allergies

Put on weight

Primarily

Essential for

Lack of

