

QUIZ ANSWERS

Q1.	A All of the above All count towards your 5 portions a day. Keeping a supply of tinned or frozen vegetables at home means you can have a constant supply without worrying about fresh food going out of date quickly.
Q2.	D 2 portions You should aim for 2 portions of fish a week, one of which should be an oily fish e.g. salmon, anchovies, sardines and mackerel.
Q3.	C Potatoes Ordinary potatoes don't count because they are a starchy food but sweet potatoes do. The other foods all count towards your 5-a-day.
Q4.	D All of the above
Q5.	FALSE It is a common held belief that losing weight is an inevitable part of ageing but this is in fact a myth!
Q6.	D All of the above
Q7.	A 1 in 10 That equates to 103,000 people in Scotland alone.
Q8.	FALSE Malnutrition can affect those who are underweight or overweight. However, it is often less recognised and there is less awareness about the dangers of becoming undernourished.
Q9.	B Eating meals higher in calories & protein This helps to prevent any further weight loss.
Q10.	C Milk All of these drinks would help keep you hydrated but milk is the most nourishing as it contains calories and protein.