

## Answer Sheet

### I want to help someone lose weight quiz

Tick the all right answers – there may be more than one

#### Question 1

Being healthy is:

- a) Only for people who are into fitness
- b) About feeling better and living longer**
- c) Cutting out all the things you enjoy

Being healthy is something that all people can achieve. Small changes to what we eat and increases in activity have been shown to have positive effects such as reduced risk of heart disease, some cancers as well as improve our mental wellbeing.

#### Question 2

How much weight loss makes a difference?

- a) 5% - 10% of bodyweight**
- b) 15% of bodyweight
- c) 25% of bodyweight

Losing 5% - 10% of our body weight can reduce our risk of some serious health problems such as some cancers and heart disease as well as helping to ease problems such as joint pain.  
<http://www.nhs.uk/chq/Pages/848.aspx?CategoryID=51&SubCategoryID=165>

#### Question 3

A person's Body Mass Index (BMI) is:

- a) To do with blood pressure
- b) A calculation based on your weight and height**
- c) Something that only doctors are interested in

BMI tells us if our weight is healthy for our height. To calculate an adults BMI you divide their weight in kilogrammes by their height in meters squared.

#### Question 4

Being overweight or obese:

- a) It's not a problem
- b) Means needing to go on a drastic diet
- c) Means making small changes to lifestyle**

If a BMI is above 25 and below 29.9 then you are classed as overweight, a BMI above 30 means you are obese and at increased risk of future health problems.  
<http://www.nhs.uk/chq/Pages/3215.aspx?CategoryID=52>



### Question 5

Some problems that diet & exercise can help with are:

- a) Heart health
- b) Difficulties with walking
- c) Aching joints & back pain
- d) High blood pressure
- e) Mood

All of the above health problems can be helped with lifestyle changes.

### Question 6

Telling someone takeaways are bad for their health is:

- a) Restricting their choice
- b) Nagging
- c) Helpful if they are trying to lose weight

There is a balance between stopping somebody from having a takeaway and suggesting an alternative meal option. If somebody you are supporting are adamant they would like a takeaway meal we can suggest better choices such as a smaller pizza or a lower fat option such as a chicken kebab in place of a donner.

### Question 7

Which of the following are healthy cooking methods?

- a) Frying
- b) Steaming
- c) Boiling
- d) Grilling
- e) Baking

Healthier cooking methods involve reducing the fat content of a food such as allowing the fat to drain off meat while grilling, or in the case of steaming this can help prevent vitamins being lost during the cooking process.

### Question 8

Which of the following are problem foods?

- a) Potatoes are a problem because they are fattening
- b) Eggs are bad for the heart
- c) Fatty & sugary foods are a problem if we have too much

Fat contains 9 calories per gram compared to the 4 calories per gram in carbohydrates. Starchy food such as potato are not fattening unless we cook them or serve them in oil or creamy sauces. Sugar contains no nutrition and is often referred to as 'empty calories' it is not needed for energy and our bodies preferred source of energy comes from carbohydrates such as potato, pasta, rice or bread



### Question 9

Which for the following are good changes to make?

- a) Skipping meals
- b) Using less sugar**
- c) Cutting out bread
- d) Having more fruit and vegetables**
- e) Snacking less often**
- f) Having takeaways every night
- g) Frying foods

**Sugar contains no nutrition and is often referred to as 'empty calories' it is not needed for energy and our bodies preferred source of energy comes from carbohydrates such as potato, pasta, rice or bread. Fruit and vegetables are full of vitamins and minerals as well as containing fibre this can help us feel fuller for longer. Vegetable have a low energy density which means we can eat a lot of vegetables without worrying about the calories.**

### Question 10

**Mr Y has a learning disability, he currently chooses what he wants at meal times, but this is often oven cooked foods with chips such as chicken Kiev/ pizza/ pasty and chips. He is unable to see to read the labels, and tends to choose the same few foods.**

**How would you help him make these meals healthier?**

- a) **Support him shopping by reading labels and suggesting new foods he could try**
- b) **Encourage him to add some frozen vegetables and reduce the portions of the oven foods**
- c) Stop him from cooking himself
- d) Spend time teaching him how to cook some new healthy meals so he doesn't need to rely on oven foods**
- e) Push him to eat more oven foods
- f) Make him eat what you eat

**Role modelling can have a positive impact when supporting people to make changes to what they choose to eat if they see you choosing healthier options they may be more willing to try themselves. Trying looking at different ways to make the education part of everyday activity's such as looking at traffic light information on packaging when shopping and trying different cooking methods of the foods he enjoys. Also make sure that everybody involved in the clients support circle are sharing the same key messages to him.**

