

I want to help someone to 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

Question 2

How much weight loss makes a difference?

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

Question 3

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

- a) To do with blood pressure
- b) Measuring what you weigh and how tall you are
- c) Something that only doctors are interested in

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

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

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



Question 7

Which of the following are healthy cooking methods?

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

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

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

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 and chips, or pizza, or 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

