

## **I want to lose weight quiz Answers**

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

**Making better choices can help keep you healthy and might stop you getting poorly in the future**

### **Question 2**

**How much weight do you need to lose to make a difference?**

- a) 5% -10% of bodyweight (a little bit)**
- b) 15% of bodyweight (a little bit more)
- c) 25% of bodyweight (a lot)

**Losing a little a bit of weight and keeping it off can help prevent some cancers and help prevent heart disease and stroke.**

### **Question 3**

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

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

**Your BMI uses a sum or a table to work out if you are a healthy weight for your height. Having a BMI over 25 means you are overweight. If your BMI is 30 or higher you are classed as being obese which means you have an increased risk of becoming diabetic or having a heart attack.**



#### **Question 4**

**Being overweight or obese:**

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

**If you are overweight or obese you can become healthier by making small changes to what you eat and doing more. Cutting back on salt can reduce your blood pressure so can taking more walks and will help to keep your heart healthy.**

#### **Question 5**

**Some problems that diet & exercise can help with are:**

- a) Heart health
- b) Difficulties with walking
- c) Aching joints & back pain**

**Being overweight will not just affect your health it could also increase problems you have with joints such as back and knee pain.**

#### **Question 6**

**The Eatwell guide shows us that:**

- a) We can eat lots of different foods
- b) All the nice foods are bad for you
- c) We should eat more of some foods than others.**

**The Eatwell guide shows us that we should eat a range of food. Fruit and vegetables, starchy carbohydrates such as bread, potatoes and rice should be most of our diet. As well as this we should eat dairy food and protein such as fish, eggs, meat and beans. It tells us that we should only have small amounts of good fats and eat food high in fat and sugar occasionally.**



### **Question 7**

**Fruit & vegetables:**

- a) Eating 5 servings of fruit & vegetables or more each day is good.**
- b) It doesn't matter if we don't have any fruit & vegetables
- c) Fruit & vegetables are important for the digestive system**

**We should aim to eat 5 or more portions of fruit and vegetables every day. Eating lots of fruit and vegetables can help prevent illness such as diabetes, heart disease and some cancers. Fruit and vegetables contain lots of fibre which helps keep our bowels healthy by stopping us becoming constipated.**

### **Question 8**

**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**

**Too much fat and sugar is bad for us. Fat contains double the energy of starchy or protein foods which means we can put weight on if we eat too much fat. Sugar contains no vitamins or minerals which our bodies need to be healthy this is called empty calories.**

### **Question 9**

**To lose weight healthily in the long-term it helps to:**

- a) Skip meals
- b) Fill up with lots of healthy foods**
- c) Do more exercise**

**To lose weight we should eat more healthy foods which are lower in fat and sugar and do more exercise. Skipping meals is a bad idea as if we get too hungry we often make poor food choices and snack more.**



### Question 10

Which drinks are healthy?

- a) **Water**
- b) Hot Chocolate with cream
- c) **Diet Coke**
- d) Fruit Juice
- e) Milk Shake
- f) Drinks with added sugar
- g) Ribena
- h) Smoothies
- i) Sports/Energy Drinks
- j) **Semi-skimmed milk**

**The best drink is water but we can drink tea, coffee if we don't add sugar. If you want a fruit drink use a no added sugar diluted juice drink. Watch out for drinks that have lots of fat in and use semi skimmed or 1% milk.**

### Question 11

Making small changes to how much I eat is:

- a) Too slow to make any difference
- b) **Pays off in the long term**
- c) **Helps to form new habits**

**Making small changes are easier than making big changes and you will find them easier to keep up - a small change could be changing from sugar to sweetener in your cup of tea or using oven chips and fish portions instead of going to the chip shop for fish and chips. Trying to take more exercise can help too - try walking to a bus stop a bit further away and getting off a stop earlier.**



**Question 12**  
**Snacking is:**

- a) **OK if the snack is healthy food**
- b) Something I must do even if I am not hungry
- c) It's a good thing to do when you are bored or stressed

**Snacks should be limited to one or two a day choose ones that are 120kcal or less or have some fruit. Good choices would be a low calorie cereal bar or a low fat yogurt. If you want sweets or some chocolate choose something small like a milky way or a freddo frog.**

**Question 13**  
**Good changes to make include:**

- a) Skipping meals
- b) **Using less sugar**
- c) Cutting out bread

**Using less sugar means having less calories. Try using granulated sweeteners instead of sugar.**

**Question 14**  
**The amount of food on my plate**

- a) Doesn't matter
- b) Might be too small so I will need an extra helping
- c) **If it is the right sort and amount of food I should not feel too full or still hungry after my meal**

**If you feel your plate looks empty try adding some more vegetables or add a side salad.**

**If you normally have large plates of food with lots of starchy food like lots of pasta try to cut down the amount you have a little bit at a time.**



### **Question 15**

**Habits are:**

- a) An activity a person does rarely
- b) Difficult to stop**
- c) Influenced by how a person thinks

**We all have habits and they can be something we do without thinking. It might be buying a mars bar when we go to the shop for a morning paper, it could be having a biscuit when we go in the cupboard to get out a tea bag. They can be difficult to stop which is why making one or two small changes at a time can help us lose weight. We need to be positive that we can make changes to our habits, and be proud when we make changes but not hard on ourselves when have a 'slip-up'.**

### **Question 16**

**Good 'healthy living' habits are:**

- a) Eating at regular times
- b) Having a balanced diet**
- c) Not eating breakfast
- d) Having fruit as a snack**
- e) Eating more when you feel upset or bored
- f) Taking regular exercise**

**Having a balanced diet and eating regular meals with sensible snacks along with doing more can help us manage our weight.**



### **Question 17**

**Bad habits are:**

- a) Having a fried breakfast each morning**
- b) Skipping meals**
- c) Having chocolate as an occasional treat
- d) Attending meals in the dining room
- e) Always having biscuits with a cup of tea**
- f) Opting out of opportunities for exercise**

**Having a fried breakfast everyday will give you lots of calories which you might find hard to burn off leading to weight gain. Fried food also contains lots of fat which can lead to heart disease. If you like a cooked breakfast try having a change to something like a poached egg or baked beans on toast.**

**Eating meals in the dining room or at a table is a good habit. Eating in a dining room means we are not distracted while we eat meaning we are more likely to recognise when we have eaten enough.**

