

## **I want 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 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)

### **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

### **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



**Question 5**

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

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

**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

**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

**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



**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

**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

**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

**Question 13**

**Good changes to make include:**

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



**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

**Question 15****Habits are:**

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

**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

**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

