

Are you ready to take a fun quiz?

Try to answer the following questions. Be careful - some of them are tricky. Discuss the reasons for your answers with the students in your group and write them down in the space provided.



1. It is okay to skip meals.

True False

2. Eating regular meals (3 times a day) and snacks from a variety of food groups is healthy.

True False

3. You should only eat fruits and vegetables.

True False

4. The fat in food keeps you from feeling hungry in between meals.

True False

5. Waiting until you are starving is a good time to eat.

True False

6. Sometimes people eat when they are not hungry.

True False

7. Canada's Food Guide recommends that a daily meal plan (everything you eat in one day) has around 30% of energy from fat.

True False

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# Answers



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True **False**

4. The fat in food keeps you from feeling hungry in between meals.

**True** False

5. Waiting until you are starving is a good time to eat.

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**True** False

7. Canada's Food Guide recommends that a daily meal plan (everything you eat in one day) has around 30% of energy from fat.

**True** False

1. False. Skipping meals can lower your metabolism which means less energy and decreased concentration, making it harder to learn. It can also lead to overeating at other times of the day, and even leave you feeling weak or sick.

2. True. Active bodies need energy. Eating regular meals and snacks from a variety of food groups is key to maintaining a healthy body and healthy mind.

3. False. Canada's Food Guide to Healthy Eating recommends eating from a variety of food groups, one of which includes fruits and vegetables. The other food groups are equally important for normal growth (e.g. grain products, meat and alternatives, milk and alternatives). It is also okay to eat "other foods" in moderation too.

4. True. Fat is a "satiety nutrient" designed to help people feel full. Choosing to eat only "low fat" or "no fat" foods can make a person feel hungry in between meals, and prevent the body from getting the nutrients it needs.

5. False. The best time for a person to eat a meal or snack is when they are physically hungry. Waiting to eat until starving might lead to headaches, loss of concentration, sleepiness, nausea, irritability, or overeating.

6. True. Sometimes, people eat when they are bored, sad, or distracted (e.g. while watching TV), and that's okay. Try to recognize when your body is hungry and when it is full.

7. True. Up to 30% of energy from fat is recommended as part of a growing child's daily meal plan.