

Name:

Date:

KS1 Quiz

Unit title: Balanced diet

1 What do we mean by diet?

- A How someone prepares food.
- B The food and drink someone usually eats.
- C Eating the same food every day.

2 It is important to...

- A ...eat different foods from each food group.
- B ...eat the same food everyday.
- C ...eat lots of sweets and salty foods before main meals.

3 What skill should you use to prepare spring onions?

- A Snipping.
- B Spreading.
- C Grating.

4 What is a food's appearance?

- A How it smells.
- B How it tastes.
- C How it looks.

5 Create a balanced meal using the ingredients shown.