

Who Wants To Be A Millionaire?

Healthy Eating Edition



Question 1

What do we mean by diet?

A How much we sleep.

B How we play.

C Eating and drinking.

D How much we shop.

What do we mean by diet?

A How much we sleep.

B How we play.

C Eating and drinking.

D How much we shop.



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Question 2

What vitamin prevents scurvy?

A Vitamin A

B Vitamin B

C Vitamin C

D Vitamin D

What vitamin prevents
scurvy?

A Vitamin A

B Vitamin B

C Vitamin C

D Vitamin D



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Question 3

What makes a healthy diet?

A Lots of sweets

B A variety of foods

C Eating lots of carrots

D Being a fruitarian

What makes a healthy diet?

A Lots of sweets

B A variety of foods

C Eating lots of carrots

D Being a fruitarian



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Question 4

For growth what food group do we need?

A Fruit and vegetables

B Fats

C Sugar and starch

D Meat and fish

For growth what food group do we need?

A Fruit and vegetables

B Fats

C Sugar and starch

D Meat and fish



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Question 5

What is a herbivore?

A Plant and meat eater

B Meat eater

C Plant eater

D Sweet eater

What is a herbivore?

A Plant and meat eater

B Meat eater

C Plant eater

D Sweet eater



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Question 6

Too many sweet foods
can result in?

A Spots

B Weight gain

C Rotten teeth

D All of the above

Q Too many sweet foods
can result in?

A Spots

B Weight gain

C Rotten teeth

D All of the above



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Question 7

Which teeth are especially shaped for biting food?

A Incisors

B Canines

C Milk Teeth

D Molars

Which teeth are especially shaped for biting food?

A Incisors

B Canines

C Milk Teeth

D Molars



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Question 8

Which teeth are especially shaped for tearing food?

A Incisors

B Canines

C Fangs

D Molars

Which teeth are especially shaped for tearing food?

A Incisors

B Canines

C Fangs

D Molars



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Question 9

Which teeth are especially shaped for grinding food?

A Incisors

B Canines

C Fangs

D Molars

Which teeth are especially shaped for grinding food?

A Incisors

B Canines

C Fangs

D Molars



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Question 10

To prevent tooth decay
what do you need to do?

A Eat lots of sweets

B Brush your teeth

C Exercise

D Work hard at school

To prevent tooth decay
what do you need to do?

A Eat lots of sweets

B Brush your teeth

C Exercise

D Work hard at school



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Question 11

You children grow how many teeth?

A 10

B 15

C 20

D 25

You children grow how many teeth?

A 10

B 15

C 20

D 25



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Question 12

Adults have how many permanent teeth?

A 25

B 27

C 32

D 35

Adults have how many permanent teeth?

A 25

B 27

C 32

D 35



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Question 13

Rickets is caused by a lack of which vitamin?

A A

B B

C C

D D

Rickets is caused by a lack of which vitamin?

A A

B B

C C

D D



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Question 14

Name the organ which
breaks up the food we eat?

A The heart

B The stomach

C The kidneys

D The brain

Name the organ which
breaks up the food we eat?

A The heart

B The stomach

C The kidneys

D The brain



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Question 15

What part of our diet helps to prevent diseases?

A Vitamins and minerals

B Sugars and starches

C Fats

D Carbohydrates

What part of our diet helps to prevent diseases?

A Vitamins and minerals

B Sugars and starches

C Fats

D Carbohydrates



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