**Multiple Choice Quizzes**

Below are a series of multiple choice quizzes on healthy eating, our existing which you can use to test your knowledge on a variety of topics that you have covered in class. Passing a quiz will also award you with a printable certificate!

# Log into

#  [Food A Fact Of Life: www.foodafactoflife.org.uk](http:// Food A Fact Of Life: www.foodafactoflife.org.uk)

**Eat Well**

* [**The Eatwell Guide quiz**](https://www.onlineexambuilder.com/the-eatwell-guide-quiz/exam-267293)
* ****[**Eight tips for healthy eating quiz**](https://www.onlineexambuilder.com/eight-tips-for-healthy-eating-quiz/exam-267292)
* [**Healthy hydration quiz**](https://www.onlineexambuilder.com/healthy-hydration-quiz/exam-267291)
* [**5-A-DAY quiz**](https://www.onlineexambuilder.com/5-a-day-quiz/exam-267283)

**Energy and nutrients**

* [**Energy balance quiz**](https://www.onlineexambuilder.com/energy-balance-quiz/exam-267301)
* [**Energy quiz**](https://www.onlineexambuilder.com/energy-quiz/exam-267300)
* [**Dietary fibre quiz**](https://www.onlineexambuilder.com/dietary-fibre-quiz/exam-267299)
* [**Nutrients quiz**](https://www.onlineexambuilder.com/nutrients-quiz/exam-267298)
* [**Nutritional needs through life quiz**](https://www.onlineexambuilder.com/nutritional-needs-through-life-quiz/exam-267297)
* [**Dietary Reference Values quiz**](https://www.onlineexambuilder.com/dietary-reference-values-quiz/exam-267296)
* [**Hydration quiz**](https://www.onlineexambuilder.com/hydration-quiz/exam-267282)

**Diet and health**

* [**Diet and health quiz**](https://www.onlineexambuilder.com/diet-and-health-quiz/exam-267287)
* [**Unpleasant reactions to food quiz**](https://www.onlineexambuilder.com/unpleasant-reactions-to-food-quiz/exam-267294)
* [**Healthy teeth quiz**](https://www.onlineexambuilder.com/healthy-teeth-quiz/exam-267289)

**Nutrition labels**

* [**Food labelling quiz**](https://www.onlineexambuilder.com/food-labelling-quiz/exam-267295)

**Digestion**

* [**The digestion process quiz**](https://www.onlineexambuilder.com/the-digestion-process-quiz/exam-267302)

**Activity**

* [**The benefits of physical activity quiz**](https://www.onlineexambuilder.com/the-benefits-of-physical-activity-quiz/exam-267304)
* [**Sports nutrition quiz**](https://www.onlineexambuilder.com/sports-nutrition-quiz/exam-267303)
* [**Physical activity guidelines quiz**](https://www.onlineexambuilder.com/physical-activity-guidelines-quiz/exam-267284)