

QUIZ TIME!

Multiple Choice Quizzes on Healthy Eating to test your knowledge.



Log into Food a Fact of Life

www.foodafactoflife.org.uk



11 - 14 Years

Welcome to the 11-14 Years area, which builds on the learning .

Healthy eating

Cooking

Where food comes from

Food commodities

Activity packs

Nutritional analysis

Schemes of Work

Quizzes



Quizzes

Click on this option



Multiple choice individual quizzes



Eat Well

Complete the **Eat Well** Quizzes on the left.

You can if you are able to print off a certificate.

- [The Eatwell Guide quiz](#)
- [Eight tips for healthy eating quiz](#)
- [Healthy hydration quiz](#)
- [5-A-DAY quiz](#)

GOOD LUCK!

