



POOLS COUPON_FOOD	1	X	2
1. Should you include boiled and baked vegetables in the recommended 600 g fruit and vegetables a day? 1 No, because the heat destroys the vitamin content X Yes, they count because there is only a small loss of vitamins 2 No, only boiled but not baked should be included			
2. Should dried fruit, also including raisins, be included in the 600 g of fruit and vegetables a day? 1 Yes, they should be included X No, because they contain too many calories 2 No, because there is no nutrition in dried fruit			
3. How much fish is recommended for adults and children over 3? 1 100-200 g per week X 200-300 g per week 2 400-500 g per week			
4. How much rye bread do Danes eat on average every day? 1 50 g (1 slice) X 150 g (3 slices) 2 200 g (4 slices)			
5. Dietary fibre can especially be found in food such as: 1 Lean beef X Dairy products, especially ripe cheese 2 Rye bread and vegetables			
6. The energy the body gains from food and drink is calculated as: 1 Kilowatt hours (kwh) X Calories (cal) or kilojoules (kJ) 2 Litres			
7. If the body gets more energy than it can use..... 1 The surplus is flushed away with urine X The body's metabolism increases and releases more heat 2 The energy is saved in the body's fat cells			

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8. What provides the body with most energy? (all weigh 15 g) 1 1 tblsp sugar X 1 tblsp butter 2 1 tblsp oil			
9. What kind of fat is called "healthy" because the body needs it? 1 Fat from milk, soured milk and cheese X Fat from pork or beef 2 Fat from fish and vegetables			
10. Protein in food is important because it: 1 Keeps the stomach working and prevents constipation X Builds and maintains muscle tissue, among other things 2 Ensures strong teeth and bones			
11. How much water should we drink every day? 1 1-2 litres X 3-4 litres 2 We do not need to drink water as we get liquid from our food			
12. An ordinary vitamin/mineral pill contains: 1 A daily dose of all vitamins and minerals X A daily dose of everything except calcium 2 A daily dose of everything except Vitamin A			
13. New question: 1 X 2			