FOOD AND MOOD TRY THIS QUIZ

The answers to each of the 10 questions below can be found on the corresponding postcard or poster.

**Q1. Water**
Water removes toxins from the body and helps us to concentrate.
How many glasses of water per day are we recommended to drink?
- a) 1-2
- b) 2-3
- c) 4-6
- d) 6-8

**Q2. Caffeine**
Too much caffeine can make us anxious, irritable and depressed.
Which one of the following drinks contains caffeine?
- a) mineral water
- b) herbal tea
- c) coffee
- d) fruit juice

**Q3. Carbohydrates**
Foods that release their energy slowly can help to reduce tiredness or irritability.
Which food is a slow energy-releasing food?
- a) sugar
- b) white bread
- c) porridge oats
- d) white rice

**Q4. Protein**
Food that is rich in protein is digested more slowly and can help you feel satisfied for longer. How many examples of protein-rich foods are shown in the kebab picture?
- a) 7
- b) 6
- c) 5
- d) 4

**Q5. Essential fats**
Omega-3 oils help your brain cells to function better.
Which of the following is NOT a good source of omega-3 oils?
- a) sardines
- b) hemp oil
- c) pilchards
- d) sunflower oil

**Q6. Additives**
Eating some additives can affect behaviour and concentration in sensitive people, especially in children. Which additive is the odd one out?
- a) monosodium glutamate
- b) tartrazine
- c) aspartame
- d) vitamin C

**Q7. Breakfast**
Eating breakfast has been linked to better performance at school or work.
Which action plan is most likely to help with mid-morning mood/energy dips?
- a) to think about breakfast
- b) to talk about breakfast
- c) to eat some breakfast
- d) to skip breakfast

**Q8. Gut health**
Some foods irritate the gut and some foods make it feel more comfortable.
Which is the odd one out?
- a) beans
- b) vegetables
- c) live yoghurt
- d) alcohol
Q9. **Fruit and veg**
We are recommended to eat at least five portions per day of fruit and veg. About how much is one portion of fruit or veg for an adult?
- a) a teaspoon
- b) a handful
- c) a plateful
- d) a shopping bag full

Q10. **Food intolerance**
Food intolerance has been associated with feelings of depression and fatigue. Which is the odd one out?
- a) pure water
- b) dairy
- c) yeast
- d) wheat

ANSWERS
Q1: d  Q2: c  Q3: c  Q4: a  Q5: d  Q6: d  Q7: c  Q8: d  Q9: b  Q10: a

Name: __________________________________________________________

Address: _______________________________________________________

Phone: _________________________________________________________

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Would you like us to send you details of forthcoming Food and Mood talks, workshops or groups in your area?

YES / NO

The closing date for the competition/prize draw is: __________________________

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