



GOT1 QUIZ: You will need 80% to pass to GOTs 2

Each question only has 1 possible answer out of 4 choices offered.

Q1_ What is the difference between serving and portions

- A) They are the same
- B) Portion is the amount of food listed on the product and serving is the amount of food we eat in a sitting
- C) Portion is the amount of food we eat and serving the amount of food listed on the product
- D) None of the above

Q2_ What do the colours on the traffic light system mean?

- A) Green = Yes , Amber = Sometimes, Red = Avoid
- B) Green = Sometimes, Amber = Avoid, Red = Yes
- C) Green = Avoid, Amber = Yes, Red = Sometimes
- D) Don't Know

Q3_ Looking at the images below, use the traffic light decoder to find the colour that represents Saturated fat nutrient?



Nutrition

Table of Nutritional Information

	Per 100g	Per 1 pot (150g)	%RI*** per pot
Energy (kJ/kcal)	228/ 54	342/ 81	4
Fat (g)	<0.5	<0.5	<1
of which saturates (g)	0.1	0.2	1
Carbohydrate (g)	3.8	5.7	2
of which sugars (g)	3.5	5.2	6
Protein (g)	9.1	14	28
Salt (g)	0.03	0.04	1

***RI: Reference intake of an average adult (8400kJ/2000kcal)

- A) Green
- B) Amber
- C) Red
- D) Don't Know

Q4_ Looking at the images above, use the traffic light decoder to find the colour that represents the Sugar nutrient?

- A) Green
- B) Amber
- C) Red
- D) Don't know

Q5_ Looking at the images above, use the traffic light decoder to find the colour that represents the Salt nutrient?

- A) Green
- B) Amber
- C) Red
- D) Don't know

Q6_ What does 'Reduced' fat or sugar mean?

- A) 30% less than the standard version
- B) 40% less than the standard version
- C) 50% less than the standard version
- D) None of the above

Q7_ What is the recommended daily allowance of added sugar?

- A) 50g/d
- B) 30g/d
- C) 10g/d
- D) 5g/d

Q8_ What causes dumping syndrome?

- A) Consuming high sugary food
- B) Consuming high starchy food
- C) Consuming high sugary and starchy food
- D) None of the above

Q9_ What should you do when you experience symptoms of dumping syndrome?

- A) Call the ambulance
- B) Lay down on your back for 30min
- C) Call the Dietitian
- D) Stop eating

Q10_ In what order should you eat your food groups be eaten?

- A) Vegetables (1/4), Carbohydrates (1/4), Protein (1/2)
- B) Carbohydrates (1/4), Vegetables (1/4), Protein (1/2)
- C) Carbohydrates (1/4), Protein (1/2), Vegetables (1/4)
- D) Proteins (1/2), Vegetables (1/4), Carbohydrate (1/4)

Q11_ What is the recommended guideline for exercise?

- A) 150min a day
- B) 150min a week
- C) 150min a month
- D) No exercise

Q12_ Which of the following statement of the golden rules are true

- A) Eat regularly
- B) Drink 15min before eating and 30min after eating
- C) x20 chew , 20p coin bite size, 20min,
- D) Avoid alcohol, fizzy drinks, and fruit juice
- E) All the above

