

healthyliving award

Staff Quiz



Please read the award leaflets and view the training DVD before completing the quiz. If you are unable to find the correct answer please use the Guidance folder for assistance. This quiz is suitable for all members of staff.

Q1. What are the 2 main goals of the **healthyliving award**?

Q2. What is the apple logo used for?

Q3. There are 8 main conditions of the award. Can you name 4 of them?

Q4. How much salt should adults consume per day?

Q5. Name 2 ways that you reduce the amount of salt used?

Q6. What is the **least** healthy fat listed below?

Saturated fat

Monounsaturated fat

Polyunsaturated fat

Q7. Name 3 ways that you can reduce the amount of fat & oil used?

Q8. Please tick the healthy cooking methods below

Roasting

Poaching

Steaming

Microwaving

Deep frying

Stirfrying

Grilling

Shallow frying

Q9. Name 2 ways that you would use our award resources within your site to promote the award?

Q10. Name 2 events / promotions that you could use to raise awareness of the **healthyliving award** to your customers?

Q11. Describe how the dishes below could be made healthier?

Fried fish, chips and peas

White bread cheese sandwich

Homemade chicken curry with fried rice & naan bread.

Traditional lasagne with garlic bread

Q12. What 3 drinks must be available and labelled as **healthyliving**?