

# QUIZ ANSWERS

## GET ACTIVE

### For 100 points

**What happens to your heart when you run a race?**

**ANSWER:** It pumps more quickly

**What should you wear to go jogging?**

**ANSWER:** Comfortable tracksuit and trainers

### For 150 points

**Which of these activities uses up the most energy?**

**ANSWER:** Playing tennis

**Which of these activities will help you keep fit?**

**ANSWER:** Dancing in front of the TV

### For 200 points

**What does being active do for your body?**

**ANSWER:** It helps you to get fit and healthy

**Which one of these activities helps make your body flexible?**

**ANSWER:** Touching your toes

### For 250 points

**How much physical activity is it best for you to do each day?**

**ANSWER:** About 60 minutes

**What's a good exercise for building up your muscles?**

**ANSWER:** Riding a bike

### For 375 points

**To get to Olympic standard, how often would you need to train?**

**ANSWER:** Once or twice a day

**What should you do just before you exercise hard?**

**ANSWER:** Warm up with stretching exercises

### For 500 points

**What does being active do for your body?**

**ANSWER:** It helps your bones and muscles grow

**Which of these activities will earn you more move-it points?**

**ANSWER:** 10 minutes of swimming

## EAT WELL

For 100 points

**What drink is it good to have regularly?**

**ANSWER:** Water

**You need to hurry or you'll be late for school.**

**What's the ideal breakfast?**

**ANSWER:** A bowl of wholegrain cereal with skimmed milk

For 150 points

**Your body is feeling sluggish and you need a quick energy fix. What's best?**

**ANSWER:** A handful of dried apricots

**What would a healthy diet be low in?**

**ANSWER:** Salt

For 200 points

**Which would you choose for a healthy pudding?**

**ANSWER:** Baked apple with raisins

**What's a balanced diet?**

**ANSWER:** A healthy mix of different food types

For 250 points

**Our bodies need some fat.**

**Which of these is the healthiest?**

**ANSWER:** Olive oil

**Which of these is the best food to keep your energy levels up for longer?**

**ANSWER:** A bowl of pasta

For 375 points

**Which of these is a good type of fat to eat?**

**ANSWER:** Unsaturated fat

**If you don't eat meat or fish, which of these foods would give you lots of protein to help your body grow and repair itself?**

**ANSWER:** Nuts

For 500 points

**Fibre is good for your digestion. Which of these foods contain the most fibre?**

**ANSWER:** Fruit and vegetables

**Which of these would be the healthiest choice?**

**ANSWER:** Jacket potato with beans

## MOVE IT MOMENTS

For 100 points

**Who won three gold medals for cycling in the 2008 Olympic Games?**

**ANSWER:** Chris Hoy

**Where will the Olympic Games take place in 2012?**

**ANSWER:** London

For 150 points

**What sport is Paula Radcliffe famous for?**

**ANSWER:** The marathon

**How far do you have to run in the London Marathon?**

**ANSWER:** Just over 26 miles

For 200 points

**How old was Eleanor Simmonds when she won two gold medals for swimming in the 2008 Paralympic Games?**

**ANSWER:** 13

**What is the Tour de France?**

**ANSWER:** A bicycle race

For 250 points

**How many gold medals did Great Britain win in the 2008 Olympic games?**

**ANSWER:** 19

**In 2008, who became the youngest ever footballer to score a hat trick for England?**

**ANSWER:** Theo Walcott

For 375 points

**Which of the following is an Olympic event?**

**ANSWER:** Pentathlon

**Which of these sisters are leading tennis players?**

**ANSWER:** Venus and Serena Williams

For 500 points

**Which swimmer has won a grand total of 14 Olympic gold medals?**

**ANSWER:** Michael Phelps

**About how long would it take an experienced swimmer to swim the English Channel?**

**ANSWER:** More than six hours

## HIGH FIVE

For 100 points

**How many portions of fruit and vegetables should you eat every day?**

**ANSWER:** Five

**What does eating 5 A DAY mean?**

**ANSWER:** You should eat five portions of fruit and vegetables a day

For 150 points

**Why should you eat different coloured fruit and vegetables?**

**ANSWER:** To give you a variety of vitamins and minerals

**Which of the following does not count towards your 5 A DAY?**

**ANSWER:** Digestive biscuit

For 200 points

**A rough portion for your 5 A DAY is what fits...?**

**ANSWER:** In your cupped hand

**Which of these pizza toppings will help you get your 5 A DAY?**

**ANSWER:** Pepper and mushroom

For 250 points

**What is an easy way to get one of your 5 A DAY portions of fruit and vegetables?**

**ANSWER:** Add a handful of raisins to your breakfast cereal

**What's so good about bananas?**

**ANSWER:** They give you a natural energy boost

For 375 points

**Why is it best not to drink more than a glass of natural fruit juice a day?**

**ANSWER:** It is high in sugar

**What is a raisin?**

**ANSWER:** A dried grape

For 500 points

**Your body needs vitamin C. Which of these will give you a good supply?**

**ANSWER:** Strawberries and kiwi fruit

**Which of these is the healthiest snack?**

**ANSWER:** Banana on toast

## PICK N' MIX

### For 100 points

**What do oranges contain a lot of?**

**ANSWER:** Vitamin C

**Which of these is best to do to get some exercise?**

**ANSWER:** Wash a car

### For 150 points

**Which of these foods makes a good low-fat snack?**

**ANSWER:** An apple

**To be healthy, what's the main thing you should do as well as eating well?**

**ANSWER:** Be active

### For 200 points

**How many cups of water should you try to drink each day?**

**ANSWER:** Six to eight

**In which sport did Tom Daley compete in the 2008 Summer Olympics?**

**ANSWER:** Diving

### For 250 points

**What can sugary drinks do to your teeth over time?**

**ANSWER:** Make them decay

**If you take in more energy from food than you burn off by being active, what will happen?**

**ANSWER:** Your body will store the energy as fat

### For 375 points

**What's the maximum amount of salt you should eat each day?**

**ANSWER:** Just under a teaspoonful

**Does a brisk 10-minute walk to school count towards the hour of physical activity you should try to do each day?**

**ANSWER:** Yes

### For 500 points

**What else are fruit and vegetables a good source of, as well as vitamins and minerals?**

**ANSWER:** Fibre

**Which of these people is a successful British athlete?**

**ANSWER:** Kelly Holmes