

STEPHEN GLOVER

STAFFORD SPORTS AND PERFORMANCE ACADEMY

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QUIZ TIME!

LET'S SEE IF YOU'VE BEEN ABLE TO REMEMBER ALL THESE FOODS FACTS.!

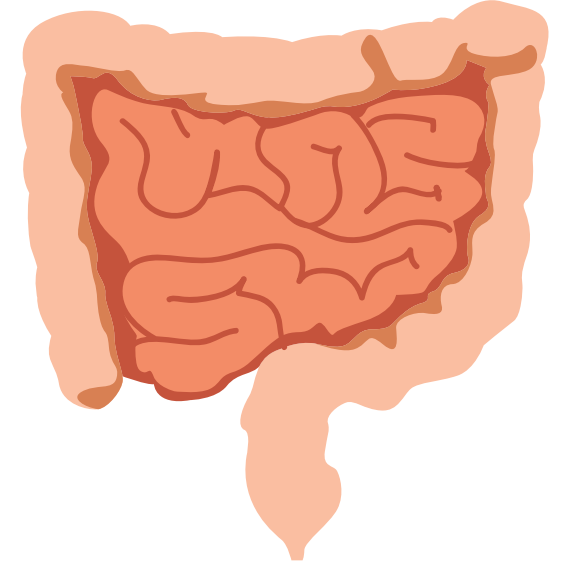
1) HOW MANY TSP OF SUGAR
ARE IN A CAN OF COLA

- A) 3
- B) 8.75
- C) 6



5) WHICH FOODS ARE GOOD FOR
YOUR GUTS?

- A) VEGETABLES
- B) FISH
- C) COLA



2) TRUE OR FALSE, PROTEINS
HELP TO MAKE ANTI-BODIES FOR OUR
IMMUNE SYSTEM

TRUE/FALSE

6) SHOULD YOU SAY YES OR NO TO
DRINKS WITH CHEMICAL
SWEETENERS IN?

YES/NO

3) HOW MANY HOURS OF SLEEP DO YOU
NEED IF YOU'RE BETWEEN 6-12 YEARS
OLD?

- A) 5-7 HOURS
- B) 3-4 HOURS
- C) 9-12 HOURS



7) CAN YOU NAME 3 THINGS THAT
HELP YOUR HEART STAY HAPPY?

4) CIRCLE ALL OF THE CORRECT
ANSWERS

FAT GIVES YOU

ENERGY

SMELLY TRUMPS

KEEPS YOU WARM

MAKES YOUR SKIN GREEN

8) HOW LONG DOES FOOD STAY IN
THE STOMACH?

- A) 2-3 HOURS
- B) 7 HOURS
- C) 1 HOUR
- D) 4 HOURS



SARAH MOCKETT BSC NMED CNHC REG NUTRITION PRACTITIONER - 07815 757317

USE PREVIOUS SHEETS FOR ANSWERS.