

# QUIZ

## 1. PHYSICAL ACTIVITY

Adults should do 30 minutes of moderate-intensity activity on at least 5 days a week. Classify each of the following activities as Light-, Moderate- or Vigorous-intensity

|    | <b>Activity</b>                      | <b>Light</b> | <b>Moderate</b> | <b>Vigorous</b> |
|----|--------------------------------------|--------------|-----------------|-----------------|
| 1  | Walking (1 mile in 15 mins)          |              |                 |                 |
| 2  | Cycling (12 -14mph)                  |              |                 |                 |
| 3  | Tennis (doubles)                     |              |                 |                 |
| 4  | Ironing                              |              |                 |                 |
| 5  | Aerobic dancing                      |              |                 |                 |
| 6  | Running (1 mile in 10mins)           |              |                 |                 |
| 7  | Badminton (social)                   |              |                 |                 |
| 8  | Tennis (singles)                     |              |                 |                 |
| 9  | Hoovering                            |              |                 |                 |
| 10 | Walking (1 mile in 30mins)           |              |                 |                 |
| 11 | Painting and decorating              |              |                 |                 |
| 12 | Swimming (slow crawl /50yds per min) |              |                 |                 |
| 13 | Cleaning and dusting                 |              |                 |                 |
| 14 | Cycling (10 -12mph)                  |              |                 |                 |

## 2. HEALTHY EATING True or False?

- i. Most people in the UK eat too much fat, sugar and salt True /False
- ii. People who want to lose weight should avoid potatoes True /False
- iii. A can of ordinary coke contains the same amount of sugar as a cup of tea with 2 teaspoons of sugar True /False
- iv. People who eat at least 5 portions of fruit and vegetables a day are at lower risk of heart disease, stroke and some cancers True /False
- v. Each of the following count as 'one portion': a banana; an apple; a slice of pineapple; a tablespoon of vegetables True /False
- vi. Starchy foods (e.g. bread, rice, pasta, potatoes) should make up about 50% of everything we eat True /False
- vii. Yams, cassava and plantain do not count as part of 5-a-day True /False
- viii. Around 15% of what we eat each day should come from protein (meat, fish, eggs and pulses-including nuts, seeds and beans) True /False
- ix. Tinned, dried and frozen fruit and vegetables are as good as fresh as part of 5-a-day True /False
- x. Moderate amounts of oily fish, nuts and seeds, avocados, olive oil are useful components of a healthy diet True /False

### 3. SMOKING – the quitting timeline

| What happens if you quit smoking |  | After        |          |
|----------------------------------|--|--------------|----------|
| <b>A</b>                         | your circulation improves  | 20 mins      | <b>1</b> |
| <b>B</b>                         | your lung cancer risk is half that of a smoker                       | 2 – 12 weeks | <b>2</b> |
| <b>C</b>                         | your heart attack risk is half that of a smoker                      | 3 days       | <b>3</b> |
| <b>D</b>                         | your blood pressure and pulse return to normal                       | 2 days       | <b>4</b> |
| <b>E</b>                         | coughs, wheezing and breathing improve                               | 24 hours     | <b>5</b> |
| <b>F</b>                         | you can breathe more easily and your energy increases                | 1 year       | <b>6</b> |
| <b>G</b>                         | your lungs start to clear  | 3 – 9 months | <b>7</b> |
| <b>H</b>                         | your body is nicotine free and your sense of taste and smell improve | 10 years     | <b>8</b> |

Name three other benefits of stopping smoking

|   |  |
|---|--|
| 1 |  |
| 2 |  |
| 3 |  |

### 4. SENSIBLE DRINKING

|          |  |            |          |
|----------|--|------------|----------|
| <b>A</b> | Number of deaths in the UK each year for which alcohol, either on its own or in conjunction with other factors, is responsible | 20         | <b>1</b> |
| <b>B</b> | Percentage of women in UK drinking more than advised number of units of alcohol per week                                       | 2.3        | <b>2</b> |
| <b>C</b> | Number of working days lost each year due to people missing work due to the effects of alcohol                                 | 31         | <b>3</b> |
| <b>D</b> | Percentage of all deaths on the road which involve someone who has been drinking over the legal limit                          | 33,000     | <b>4</b> |
| <b>E</b> | Lowest number of units of alcohol per week drunk by 8% men in UK who are drinking at levels above those regarded as harmful    | 17,000,000 | <b>5</b> |
| <b>F</b> | Percentage of men in UK drinking more than advised number of units of alcohol per week   | 4          | <b>6</b> |
| <b>G</b> | Number of 'units' in a pint of (4%) lager or a small (175mls) glass of wine  | 17         | <b>7</b> |
| <b>H</b> | Percentage of adults in the UK dependent on alcohol  | 50         | <b>8</b> |