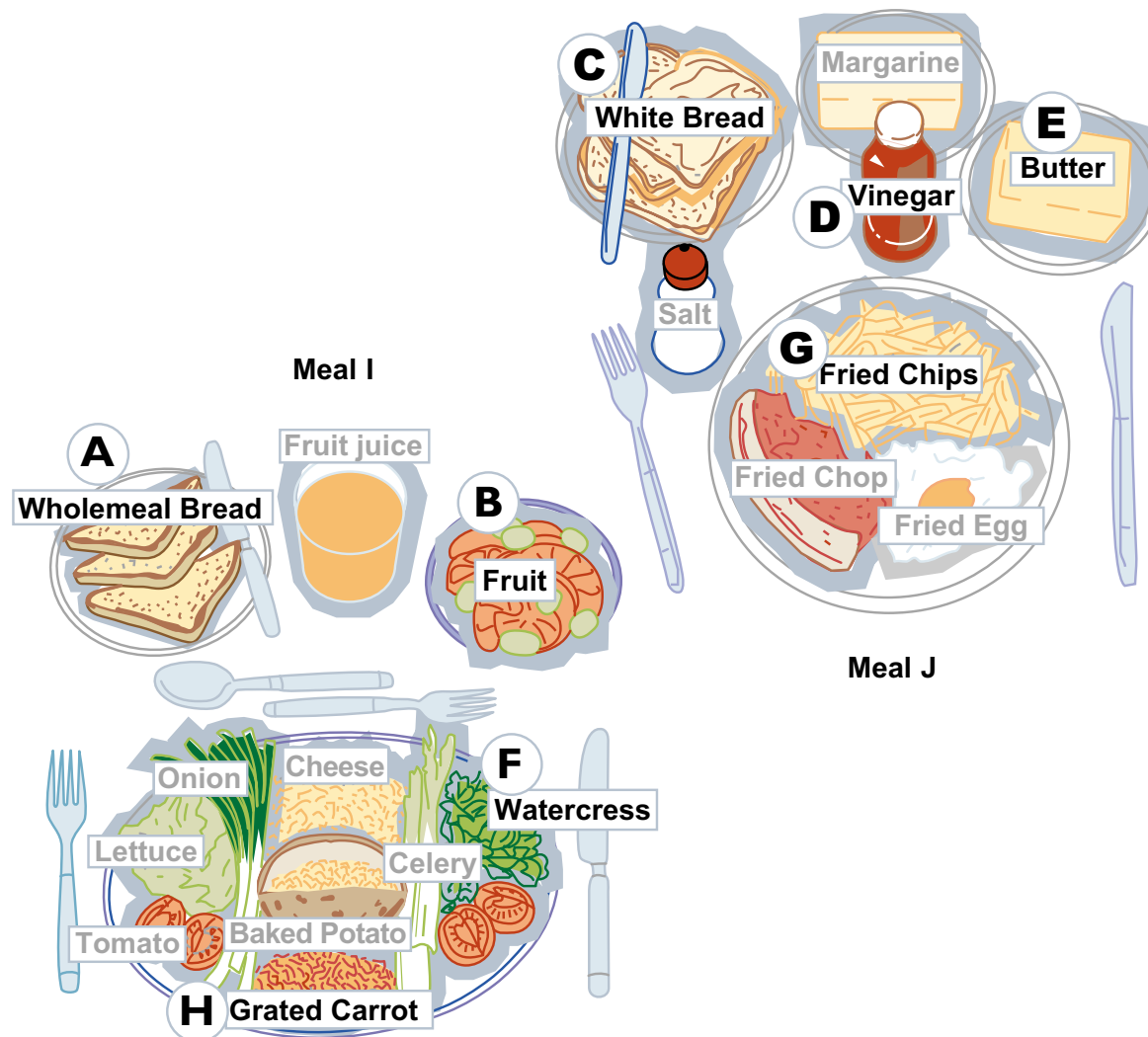


Assessment Exercise 47

Study the simplified drawings below two different types of meal. In the drawings different foods are identified by the letters A – J. Match each lettered food to the most appropriate numbered statement, by filling in the box provided. You may find the information in the the food table provided helpful.

1	Made from refined flower with low fibre..	<input type="checkbox"/>
2	The type of meal that decreases your risk of developing heart disease and cancer	<input type="checkbox"/>
3	Contains the most natural sugar.	<input type="checkbox"/>
4	The best source of vitamin C	<input type="checkbox"/>
5	Contains the most energy and saturated fats.	<input type="checkbox"/>
6	High in fat when cooked in this way.	<input type="checkbox"/>
7	The type of meal that increases your risk of developing heart disease and cancer (especially of the large intestine)	<input type="checkbox"/>
8	Very acidic.	<input type="checkbox"/>
9	Is the best source of fibre and iron.	<input type="checkbox"/>
10	Is the best source of vitamin A.	<input type="checkbox"/>



● Total score out of a possible 10