



eGuide Questionnaire

Chapter 1: A balanced diet during adolescence

Q1) Folic acid is a ...

- a) Protein b) Fat c) Vitamin A d) Vitamin B e) Carbohydrate

Q2) Energy demand for youth (depending on physical activity of Boy/girl)

Low physical activity requires:

- a) 2450 kcal/day – 3000 kcal/day b) 1200 kcal/day – 1500 kcal/day c) 2100 kcal/day – 2600 kcal/day

Q3) Proteins can be of origin animal, vegetable and _____ .

Chapter 2: Christmas sweets

Q4) Complete the following table:

Christmas sweet (original name)	Christmas sweet (English name)	Country
Melomakarona		
		Italy
Joulutorttu		
	Gingerbread cakes	
Turrón de Jijona		
		Luxembourg

Chapter 3: Eating disorders in adolescence: anorexia and bulimia

Q5) Fill in the blanks with the words below:

laxative	mental	anorexia	dangerous	vomiting
eat	weight	loss	activity	bulimia

_____ is an eating disorder marked by binge eating, such as eating out of control, followed by purging, such as _____, taking _____, and/or excessive _____ to prevent the individual from gaining _____.

_____ is a serious _____ illness in which a person does not _____ or eats too little often resulting in _____ weight _____.



Chapter 4: Food and ads

Q6) "Eatkarus" is ...

Chapter 5: Diet and physical exercise:

Q7) What to eat ... ?

... before exercise?	... during exercise?	... after exercise?

Chapter 6: Healthy meal recipes:

Q8) Complete the following table:

Country	Name (English or national)	One Ingredient	Calories per 100g
		One sachet of vanillina	
			218 calories
Spain			
	Fasolatha		
		0.5 kg of cottage cheese	
Luxembourg			