

1. Look at the palm of your hand. Your body needs only the size of your palm of protein (meat, fish, etc.) every day to get all the necessary nutrients.

TRUE Many people believe that you need to eat lots more protein, but your body cannot process too much, so only give it what it needs.

2. If you ate lots of fruit yesterday, you don't need to worry about eating any today.

FALSE Your body needs 5 a day every day.

3. Potatoes are a good source of carbohydrate.

TRUE They give you lots of energy.

4. It's a good idea to skip breakfast.

FALSE After sleeping, our bodies need energy to get us through the day so missing breakfast means your body misses out on essential nutrients.

5. Vegetarians are healthier than people who eat meat and fish.

FALSE Not necessarily. Just because a vegetarian chooses not to eat meat or fish doesn't mean they are healthier. A vegetarian diet does not mean that you eat more fruit and vegetables. A balanced diet includes protein, so vegetarians have to find alternatives to meat and fish - things like tofu, beans, lentils and eggs are high in protein and low in fat.

6. Milk, yogurt, cheese and other dairy foods are important for growth and help to form strong bones and teeth.

TRUE Dairy foods are high in calcium, which is needed for bone and teeth health.

7. Chocolate and sweets should be banned.

FALSE They can be part of a balanced diet but they don't need to be eaten every day.

8. Children need to eat the same amount as adults.

FALSE As children's stomachs are smaller, they don't need as much food as adults. Even if children are very active, they still don't need as much as adults, so make sure your portions are child-sized.

9. Beans and lentils fit into two areas of the Eat Well Plate: protein AND fruits/vegetables.

TRUE They contain vegetable protein and are high in essential vitamins and minerals.

10. These foods are high in salt so we don't need to eat much of them: bacon, cheese, salami, soy sauce, olives, and ham.

TRUE We should try to cut down on the amount of salt we eat, as too much salt is unhealthy for our hearts.