

# Moo Crew Quiz Questions

## Healthy Eating:

1. Name 3 foods which provide protein.
2. Can you name two dairy foods which provide calcium?
3. List the 6 food groups of the 'Food Pyramid'.
4. What mineral is provided by the 'milk, yogurt and cheese' food group for bone health?
5. What's your favourite dairy food: milk, yogurt or cheese?
6. What is a balanced diet?
7. What is a serving of milk (ml)?
8. What is a serving of yogurt (g)?
9. What would one serving of cheese be in grams (g)?

## Physical Activity:

1. List examples of 'weight-bearing' exercises.
2. What is the recommended daily amount of exercise for children?
3. What exercises do you like to do every day?
4. Are you part of a team or club that plays sport?
5. What mineral contributes to the growth and development of bones?

## Farm to Fridge:

1. What temperature is milk heated to during Pasteurisation?
2. Would you like the job of collecting milk? Or testing milk in a lab?
3. How many dairy farms are there in Ireland?
4. How often does the milkman collect milk from the farms?

## Cheese Up Your Life:

1. What is an enzyme?
2. Name the enzyme used in cheese production.

## Milly Poster:

1. How long do cows sleep for everyday?
2. How many stomachs do cows have?
3. How many teeth do cows have?
4. Would you like to meet Milly and her friends?

## Moo Crew Quiz Answers

### Healthy Eating:

1. 'Meat, poultry, fish, eggs, beans and nuts'. Milk, yogurt and cheese are also a good source of protein.
2. Milk, yogurt, cheese.
3. 'Bread, cereals, potatoes, pasta and rice', 'fruit and vegetables', 'milk, yogurt and cheese', 'meat, poultry, fish, eggs, beans and nuts', 'reduced-fat spreads and oils' food groups.
4. Calcium.
5. Child's own answer.
6. It is consumption of the main food groups in the recommended proportions.
7. 200ml glass of milk.
8. 125g pot of yogurt.
9. 25g of cheese, the size of a matchbox.

### Physical Activity:

1. Running, Skipping, Team Sports.
2. At least 60 minutes per day.
3. Child's own answer.
4. Child's own answer.
5. Calcium.

### Farm to Fridge:

1. 72° Celsius.
2. Child's own answer.
3. Over 18,000 dairy farms in Ireland.
4. Every 2-3 days.

### Cheese Up Your Life:

1. A group of complex proteins produced by living cells.
2. Rennet.

### Milly Poster:

1. 4 hours a day.
2. 1 stomach with 4 compartments.
3. 20 teeth in total, 8 incisors at the front and 12 molars at the back of the mouth.
4. Child's own answer.