

RECOMMENDED ANSWERS TO THE QUESTION CARDS

***ACCEPT ANSWERS THAT MAKE SENSE**

1 POINT

Qn: What's the recommended daily intake of fruits and vegetables for an average adult?

Ans: In the dietary guidelines provided by the Health Promotion Board (HPB) of Singapore, individuals should aim to eat at least 2 servings of fruit and 2 servings of vegetables every day.

Qn: Name one affordable source of protein for budget-conscious meals.

Ans: Tofu or Beancurd, Eggs, Canned Tuna or Sardine, Dried Beans.

Qn: What's a healthy and low-cost substitute for sugary drinks?

Ans: Herbal Tea, Homemade Fruit Smoothies, Coconut water, Lemon Barley Water, Kombucha.

Qn: What food group does bread belong to?

Ans: Bread belongs to the "Grains" or "Carbohydrates" food group. It is a staple food and a source of carbohydrates in the diet.

Qn: Name one vegetable that is green and often used in salads.

Ans: One green vegetable often used in salads is "lettuce." Varieties like iceberg, romaine, and mixed greens are commonly used in Singaporean salads.

Qn: Name one inexpensive grain commonly used in affordable meals.

Ans: One inexpensive grain commonly used in affordable meals is "rice." Rice is a staple in our Singapore cuisine and is often served as a base for many dishes.

Qn: What's the recommended number of servings of vegetables you should aim for each day?

Ans: The Health Promotion Board (HPB) in Singapore recommends aiming for at least "two servings of vegetables" daily as part of a balanced diet.

2 POINTS

Qn: What does the term "balanced diet" mean?

Ans: A "balanced diet" refers to a diet that includes a variety of foods in the right proportions to meet the nutritional needs of an individual. It typically includes a mix of carbohydrates, proteins, fats, vitamins, and minerals from different food groups.

Qn: Name three common sources of fiber in your diet.

Common sources of fiber in the diet include whole grains (e.g., brown rice), legumes (e.g., lentils), and fruits and vegetables (e.g., apples, broccoli).

Qn: How many food groups are there on My Healthy Plate diagram?

Ans: The My Healthy Plate diagram used to promote healthy eating, includes five food groups: Rice and Alternatives, Vegetables, Fruits, Meat and Others, and Milk and Alternatives.

Qn: Which food group does cheese belong to: dairy, grains, or fruits?

Ans: Cheese belongs to the "Dairy". It is a dairy product and a source of calcium and protein.

Qn: What's a simple way to make a sandwich healthier?

Ans: To make a sandwich healthier, consider using whole-grain or wholemeal bread instead of white bread. Also, add plenty of fresh vegetables, like lettuce, tomatoes, and cucumbers, for added nutrition and flavor. Opt for lean protein sources such as grilled chicken or turkey, and use condiments sparingly to reduce added sugars and fats.

Qn: What is the bottom tier of the Healthy Eating Pyramid?

Ans: The bottom tier of the Healthy Eating Pyramid in Singapore represents the "Rice and Alternatives" food group. It emphasizes the importance of consuming a variety of grains and starches, with rice being a staple food in our diet.

Qn: How can you make a basic pasta dish healthier?

Ans: To make a basic pasta dish healthier, consider using whole-grain pasta, incorporating plenty of vegetables, and using a tomato-based sauce with fewer added sugars. Use lean protein sources like grilled chicken or seafood, and go easy on high-calorie cheese and heavy cream.

Qn: What are some popular low-sugar or sugar-free drink options available in Singapore?

Ans: Unsweetened iced tea, herbal teas, plain or sparkling water, unsweetened iced coffee, and beverages sweetened with artificial sweeteners. Additionally, some brands offer reduced-sugar or sugar-free versions of traditional drinks like soy milk and chrysanthemum tea.

3 POINTS

Qn: True or false: Avocados are considered a good source of healthy fats.

Ans: True. Avocados are considered a good source of healthy fats, primarily monounsaturated fats. They are also rich in vitamins and minerals.

Qn: What nutrient is often associated with building strong bones and is found in dairy products?

Ans: Calcium is the nutrient often associated with building strong bones, and it is found in dairy products such as milk, yogurt, and cheese.

Qn: What's a good source of calcium for people who don't consume dairy products?

Ans: People who don't consume dairy products can obtain calcium from non-dairy sources like fortified plant-based milk (e.g., almond or soy milk), tofu, leafy greens (e.g., kale and bok choy), and fortified foods.

Qn: Why is too much added sugar bad for long-term health?

Ans: Too much added sugar can be harmful to long-term health because it is linked to a range of health issues, including obesity, type 2 diabetes, heart disease, and dental problems. Excess sugar intake can lead to weight gain and contribute to chronic health conditions.

Qn: How do probiotics help your gut?

Ans: Probiotics are beneficial bacteria that help improve gut health by maintaining a balance between good and bad bacteria in the digestive system. They can aid in digestion, enhance nutrient absorption, and may contribute to a stronger immune system.

Qn: What does "portion control" mean for a healthy diet?

Ans: Portion control means managing the quantity of food you eat in a way that aligns with your nutritional needs. It involves being mindful of serving sizes and not overeating, which can help maintain a healthy weight and avoid excessive calorie intake.

5 POINTS

Qn: Which type of fish is known for being high in omega-3 fatty acids?

Ans: Fatty fish such as "salmon" and "mackerel" are known for being high in omega-3 fatty acids. These fish are commonly consumed and are valued for their health benefits.

Qn: What's a healthier alternative to sugary cereal for breakfast?

Ans: A healthier alternative to sugary cereal for breakfast in Singapore could be "oatmeal." Oatmeal is a nutritious whole-grain option that can be served with fresh fruits, nuts, and a touch of honey for natural sweetness.

Qn: Why are antioxidants important for health?

Ans: Antioxidants are important for health because they help protect the body from oxidative stress and free radicals, which can lead to various health issues, including chronic diseases. Antioxidants are found in fruits, vegetables, and other foods and play a role in maintaining overall well-being.

Qn: What's a healthy alternative to frying food for a lower-fat cooking method?

Ans: A healthy alternative to frying food for a lower-fat cooking method is "steaming." Steaming involves cooking food by exposing it to steam from boiling water, and it helps retain the food's nutrients and flavor without the need for added fats or oils. Steamed dishes are popular in Singaporean cuisine and are considered a healthy choice.