CAN YOU REMEMBER?

Let’s see if we can test your memory, and see if you can remember some of the key points from the videos.
Then we will you will expand on you knowledge!

As a class, can you guess which food groups contain fibre to support your digestive system?

1. Vegetables
2. Fruit
3. Meat
4. Carbohydrates
5. Fats
6. Beans and Pulses

Well done if you said any of the answers below!

1 Vegetables

2 Fruit

3 Meat

4 Carbohydrates

5 Fats

6 Beans and Pulses

Foods high in fibre can help support your digestive system!

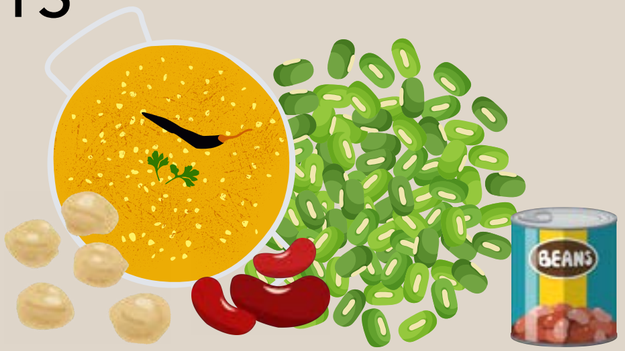
Fibre affects the speed of digestion, absorption of nutrients, movement of waste products (e.g. your poo) and helps feed beneficial bacteria in your intestines.

VEGETABLES

FRUITS

NUTS AND SEEDS

CARBOHYDRATES



BEANS AND PULSES

GUESS WHICH FOOD HAS THE HIGHEST FIBRE CONTENT...

Which has the most fibre?

1

Freshly squeezed orange Juice (150ml)

2

A small orange (100g)

3

Smoothie (150ml)

Information retrieved from government data set by adding together NSP and AOAC Fibre (McCance Widdowsons Composition of Foods Integrated Dataset 2021..xlsx (liv)

The answer is the Orange!
Well done if you got it right!

The orange has the most fibre, when it is blended or squeezed into liquids (like the orange juice or smoothie), you don't benefit from as much fibre!

1

Freshly squeezed orange juice

0.1g of fibre

2

An Orange

2.9g of fibre

3

Smoothie

1.5g of fibre

Information retrieved from government data set by adding together NSP and AOAC Fibre (McCance_Widdowsons_Composition_of_Foods_Integrated_Dataset_2021..xlsx (live.com))

Which has the most fibre?

1

Fish Fingers
(80g)

2

Tomato ketchup
(10g)

3

Peas
(60g)

The answer is the Peas!
Well done if you got it right!

This is why peas are such a good edition to your fish and chips (or Veggie Fingers/ Quorn Dippers), as they add lots of fibre to your plate!

1

Fish Fingers

2.9g of fibre

2

Tomato ketchup

0.2g of fibre

3

Peas

5.8g of fibre

Information retrieved from government data set by adding together NSP and AOAC Fibre (McCance Widdowsons Composition of Foods Integrated Dataset 2021..xlsx (live.com))

Which has the most fibre?

1

Baked Beans (70g)

2

Cheese (30g)

3

Jacket Potato (280g)

The answer is the Jacket Potato!
Well done if you got it right!

BUT! Having a serving of baked beans with your jacket potato and cheese is a great way to boost your fibre! Baked Beans can also count toward your 5 a day!

1

Baked Beans

6.1g of fibre

2

Cheddar Cheese

0g of fibre

3

Jacket Potato

10.1g of fibre

Information retrieved from government data set by adding together NSP and AOAC Fibre (McCance Widdowsons Composition of Foods Integrated Dataset 2021..xlsx (live.com))

Which has the most fibre?

1

Beef Bolognese Sauce (75g)

2

Wholegrain Pasta (180g)

3

Carrots (60g)

The answer is the Wholegrain Pasta!
Well done if you got it right!

Wholegrain pasta (and other wholegrain carbohydrates) contain higher levels of fibre than the white varieties, make sure you give them a go at lunch!

1

Beef Bolognese Sauce

1g of fibre

2

Wholegrain Pasta

15.5g of fibre

3

Carrots

2.9g of fibre

Information retrieved from government data set by adding together NSP and AOAC Fibre (McCance Widdowsons Composition of Foods Integrated Dataset 2021..xlsx (live.com))

Which has the most fibre?

1

Roast Potatoes (100g)

2

Roast Chicken (85g)

3

Brocolli (60g)

The answer is the Broccoli!
Well done if you got it right!

Did you know that the head of a broccoli is loads of unopened flowers? Make sure you take a good look next time you are served it for lunch!

1

Roast Potatoes

3.8g of fibre

2

Roast Chicken

0g of fibre

3

Broccoli

3.84g of fibre

Information retrieved from government data set by adding together NSP and AOAC Fibre (McCance Widdowsons Composition of Foods Integrated Dataset 2021..xlsx (live.com))

AT LUNCH, TRY EATING ALL YOUR VEGGIES TO BOOST YOUR FIBRE...