

Name: \_\_\_\_\_

## Dietary Fibre

**Choose the best answer for each question.**

1. Dietary fibre...
  - a. ...is made up of plant material.
  - b. ...is easy to digest.
  - c. ...is a vitamin.
  - d. ...is a type of lipid.
2. Which food is highest in fibre, per gram?
  - a. Chocolate.
  - b. Vegetables
  - c. Milk.
  - d. Cheese.
3. A high-fibre diet helps to prevent...
  - a. ...cuts and Bruises.
  - b. ...sight problems.
  - c. ...constipation.
  - d. ...scurvy.
4. True or false? Dietary fibre helps to push food out of the body.
  - a. True.
  - b. False.
5. Which food in the list contains insoluble fibre?
  - a. Carrots.
  - b. Chickpeas.
  - c. Nuts.
  - d. Oats.