

## **JUNIOR LEVEL**

### **Multiple choice**

**Choose the best answer for the following questions.**

1. Which of the following agencies took part in the test?

- A. World Health Organisation
- B. Centre for Food Safety
- C. both A and B

2. What were the tests for?

- A. to find out the sugar levels in restaurant food
- B. to find out the salt levels in restaurant food
- C. to find out fat content in restaurant food

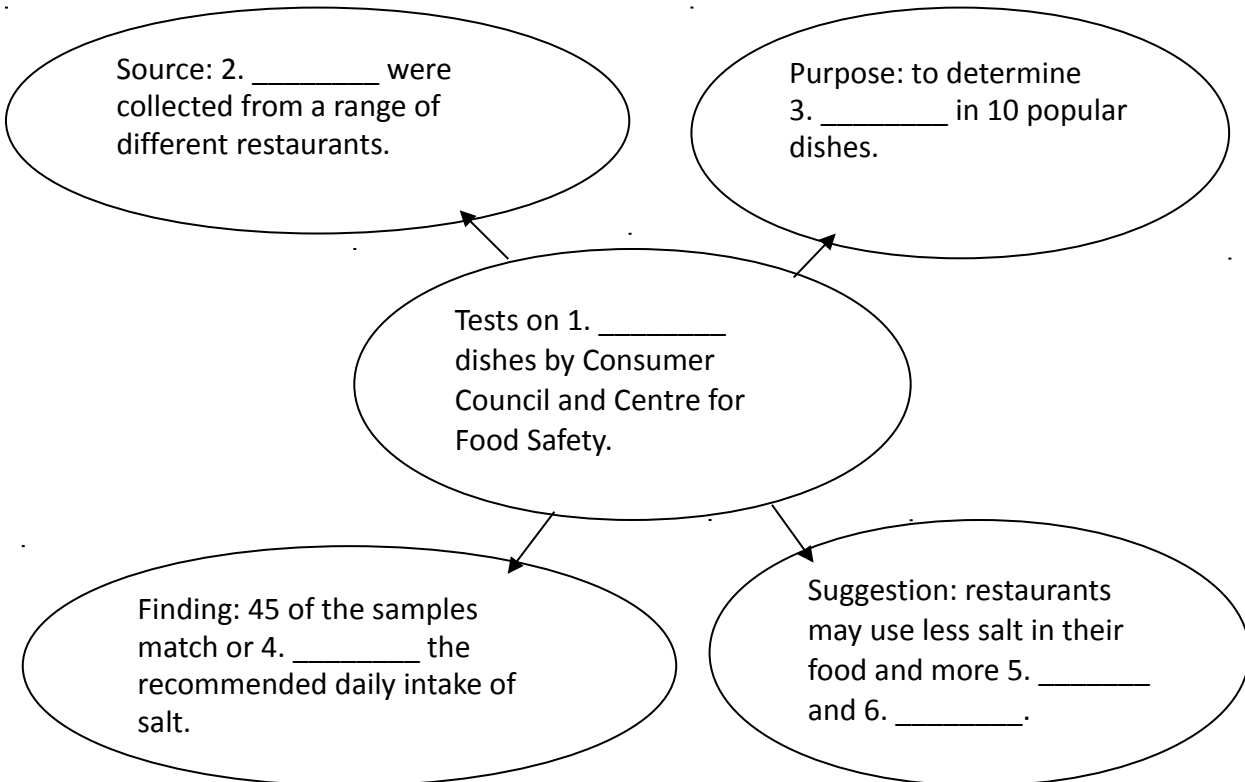
3. Which of the following dishes have the highest sugar content?

- A. braised tofu sheets with roast pork rice
- B. fried noodles with preserved vegetables and spare ribs
- C. the article does not say

**ADVANCED LEVEL**

**A. Fill in the mind map**

**Please complete the mind map below:**



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22 March, 2017

## **B. CRITICAL THINKING**

1. Do you find restaurant food too salty?
2. Do you often add salt to your food?
3. Why is excessive sodium in a diet bad?
4. What can you do to reduce sodium intake?
5. Do you know where to find information about healthy eating?

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**[Answers]**

**Junior level**

1.C; 2.B; 3.C

**Advanced level**

A. Fill in the mind map

1.meal on one plate; 2.samples; 3. salt content; 4.exceed; 5.herbs; 6.spices