

The Carbs & Cals Quiz - Answersheet

- 01: 30g 50g 70g
- 02: 45g 60g 75g
- 03: 20g 40g 80g
- 04: 10g 20g 30g
- 05: 7g 14g 21g
- 06: 16g 32g 44g
- 07: 25g 40g 70g
- 08: 20g 40g 60g
- 09: 50g 70g 90g
- 10: 45g 60g 75g
- 11: 27g 46g 73g
- 12: 25g 40g 70g
- 13: 50g 70g 90g
- 14: 20g 40g 60g
- 15: 36g 58g 82g

- 16: Danish - Tart - Muffin
- 17: Spag Bol - Mac Cheese - Pie
- 18: Grapes - Melon - Raspberries
- 19: Popcorn - Bombay Mix - Crisps
- 20: Naan - Bap - Panini
- 21: Banana - Kiwi - Apple
- 22: Ravioli - Spaghetti - Tortellini
- 23: Saute - Sweet - Chips
- 24: Couscous - Noodles - Pasta
- 25: Rice - Dauphinoise - Chips

- 26: Duck Pancake
- Prawn Toast
- Prawn Crackers
- Spring Roll

- 27: Beef Chow Mein
- Chicken Balls
- Egg Fried Rice

- 28: Higher Lower
- 29: Higher Lower
- 30: Higher Lower

- 31: Higher Lower
- 32: Higher Lower

- 33: Stir-fry Spag Bol
- Risotto Lasagne

- 34: Lemon Meringue Pie
- Crumble
- Banoffee Pie
- Summer Pudding
- Christmas Pudding
- Black Forest Gateau
- Tiramisu
- Chocolate Torte

- 35: Tortilla Chips - Fudge - Crackers
- 36: Pineapple - Flapjack - Yoghurt
- 37: Clementine - Mango - Peach

- 38: Butternut Squash - Cherries
- Cola - Grapefruit - Jelly Babies
- Lentils - Lucozade Energy
- Orange Juice - Parsnips - Peas
- Sweetcorn - Wine Gums

- 39: 10g 25g 50g
- 40: 33g 47g 63g
- 41: 10g 20g 30g
- 42: 27g 39g 56g
- 43: 10g 20g 30g

- 44: White Wine (dry) - Red Wine
- Lager (draught) - Vodka
- Cider (dry) - Rum - Port - Whisky

- 45: 4g 8g 25g
- 46: 7g 15g 24g
- 47: 4g 9g 19g
- 48: 6g 12g 18g
- 49: 15g 20g 35g