

## Situation Report worksheet

All answers to the below questions are provided in the **FSS Situation Report: The Scottish Diet. It needs to change.**

**1** What are discretionary foods?

**2** Name one type of cancer where a risk factor is poor diet and being overweight.

**3** What is the key health problem associated with children having too much sugar in their diets?

**4** What percentage of the adult population have high blood pressure?

**5** How many adults are either overweight or obese?

**6** What percentage of children are overweight or obese?

**7** What foods do we eat too much of?

**8** How much (in percentage) over the goal is the energy density of the average diet in Scotland?

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**9** For how long has Scotland been missing its dietary goals?

**10** What foods do we not eat enough of?

**11** In portions, what is the current intake of fruit and vegetables a day?

**12** What percentage of all the calories and fat we eat comes from discretionary foods?

**13** What percentage of the sugar we consume comes from discretionary foods?

**14** What percentage of sugar intake comes from sugary drinks?

**15** What types of foods are more commonly sold on promotion?

**16** What percentage of people think that it is quite or very difficult to eat healthily outside of the home?

Now check your answers against the report.