

HEALTH QUIZ

9-10	7-8	5-6	3-4	0-2
				

Do the quiz and find out how healthy you are.

1. How many meals do you eat every day? 1 meal ☐ 2 meals ☐ 3 meals ☐	4. How many bars of chocolate do you eat every week? over 7 bars ☐ 2-3 bars ☐ 0-2 bars ☐
2. Do you eat vegetables with your lunch? sometimes ☐ never ☐ always ☐	5. Do you exercise? yes, every day ☐ sometimes ☐ never ☐
3. How much water do you drink every day? over 5 glasses ☐ 2-3 glasses ☐ 1-2 glasses ☐	6. How many hours do you sleep? 5-6 hours ☐ 6-7 hours ☐ 8-10 hours ☐