[Health Quiz]

Choose and click on the best answer

1. It's 6 pm and you're really hungry. What's best?

   a) Eat some snacks.
   b) Don't eat. Wait for dinner.
   c) Go to a restaurant before dinner.

2. You're thirsty. What drink is the healthiest?

   a) Water
   b) Juice
   c) Cola

3. Your temperature is 41°c. Are you ill?
   a) No, you're well.
   b) Yes, you're very ill. Go to a doctor now!
   c) You aren't well. Go home and go to bed.

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4. You can run 100 metres in eleven seconds. Are you.....

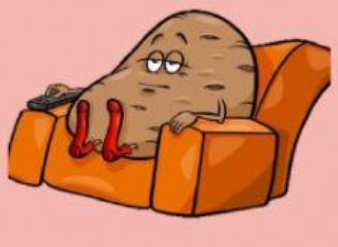
a) unfit?
b) normal?
c) really fit?

5. You can't sleep and you're tired every morning. What's best?

a) Don't go to bed late.
b) Eat a lot before you go to bed.
c) Don't go to school. Sleep more.

6. What is a couch potato?

a) a vegetable
b) a person who is very lazy and stays on the sofa a lot
c) a person who is very hungry



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