NAME AND SURNAME: CLASS:

BE HEALTHY

Multiple choice test. Choose the correct answer.

1. What is a habit?

a) It is something special that we do *from time to time.* *de vez en cuando

b) It is something that we do repeatedly until it becomes natural.

c) *None of the above are correct.* *Ninguna de las de arriba es correcta.

2. A healthy diet includes

a) Eating "the rainbow" vegetables, legumes, *whole grains*, *dairy products*, and nuts, meat, fish and fruit in moderation. *Whole grains=cereales integrales. **Dairy products=productos lácteos.

b) Lots of vegetables and *french fries.* *french

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fries=patatas fritas

c) Dairy products, *soda drinks*, fruits and pizzas. *soda drinks=bebidas gaseosas con azúcar.

3. The main healthy habits are

a) Physical activity, a lot of water and *junk fooa*. *Junk food=comida basura.

b) *Lack* of sleep, video games and healthy eating. *Lack=carencia,falta.

c) Healthy eating, *plenty* of sleep, a lot of water and physical activity. *Plenty=mucho

4. **We should be active for at least...*** por lo menos, como mínimo...

a) 30 minutes a week.

b) 60 minutes a week.

c) 60 minutes a day.

5. We have to sleep for at least

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a) 8 hours.

b) 10 hours.

c) 7 hours.

6. There are many ways to be active, for example,

a) Watching TV, riding the bike and reading a book.

b) Walking to school, going for a run or for a *hike*. *Hike=senderismo.

c) Going for a swim, *taking a nap* and playing sports video games. *To take a nap=echarse una siesta.

7. To sleep well, we should…

a) go to bed at the same time each day.

b) keep any phones, tables and other *devices* out of your bedroom when it is bedtime. *Devices=dispositivos móviles.

c) Make your bedroom a relaxing place, *quiet* and dark. *Quiet=silencioso.

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d) All of the above are correct.

8. When you combine healthy eating, physical activity, plenty of sleep and lots of water…

a) You will have the power and energy to *be your best.* *sacar lo mejor de ti.

b) You will feel *tired and dizzy*. *cansado y mareado.

c) You will be sad and sleepy.

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