

9. What food should you eat every day?

- A. Pizza**
- B. Vegetables**
- C. Sweets**
- D. Chips**

10. What is the best drink when you are thirsty?

- A. Soda**
- B. Orange juice**
- C. Water**
- D. Energy drink**

11. You always have to wash your hair with shampoo.

- A. True**
- B. False**

12. You have to brush your teeth before...

- A. eating lunch**
- B. breakfast**
- C. playing with your toys**
- D. going to bed**

13. What part of your body does a helmet protect?

- A. Hands**
- B. Knees**
- C. Head**
- D. Elbows**

14. _____ helps to protect your skin from the sun.

- A.** Sunglasses
- B.** Gloves
- C.** Helmet
- D.** Sun cream

15. What action helps you to stay happy?

- A.** Spending time with your friends.
- B.** Doing your homework.
- C.** Going to the dentist.
- D.** Tidying up your bedroom.

16. What can you do to sleep well?

- A.** Go to bed late.
- B.** Read a book.
- C.** Play videogames.
- D.** Eat a lot of sweets and chocolate.

17. What can you do to not hurt your muscles?

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