

- 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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