

## Stay healthy

Track:



### Multiple Choice Questions

1. What is NOT a good way to stay fit?  
A) Walking to school    B) Swimming    C) Watching TV all day    D) Playing football
2. Which activity gives you more energy?  
A) Regular exercise    B) Eating chocolate    C) Drinking fizzy drinks    D) Watching TV
3. Why shouldn't you eat sweets, chocolate, and crisps every day?  
A) They are too cheap    B) They contain too much sugar, fat or salt  
C) They don't taste good    D) They are hard to cook
4. What should you eat with every meal?  
A) Fizzy drinks    B) Vegetables    C) Chocolate    D) Crisps
5. Why are fruit and vegetables important?  
A) They are cheap    B) They make food look nice    C) They help you stay healthy and grow strong  
D) They taste like sweets
6. What is better than fizzy drinks?  
A) Water or juices    B) Cola    C) Crisps    D) Chocolate
7. Why is drinking too many fizzy drinks bad for you?  
A) They contain calcium    B) They contain a lot of sugar  
C) They are very cheap    D) They make you stronger
8. How many teaspoons of sugar are in one can of cola?  
A) 2    B) 5    C) 9    D) 12
9. Why is milk good for you?  
A) It contains calcium    B) It contains sugar    C) It contains salt    D) It contains fat
10. How many bones are in your body that need calcium to grow?  
A) 106    B) 206    C) 306    D) 406