

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