

Name \_\_\_\_\_ No. \_\_\_\_\_ Class \_\_\_\_\_

**Part I: True or False (10 points)**

**Instructions:** Listen to the clip and **circle** True or False for each statement.

1. You need to spend thousands of dollars to live a healthier lifestyle. **True / False**
2. Walking for 30 minutes every day can help you lose weight. **True / False**
3. Walking outside has more benefits than walking indoors. **True / False**
4. Experts say being outdoors makes you less cooperative. **True / False**
5. You should give up all junk food at once to transform your diet. **True / False**
6. Replacing one junk food per week can completely change your diet in one year. **True / False**
7. Mental health is one of the biggest components of overall health. **True / False**
8. Dopamine, serotonin, and oxytocin are natural happiness hormones. **True / False**
9. Eating dark chocolate decreases dopamine in your brain. **True / False**
10. Adding probiotics to your gut can help you feel happier every day. **True / False**

**Part II: Matching (10 points)**

**Instructions:** Listen to the clip and match each healthy tip with its effect on the body. Write the correct letter in the blank.

Healthy Tip	Effect
1. ___ Walking 30 minutes every day	a. makes you happier, smarter, and more cooperative
2. ___ Walking outside	b. reduces cortisol and helps you lose weight
3. ___ Giving up one junk food per week	c. completely transforms your diet in one year
4. ___ Eating dark chocolate	d. increases dopamine and serotonin in your brain
5. ___ Adding probiotics to your gut	e. makes you feel like every day is a good day