Exercise 1: Multiple Choice - Direct Questions

Choose the best answer for each question.

1. Which of the following is an outdoor activity on a lake or river?
   a) walking b) boating c) cycling d) running
2. What is a common skin condition that causes red spots, especially on the face and back?
   a) sunburn b) acne c) dry hair d) flu
3. What do we call a small, dry, painful spot on the skin, especially on the face?
   a) eyedrops b) sunburn c) lip balm d) pimple
4. Which food product is made from soybeans and is a good source of protein?
   a) tofu b) fast food c) cheesecake d) soft drink
5. Which product helps keep your lips soft and moisturized?
   a) eyedrops b) suncream c) soap d) lip balm
6. Which of the following is a healthy hot or cold drink made from leaves?
   a) green tea b) soft drink c) soybean d) cheesecake
7. What is a container used for carrying a prepared lunch to school or work?
   a) soap b) lunch box c) mask d) lip balm
8. What condition makes your skin red and painful after staying in the sun too long?
   a) chapped skin b) dry hair c) sunburn d) acne
9. Which word describes a person who does a lot of physical exercises and activities?
   a) dirty b) tidy c) active d) quiet
10. What is the general term for the state of your skin, including conditions like acne or sunburn?
    a) health tip b) skin condition c) virus d) disease

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