

HEALTH QUIZ

9-10	7-8	5-6	3-4	0-2
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Do the quiz and find out how healthy you are.

1. How many meals do you eat every day?

1 meal



2 meals



3 meals



2. Do you eat vegetables with your lunch?

sometimes



never



always



3. How much water do you drink every day?

over 5 glasses



2-3 glasses



1-2 glasses



4. How many bars of chocolate do you eat every week?

over 7 bars



2-3 bars



0-2 bars



5. Do you exercise?

yes, every day



sometimes



never



6. How many hours do you sleep?

5-6 hours



6-7 hours



8-10 hours

