






# HEALTH QUIZ

9-10	7-8	5-6	3-4	0-2
				

Do the quiz and find out how healthy you are.

<p>1. How many meals do you eat every day?</p> <p>1 meal <input type="radio"/></p> <p>2 meals <input type="radio"/></p> <p>3 meals <input type="radio"/></p>	<p>4. How many bars of chocolate do you eat every week?</p> <p>over 7 bars <input type="radio"/></p> <p>2-3 bars <input type="radio"/></p> <p>0-2 bars <input type="radio"/></p>
<p>2. Do you eat vegetables with your lunch?</p> <p>sometimes <input type="radio"/></p> <p>never <input type="radio"/></p> <p>always <input type="radio"/></p>	<p>5. Do you exercise?</p> <p>yes, every day <input type="radio"/></p> <p>sometimes <input type="radio"/></p> <p>never <input type="radio"/></p>
<p>3. How much water do you drink every day?</p> <p>over 5 glasses <input type="radio"/></p> <p>2-3 glasses <input type="radio"/></p> <p>1-2 glasses <input type="radio"/></p>	<p>6. How many hours do you sleep?</p> <p>5-6 hours <input type="radio"/></p> <p>6-7 hours <input type="radio"/></p> <p>8-10 hours <input type="radio"/></p>