

[Health Quiz]

Choose and click on the best answer

1. It's 6 pm and you're really hungry. What's best?



- a) Eat some snacks.
- b) Don't eat. Wait for dinner.
- c) Go to a restaurant before dinner.

2. You're thirsty. What drink is the healthiest?

- a) Water
- b) Juice
- c) Cola



3. Your temperature is 41°C. Are you ill?

- a) No, you're well.
- b) Yes, you're very ill. Go to a doctor now!
- c) You aren't well. Go home and go to bed.



4. You can run 100 metres in eleven seconds.

Are you.....

- a) unfit?
- b) normal?
- c) really fit?



5. You can't sleep and you're tired every morning. What's best?

- a) Don't go to bed late.
- b) Eat a lot before you go to bed.
- c) Don't go to school. Sleep more.



6. What is a couch potato?

- a) a vegetable
- b) a person who is very lazy and stays on the sofa a lot
- c) a person who is very hungry

