

NAME AND SURNAME:

CLASS:

BE HEALTHY

Multiple choice test. Choose the correct answer.

1. What is a habit?

- a) It is something special that we do *from time to time*. *de vez en cuando
- b) It is something that we do repeatedly until it becomes natural.
- c) *None of the above are correct*. *Ninguna de las de arriba es correcta.

2. A healthy diet includes

- a) Eating "the rainbow" vegetables, legumes, *whole grains, dairy products*, and nuts, meat, fish and fruit in moderation. *Whole grains=cereales integrales. **Dairy products=productos lácteos.
- b) Lots of vegetables and *french fries*. *french

fries=patatas fritas

c) Dairy products, *soda drinks*, fruits and pizzas.

*soda drinks=bebidas gaseosas con azúcar.

3. The main healthy habits are

a) Physical activity, a lot of water and *junk food*.

*Junk food=comida basura.

b) *Lack* of sleep, video games and healthy eating.

*Lack=carencia,falta.

c) Healthy eating, *plenty* of sleep, a lot of water and physical activity. *Plenty=mucho

4. **We should be active for at least...***por lo menos, como mínimo...

a) 30 minutes a week.

b) 60 minutes a week.

c) 60 minutes a day.

5. **We have to sleep for at least**

- a) 8 hours.
- b) 10 hours.
- c) 7 hours.

6. There are many ways to be active, for example,

- a) Watching TV, riding the bike and reading a book.
- b) Walking to school, going for a run or for a *hike*.
*Hike=senderismo.
- c) Going for a swim, *taking a nap* and playing sports video games. *To take a nap=echarse una siesta.

7. To sleep well, we should...

- a) go to bed at the same time each day.
- b) keep any phones, tables and other *devices* out of your bedroom when it is bedtime. *Devices=dispositivos móviles.
- c) Make your bedroom a relaxing place, *quiet* and dark.
*Quiet=silencioso.

d) All of the above are correct.

8. When you combine healthy eating, physical activity, plenty of sleep and lots of water...

a) You will have the power and energy to *be your best*.

*sacar lo mejor de ti.

b) You will feel *tired and dizzy*. *cansado y mareado.

c) You will be sad and sleepy.