

How to stay healthy

Watch the video and select the correct answer.

1

What is the video about?

- A. How to do exercise
- B. How to eat healthy food
- C. How to stay healthy
- D. How to sleep well

2

Why is it important to stay healthy?

- A. To feel good and do fun activities
- B. To live longer
- C. To avoid getting sick
- D. All of the above

3

What are some ways to stay healthy?

- A. Eating a good balance of food
- B. Drinking lots of water
- C. Doing lots of exercise
- D. All of the above

4

What is good hygiene?

- A. Keeping clean and washing off germs
- B. Eating healthy food
- C. Doing lots of exercise
- D. Sleeping well

5

How can you stop germs from making you ill?

- A. By washing your hands before you eat and after you use the toilet
- B. By eating healthy food
- C. By doing lots of exercise
- D. By sleeping well

6

Why is it important to drink lots of water?

- A. To keep your body hydrated
- B. To make your body stronger and fitter
- C. To avoid getting sick
- D. To feel good and do fun activities

7

What is the benefit of getting plenty of sleep?

- A. Your body recovers and grows
- B. You can do more tomorrow

- C. You feel good and do fun activities
- D. All of the above

8

What are some examples of germs?

- A. Those that travel on your skin
- B. Those that travel through the air
- C. Those that prefer dirty surfaces
- D. All of the above

9

What is the best way to keep germs from getting inside you?

- A. By washing your hands before you eat and after you use the toilet
- B. By doing lots of exercise
- C. By eating healthy food
- D. By sleeping well

10

What is the main idea of the video?

- A. To explain what humans need to stay healthy
- B. To teach how to do exercise
- C. To show how to eat healthy food
- D. To explain how to sleep well