

# THE IMPORTANCE OF HEALTHY EATING TO TEENAGERS

## QUIZ

1. Why is a healthy diet important for teenagers?
  - A) It helps them grow taller.
  - B) It supports their physical and cognitive development.
  - C) It makes them more popular at school.
  - D) It improves their ability to play video games.
2. Which of the following is a benefit of eating a balanced diet for teenagers?
  - A) Better performance in sports and academics.
  - B) Increased screen time.
  - C) Improved ability to stay awake late at night.
  - D) Enhanced ability to skip meals.
3. How can teenagers make healthier food choices?
  - A) By eating more fast food.
  - B) By learning about nutrition and planning their meals.
  - C) By avoiding fruits and vegetables.
  - D) By eating less frequently.
4. Who can help encourage teenagers to eat healthily?
  - A) Only their friends.
  - B) Only their teachers.
  - C) Parents, teachers, and peers.
  - D) Only their favourite celebrities.
5. What role do schools play in promoting healthy eating among teenagers?
  - A) They provide more sugary snacks.
  - B) They offer healthier food options and teach nutrition.
  - C) They allow students to skip meals.
  - D) They discourage physical activity.

