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.





LIVEWORKSHEETS