

HEALTHY LIFE FOR A HEALTHY FUTURE

Date: _____

Name / Surname: _____

Activity 1



A. Multiple Choice



Answer the multiple-choice questions below by circling the correct letter.

1. What is the meaning of a healthy life?
 - Eating fast food and relaxing all day
 - Maintaining well-being through good lifestyle choices
 - Sleeping less to do more activities
 - Avoiding all kinds of physical activity
2. Which of the following is NOT a benefit of regular physical activity?
 - Improved heart health
 - Increased stress
 - Stronger muscles
 - Better mood
3. How many hours of sleep do teenagers need each night?
 - 4-6 hours
 - 5-7 hours
 - 8-10 hours
 - 10-12 hours
4. What should we do to stay hydrated?
 - Drink coffee and soda
 - Drink lots of water
 - Eat more salty food
 - Avoid all liquids



5. What is one way to maintain mental and emotional health?

- A. Avoid talking to others
- B. Always stay busy and skip rest
- C. Practice mindfulness and relaxation
- D. Watch TV all night



6. What is the best example of a small healthy habit?

- A. Drinking soda during lunch
- B. Walking to school
- C. Skipping breakfast
- D. Watching TV all evening

7. What should we avoid to live a healthy life?

- A. Fruits and vegetables
- B. Regular exercise
- C. Drugs and alcohol
- D. Drinking water

8. What does the word "nutritious" mean?

- A. Tasty and sweet
- B. Expensive and rare
- C. Good for health
- D. Difficult to cook

9. Which food choice supports a healthy lifestyle?

- A. Fried snacks and soft drinks
- B. Fast food every day
- C. Fruits, vegetables, and whole grains
- D. Only eating once a day

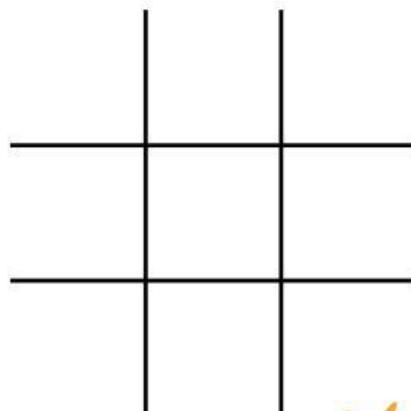
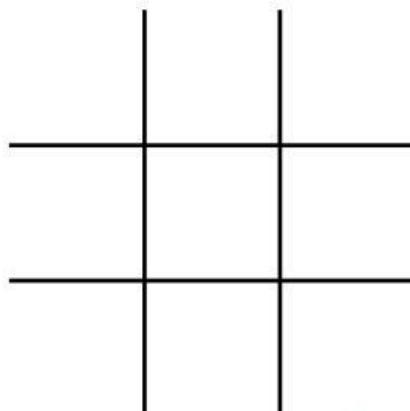
10. Why is breakfast important?

- A. It helps you stay awake late at night
- B. It gives energy to start your day
- C. It makes you feel sleepy
- D. It is optional for a healthy lifestyle



B. True or False**True False**

- Junk food is full of important nutrients. (_) (_)
- Exercise only helps with muscles (_) (_)
- A healthy life can make us feel more confident. (_) (_)
- Eating the same food every day is the best way to stay healthy. (_) (_)
- Vegetables are only good for people who want to lose weight. (_) (_)

TIC-TAC-TOE**XO****XO****XO****XO**

Activity 2



A. Arrange the words to make a correct sentence related to healthy living.

1. water / drink / should / we / enough / daily
2. healthy / eat / a / we / balanced / should / diet
3. every / exercise / helps / day / health / our / improve
4. hours / 8 / least / sleep / should / we / at
5. junk / too / food / much / unhealthy / is

B. Look at the pictures and draw a line to the correct word.



● **Healthy**



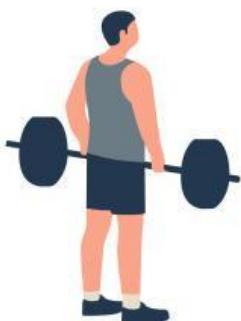
● **Unhealthy**



● **Unhealthy**



● **Unhealthy**



● **Healthy**



● **Healthy**

C. Complete the sentences with the correct words.

Hygiene / 7-8 / Weight / Balanced / Exercise /

1. Eating a _____ diet helps our body get the nutrients it needs to stay strong and healthy.
2. Regular _____ helps improve heart health, build muscles, and reduce stress.
3. _____ is the habit of keeping our hands, body, and surroundings clean to avoid illness.
4. It is recommended to sleep for at least _____ hours every night for good health.
5. Avoiding junk food and sugary drinks is important to maintain a healthy _____.

Feel tired? Let's play a game to neutralize your mind!

Find the words.



s	i	c	k	f	t
g	f	a	s	a	j
f	a	o	e	t	u
a	b	a	o	y	n
d	i	e	t	d	k

eat
food
junk
sick
diet
fat