

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



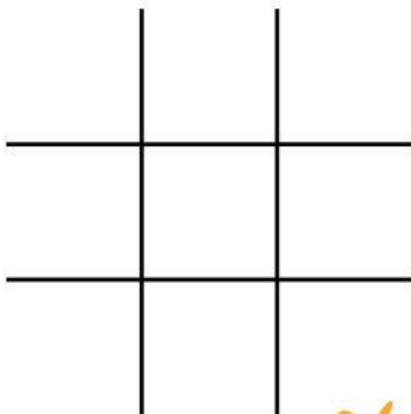
## B. True or False



- |                                                                   | 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.    | ( _ ) | ( _ ) |

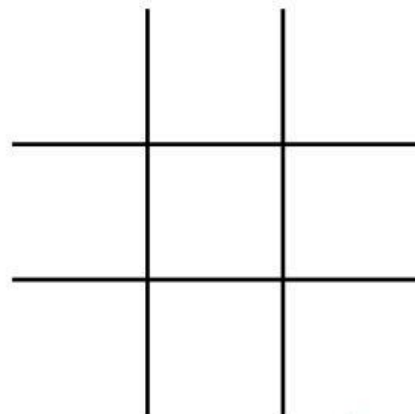
## TIC-TAC-TOE

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