

Name: \_\_\_\_\_

### Multiple Choice Quiz: 6 Questions 😊

Q1. Which of the following is NOT mentioned as part of a healthy lifestyle?

- a) Eating fruit for a snack
- b) Getting 8 hours of sleep
- c) Skipping breakfast
- d) Walking to school

Q2. Why is having a balanced diet important for teenagers?

- a) It helps to avoid all illnesses
- b) It supports growth and brain function
- c) It means you can skip sleep
- d) It reduces the need for exercise

Q3. How many hours of sleep per night do teenagers generally need for good health?

- a) 4-6 hours
- b) 5-7 hours
- c) 8-10 hours
- d) Over 12 hours

Q4. Which activity helps both reduce stress and avoid harmful substances, according to the lesson?

- a) Doing homework late at night
- b) Relaxing with hobbies, music, or friends
- c) Skipping meals
- d) Consuming excessive caffeine

Q5. What is one long-term benefit of making positive life choices as a teen?

- a) Immediate wealth
- b) Lasting health into adulthood
- c) Perfect memory
- d) Never feeling tired

Q6. If you wanted to find more information about healthy lifestyles for teenagers, which search term from the lesson could you use?

- a) 'best sports cars of 2024'
- b) 'how to cook pasta'
- c) 'healthy lifestyle tips for teens'
- d) 'holiday destinations in Greece'