HEALTHY LIVING QUIZ

1. **Which of the following is a dairy product?**

   A cheese **B** brown sugar **C** beef

2. **The most important meal of the day is .....**

   A snack **B** supper **C** breakfast

3. **How much water you should drink a day?**

   A one glass **B** two glasses **C** two litres

4. **The most healthy snack is .....**

   A apple slices with peanut butter **B** crisps **C** a lollipop

5. **The yellow part of an egg is more nutricious than the white and it's called .....**

   A yo-yo **B** yowl **C** yeti

6. **A slice of a quality beef is called .....**

   A a steak **B** a stick **C** a stack

7. **Which one of the drinks below contains the least sugar?**

   A lemonade **B** water **C** coke

8. **A vegan person is someone who doesn't eat .....**

   A meat and vegetables **B** products coming from animals **C** fruit and vegetables

9. **Which way of preparing food is the most healthy?**

   A steamed **B** grilled **C** baked

10. **Which of the following breakfast foods give you the most energy?**

    A toasts **B** a sandwich with jam **C** oatmeal

11. **It is good for the body to eat at least 5 portions of ..... every day.**

    A fruit and vegetables **B** fast food **C** ice cream

12. **Which of the following is a vegetable?**

A 

B 

C 

LIVEWORKSHEETS