HOW MUCH DO YOU KNOW ABOUT healthy eating

Do our quiz and find out!

		out.			
Which activity	mo	re calories?			
	,	C skateboardin			
How long does it take your stomach to a three-course meal?					
Which food	the m	ost protein?			
A broccoli	B cheese				
Which type of meat do Americans the most of at mealtimes?					
A chicken	B beef	C pork			
Which food will and help you we	ork better?	ur energy levels			
A yoghurt	B banana	C pastry			
		your weight?			
B Eat three time	s a day.	exercise.			
		the risk of			
A apples	B coconut	C white bread			
	How long does A 2 hours Which food A broccoli Which type of n the most of at m A chicken Which food will and help you w A yoghurt What's the best A Don't eat cart B Eat three time C Eat healthily of Which food best heart problems?	How long does it take your store a three-course med A 2 hours Which food the med A broccoli B cheese Which type of meat do Americanthe most of at mealtimes? A chicken B beef Which food will you and help you work better? A yoghurt B banana What's the best way to A Don't eat carbohydrates. B Eat three times a day. C Eat healthily and do regular each of the problems?			