

Name: _____

Class: _____

Date: _____

Answer the health quiz and find your score.

5 Eating right Our world **get Smart plus 4**

1 How healthy are you? Read and circle.

HEALTH QUIZ

Do the quiz and find out how healthy you really are!

1 How many meals do you eat every day?

a. 1 meal
b. 3 meals
c. 2 meals



2 Do you eat vegetables with your lunch?

a. sometimes
b. never
c. always



3 How much water do you drink every day?

a. over 5 glasses
b. 2-3 glasses
c. 1-2 glasses



4 How many bars of chocolate do you eat every week?

a. over 7 bars
b. 2-3 bars
c. 0-2 bars



5 Do you exercise?

a. yes, every day
b. sometimes
c. never



6 How many hours do you sleep?

a. 5-6 hours
b. 6-7 hours
c. 8-10 hours



VALUE Be aware of healthy habits.

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• Answers for Module 5 quiz

Final result

Score:

1. a. 0	b. 2	c. 1
2. a. 1	b. 0	c. 2
3. a. 2	b. 1	c. 0
4. a. 0	b. 1	c. 2
5. a. 2	b. 1	c. 0
6. a. 0	b. 1	c. 2

Out of shape 0-4

You're not healthy. Eat right and exercise more.

Health friendly 5-8

You're healthy, but you can do more.

Try harder.

Healthy and fit 9-12

You're a very healthy person.

My score: _____

My health status: _____



Listen to the audio and answer the questions.

5

Eating right

Our world

get
smart
plus

4

3 Listen and choose. 

1. How much milk does Anna drink every day?
a. one glass b. two glasses c. three glasses
2. How often does Anna eat vegetables?
a. once a day b. twice a day c. twice a week
3. How often does Anna exercise?
a. every day b. once a week c. three times a week
4. How many hours does Anna sleep every night?
a. ten hours b. seven hours c. nine hours

