

Name: Class: Date: 

Answer the health quiz and find your score.

5

Eating right

Our world

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

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

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

**2** Do you eat vegetables with your lunch?

a. sometimes  
b. never  
c. always

**5** Do you exercise?

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

**3** How much water do you drink every day?

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

**6** How many hours do you sleep?

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

Health

## • 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

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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

