

[Health Quiz]

Choose and click on the best answer

1. It's 6 pm and you're really hungry. What's best?



- a) Eat some snacks. ☐
- b) Don't eat. Wait for dinner. ☐
- c) Go to a restaurant before dinner. ☐

2. You're thirsty. What drink is the healthiest?

- a) Water ☐
- b) Juice ☐
- c) Cola ☐



3. Your temperature is 41°C. Are you ill?

- a) No, you're well. ☐
- b) Yes, you're very ill. Go to a doctor now! ☐
- c) You aren't well. Go home and go to bed. ☐



4. You can run 100 metres in eleven seconds.

Are you.....

a) unfit? ☐

b) normal? ☐

c) really fit? ☐



5. You can't sleep and you're tired every morning. What's best?

a) Don't go to bed late. ☐

b) Eat a lot before you go to bed. ☐

c) Don't go to school. Sleep more. ☐



6. What is a couch potato?

a) a vegetable ☐

b) a person who is very lazy and stays on the sofa a lot ☐

c) a person who is very hungry ☐

