



Sarasas Witaed Ekkachai School – Online Class

Name: _____ No._____ Gr._____

A. Choose the letter of the correct answer.

1. What do we need to stay healthy?

- a. a polluted place
- b. a good diet
- c. a nice gadget

2. What is it that keeps our heart and muscles healthy?

- a. sleep
- b. water
- c. exercise

3. It's bad if too much but it needs of our body?

- a. vegetables
- b. fruits
- c. sunshine

4. Which of the following is not a good diet?

- a. sugars
- b. proteins
- c. carbohydrates

5. Which of the following is not ingredients of a healthy life.

- a. sleep
- b. safe surroundings
- c. alcohol

B. Choose **true** if it is correct and **false** if it is wrong.

_____ 6. Pizza is a protein.

_____ 7. 10 minutes in sunlight is bad for our body.

_____ 8. Playing soccer makes our heart healthy.

_____ 9. We use dirty water for washing.

_____ 10. Sleep helps our body to refresh.