# Healthy Eating Quiz

This quiz is about healthy eating and nutrition. Students will practice identifying healthy foods, understanding good eating habits, and learning basic vocabulary related to nutrition. The quiz contains two sections: Multiple Choice and Drag and Drop activities.

## Instructions

## Part 1: Multiple Choice

Read each question carefully and choose the correct answer. Select only one option for each question.

**1.** Which food is a fruit?
**a)** Carrot
**b)** Apple
**c)** Bread

**2.** Which drink is the healthiest?
a) Soda
b) Water
c) Energy drink

**3.** Vegetables are rich in _____.
**a)** vitamins
**b)** sugar
**c)** candy

**4.** Eating too much junk food is _____.
**a)** healthy
**b)** unhealthy
**c)** necessary

**5.** Which food is a source of protein?
**a)** Chicken
**b)** Cake
**c)** Chips

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## Part 2: Drag and Drop

Drag the correct word from the word bank and drop it into the appropriate sentence. Use each word only once.

**Word Bank:**
water
vegetables
breakfast
fruits
healthy

**Complete the sentences using the correct word from the word bank.**

**1-**Drinking _____ is important for your body.

**2-**Carrots and broccoli are _____.

**3-**Apples and bananas are _____.

**4-**Eating a balanced diet helps you stay _____.

**5-**The first meal of the day is _____.

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