

# 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

## 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 \_\_\_\_\_.