Healthy living quiz

Do the *Healthy living* quiz. Circle your answers.

1 **How often do you eat fruit and vegetables?**

A I eat fruit or vegetables for breakfast, lunch and dinner.

B I try to eat some fruit and vegetables every day.

C Yuck! I don't like fruit and vegetables.

2 **How often do you go to bed early?**

A I go to bed early every night.

B I go to bed early five times a week.

C I try to go to bed early, but I like to watch TV.

3 **How often do you do exercise?**

A I do exercise every day.

B I do exercise five times a week, after school.

C I do exercise once a week in school.

4 **How often do you play outside?**

A I play outside every day, even when it's rainy.

B I play outside, but not when it's rainy.

C I prefer playing in my room.

5 **How often do you drink water?**

A I drink water eight times a day.

B I drink water every day. I drink juice, too.

C Water is boring. I don't like water.

Check your answers

Mostly As	Wow! Good for you! You're working really hard to be healthy. Remember to relax, too.
Mostly Bs	Well done! You're trying hard to be healthy.
Mostly Cs	You know it's good to be healthy, but maybe you forget. Try to remember!

LIVEWORKSHEETS