

# Appendix 2:

## The Healthy Lifestyle Quiz answers

- 1. Which of the following is the benefit of participating in physical activity regularly?**
  - A. *Improve cardiorespiratory endurance*
  - B. Increase the chance of injury
  - C. Increase body fat
  - D. Increase cardiovascular diseases
- 2. All these foods high in protein, except:**
  - A. Eggs
  - B. Fish
  - C. Meat
  - D. *Bread*
- 3. Which of the following is not a benefit of participating in physical activity regularly?**
  - A. Enhance brain health
  - B. Enhance social skills
  - C. *Increase blood pressure*
  - D. Increase metabolism
- 4. Healthy lifestyle elements include:**
  - A. Healthy eating behaviour
  - B. Physical activity
  - C. Reduced stress and better quality of sleep
  - D. *All of the above*
- 5. Which of these is bad for your body?**
  - A. Carbohydrates
  - B. *Junk food*
  - C. Proteins
  - D. Minerals
- 6. Sufficient sleeping time is one of the main factors contributing to a healthy lifestyle – true or false?**
  - A. *TRUE*
  - B. FALSE

**7. Which of these are healthy eating behaviours?**

- A. Eat fast
- B. *Eat slowly*
- C. Eat while in front of your phone/tablet
- D. Eat with your left hand

**8. We are recommended to \_\_\_\_ before sleep**

- A. Eat a lot of food
- B. *Have a warm drink*
- C. Drink caffeine
- D. Use a computer

**9. Why is drinking plenty of water important?**

- A. To keep you awake
- B. *Helps mental and physical performance*
- C. To help your food taste better
- D. So you can sing

**10. What weekly allowance of alcohol does the World Health Organisation recommend?**

- A. 14 Units
- B. *None*
- C. 26 Units
- D. Half person's weight divided by their age

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