

Worksheet 7:

The Healthy Lifestyle Quiz

- 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 are 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 a person's weight divided by their age