

Healthy Living Quiz

1) Which breakfast is the healthiest?

- a) Crisps
- b) Porridge/Oaty cereal
- c) Chocolate
- d) Sweets

2) Where does your body get its energy from?

- a) From food
- b) From light
- c) From a battery
- d) From the wind

3) Which drink is the healthiest?

- Cola
- Orange fizz
- c) Lemon fizz
- d) Water



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4) Which is the most balanced meal?

- a) Chips, rice, pasta
- b) Fish, broccoli, rice
- c) Burger, sausage, chocolate
- d) Roast potato, boiled potato, mashed potato

5) Which is the healthiest snack?

- a) Two packets of crisps and a fizzy drink
- b) One packet of crisps
- c) A banana
- d) A drink of slush

6) Which is best for a healthy life?

- a) Eat well, sleep well, sit down all day
- b) Eat well, stay up late, exercise
- c) Skip meals, sleep well, exercise
- d) Eat well, sleep well, exercise

