

Name: _____

Date: _____



Healthy Habits Quiz

Are you a healthy person?



Answer the following questions to find out how much you know about healthy habits

1 Is it important to go to bed early? How many hours should you sleep?

2 Is it important to keep your body clean? What can you do to keep it clean?

3 Should you spend some quality time with the people you love? Why?

4 How much water should you drink every day?

5 Is it important to do exercise? How much exercise should you do each day?

6 Is leisure time important? What activities should you do in your free time?

7 What should you eat? What should you avoid eating?
