








Healthy life quiz

Read and answer the questions. See your score.

1. How often do you watch TV? 	A. never	B. sometimes	C. often	D. always
2. Do you sleep 8-10 hours at night? 	A. never	B. sometimes	C. often	D. always
3. How often do you play sports? 	A. never	B. sometimes	C. often	D. always
4. Do you brush your teeth after a meal? 	A. never	B. sometimes	C. often	D. always
5. Do you wash your hands before a meal? 	A. never	B. sometimes	C. often	D. always
6. How often do you have a bath or a shower? 	A. never	B. sometimes	C. often	D. always
7. How often do you walk to school? 	A. never	B. sometimes	C. often	D. always

1 A-4 B-3 C-2 D-1 6 A-1 B-2 C-3 D-4 32-40 Congratulations! You're
 2 A-1 B-2 C-3 D-4 7 A-1 B-2 C-3 D-4 a very healthy boy/girl.
 3 A-1 B-2 C-3 D-4 8 A-1 B-2 C-3 D-4 23-31 Cheer up! You're near a
 4 A-1 B-2 C-3 D-4 9 A-4 B-3 C-2 D-1 healthy boy/girl.
 5 A-1 B-2 C-3 D-4 10 A-1 B-2 C-3 D-4 1-22 You're not very healthy.

Health For Life Test

Robert R. Redfield



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