To avoid cardiovascular problems, diets rich in ... should be avoided

a)… Vitamins and proteins

b)… Fats and salt [CORRECT]

c)… Carbohydrates

How many times do you have to wash your hands a day?

a) 3

b) 4

c) 5 [CORRECT]

Which vitamin does the sun give us?

a) Vitamin B

b) Vitamin D [CORRECT]

c) Vitamin C

How long should we walk a day?

a) 10 min

b) 30 min [CORRECT]

c) It is not necessary

Which of these habits is healthier for dentures?

a) Brushing your teeth after eating (CORRECT)

b) Eating apples

c) Brusingh teeth at night

What is the time of day when you should not sunbathe?

a) In the morning

b) At noon [CORRECT]

c) In the afternoon

Which of these habits is most harmful to the respiratory system?

a) Never smoke

b) Be in a poorly ventilated place (CORRECT)

c) perform moderate exercise

What is more advisable to wash ...

a) ... hands [CORRECT]

b) ... feet

c)… hair

What is it beneficial to maintain an orderly life for?

a) Nervous system [CORRECT]

b) Respiratory System

c) Excretory system

What is it profitable to drink plenty of fluids for?

a) Nervous system

b) Respiratory System

c) Excretory system [CORRECT]