**Questions in the test**

Question 1.

**The basis of a healthy lifestyle is ....**

a) eating sweets

b) food fats

c) drinking cola

d) physical activity

Question 2.

**How much time should a student of your age devote to physical activity per day?**

a) 15 minutes

b) 30 minutes

c) 1 hour

d) 2 hours

Question 3.

**Endorphins are**

a) pain medications

b) the so-called hormones of happiness

c) icons with smileys

d) the type of dolphins

Question 4.

**Is leaf raking a physical activity?**

a) yes

b)no

c) I do not know

d) maybe

Question 5.

**During today's lesson, have you been active?**

a) yes

b) no

c) I do not know

d) rather yes