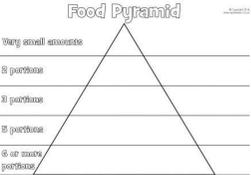


<p>1. What specialist do you visit when you have a headache?</p> <ul style="list-style-type: none"> a) vet b) pediatrician c) ophthalmologist 	<p>2. What is your country's emergency number?</p>	<p>3. What specialist do you visit when you have a cavity?</p>
<p>4. What are the main measures to stop the COVID-19?</p>	<p>5. Today Mark forgot his snack at home. What would you?</p> <ul style="list-style-type: none"> a) I share mine with him. b) I should ask him first if he has any allergies. If not, we share it. c) Too bad. 	<p>6. Eating too much ultra processed foods causes</p> <ul style="list-style-type: none"> a) high blood pressure, heart disease and diabetes b) energy boost c) memory increase
<p>7. When should I call my doctor about a fever? When my temperature is higher than _____.</p>	<p>8. My six year old sister has lost a milk tooth. What is going to happen now?</p> <ul style="list-style-type: none"> a) An adult teeth will grow b) She will have a hole for the rest of her life c) She will need an operation to implant an artificial tooth 	<p>9. Many doctors specialize in one kind of medical work. What is a doctor with special training on the heart?</p>

<p>10. Name five things that you should have in a first aid kit.</p>	<p>11. "Nutritional" means:</p> <ul style="list-style-type: none"> a) tastes very good b) it's a vegetable c) it contains the necessary substances to grow healthy 	<p>12. Dairy products are good for:</p> <ul style="list-style-type: none"> a) bones b) eyelashes c) fingernails d) teeth e) a, c and d are correct
<p>13. What is the most important meal of the day?</p> <ul style="list-style-type: none"> a) lunch b) breakfast c) dinner 	<p>14. What part of your body can get damaged if you eat too much sugar?</p>	<p>15. Riddle: I have furry skin. I smell delicious. I have a large stone inside.</p> <p>What am I?</p>
<p>16. Riddle: I grow in the ground. I can be brown, white or red. I might make you cry.</p> <p>Who am I?</p>	<p>17. Riddle: I can grow very, very large. I am very popular at Halloween. I am usually orange.</p> <p>What am I?</p>	<p>18. What part of the plant is the broccoli?</p>

<p>19. What is a tomato?</p> <ul style="list-style-type: none">a) a fruit and a vegetableb) a vegetablec) a cereal	<p>20. What health benefits does garlic have?</p> <ul style="list-style-type: none">a) Garlic smells good.b) Garlic is anti-bacterial, anti-fungal and antiseptic.c) Garlic has no health benefits.	<p>21. True or false: apples contain no vitamin C, but they have lots of fiber.</p>
<p>22. Name 3 types of food that contain vitamins.</p>	<p>23. How can we obtain vitamins that our body needs?</p> <ul style="list-style-type: none">a) Exercisingb) Eating foods that contain them	<p>24. True or false? Most fruit contains vitamin C.</p>
<p>25. What happens if you don't get enough vitamins from food?</p>	<p>26. Which vegetable has the most vitamin A?</p> <ul style="list-style-type: none">a) tomatoesb) carrotsc) green peppersd) potatoes	<p>27. Vitamin K helps to...</p> <ul style="list-style-type: none">a) Keep our blood healthy and clotting properly.b) Grow strong bones and teeth.c) Sleep better.

<p>28. We can obtain vitamin D from...</p> <p>a) Donuts b) The Sun c) Carrots</p>	<p>29. Which of the following vitamins helps teeth and bones grow strong?</p> <p>a) Vitamin A b) Calcium c) Vitamin C</p>	<p>30. Choose the correct answer: Iron...</p> <p>a) can prevent colds b) helps to heal wounds c) is good for our blood and help transport oxygen around the blood</p>
<p>31. What is healthier?</p> <p>a) to fry b) to boil c) to steamed</p>	<p>32. What is a good substitute for white sugar?</p> <p>a) honey, agave syrup and dates b) saccharin c) icing sugar</p>	<p>33. What food group do we need to eat every day?</p>
<p>34. Complete the following food pyramid:</p>  <p>- fruit and vegetables - fats, oils and sweets - bread, pasta and cereals - dairy and milk - meat, fish, nuts, eggs and seeds</p>	<p>35. When people say it is a good idea to eat “a rainbow” every day, what does this mean?</p> <p>a) to eat cupcakes with rainbow sprinkles b) to eat fruit and veggies of different colors c) to eat lot of rainbow sherbet</p>	<p>36. Name two different ways you can eat strawberries in a healthy way.</p>

<p>37. Name 3 meals where you have to use rice as the main ingredient.</p>	<p>38. Make up a healthy meal, dessert and drink for a healthy restaurant.</p>	<p>39. Name 3 different ways to eat veggies. Example: salad, smoothie.</p>
<p>40. Think this time about a <u>gluten free</u> meal for a healthy restaurant.</p>	<p>41. Challenge: Touch your toes, then reach for the sky. Repeat 5 times.</p>	<p>42. Challenge: Do 3 push-ups with one hand elevated.</p>
<p>43. Challenge: Can you rub your tummy and pat your head?</p>	<p>44. Challenge: Try to touch your toes without bending your knees.</p>	<p>Challenge: Try to do the worm</p> 

<p>46. Name 3 ways you could exercise while helping at home. Example: tidy up your room.</p>	<p>47. Challenge: Perform a dance for the class for 30 seconds.</p>	<p>48. Challenge: Try to do the <i>tree pose</i>.</p> 
<p>49. Challenge: Follow the instructions:</p> <ol style="list-style-type: none"> 1) Place a bottle or something similar on the floor. 2) Twist around the object 10 times or so. 3) Walk in a straight line for 5 meters. 	<p>50. Challenge: Spell your full name while doing jumping jacks.</p> 	<p>51. Name 3 traditional sports from your country.</p>
<p>52. Name 3 sports in which you need a ball to practice them.</p>	<p>53. What sports can you practice in the water?</p>	<p>54. Name some sports that are practiced on wheels.</p>

<p>55. What are the benefits of practicing sports regularly?</p>	<p>56. Name 3 team sports and 3 individual sports.</p>	<p>57. What sports can disabled people practice? Name as many as you know.</p>
<p>58. How often should you exercise?</p> <ul style="list-style-type: none"> a) once a week b) 30 minutes a day c) only in summer 	<p>59. In your opinion, is it important to do a medical check up when you practice a sport regularly? Why?</p>	<p>60. Read the clues and fill in the missing letters to guess the sport:</p> <ul style="list-style-type: none"> - People play this sport on ice _ _ _ key - I need a bat to hit a ball with this sport B _ s _ _ _ ll - This sport is great for tall people B _ s _ _ t _ _ ll
<p>61. How many hours should we sleep every night?</p> <ul style="list-style-type: none"> a) less than 5 hours of sleep b) at least 8 hours of sleep c) more than 12 hours of sleep 	<p>62. How often is it healthy to play video games per week?</p> <ul style="list-style-type: none"> a) two hours per week b) nine hours per week c) one hour per day 	<p>63. How many times a day should you brush your teeth?</p> <ul style="list-style-type: none"> a) at least twice a day b) it doesn't matter if you skip one day c) five times a day

<p>64. To take care of our eyesight we should always read:</p> <ul style="list-style-type: none"> a) with enough natural or artificial light b) with sunglasses c) with an ebook 	<p>65. Complete the following saying: An _____ a day, keeps the _____ away.</p>	<p>66. What is the best position to prevent back pain. Try with the chairs in your class.</p>
<p>67. How can you take care of your voice? Give an example of a healthy habit.</p>	<p>68. Choose the healthiest way of carrying your backpack:</p> 	<p>69. If you exercise regularly, eat well, and get enough sleep, will you have more energy or less energy?</p>
<p>70. How can you get to school and do exercise at the same time?</p>	<p style="text-align: center;"><u>TOPICS</u></p> <p>MEDICINE: questions 1 to 10 FOOD: questions 11 to 20 VITAMINS: questions 21 to 30 HEALTHY RECIPES: questions 31 to 40 PHYSICAL ACTIVITY: questions 41 to 50 SPORTS: questions 51 to 60 HEALTHY HABITS: questions 61 to 70</p>	