



HEALTHY QUIZ

INSTRUCTIONS

- The **multiple-choice question** has **4 answers** coloured in **red**, **blue**, **yellow** and **green**.
 - Each team has its own **set of coloured cards**.
 - Once you **discuss** the answer in your team, you **pick** the card with the **corresponding colour**.
 - A team member **raises the coloured card**.
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1 – Which should you eat **once in a month**?



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2 – Which picture shows the legumes ?



2 – Which picture shows the **legumes** ?



3 – Herbs are...

THYME and BASIL

LAUREL and ONIONS

LENTILS and GARLIC

OREGANO and PEPPER

3 – Herbs are...

THYME and BASIL



LAUREL and ONIONS

LENTILS and GARLIC

OREGANO and PEPPER

4 – Vitamins help your body...

to stay healthy and fight
diseases.

digest food.

build muscles.

hydrate.

4 – Vitamins help your body...

to stay healthy and fight diseases.

digest food.

build muscles.

hydrate.

5 – “Cinnamon” is a ...



legume

herb

seed

spice

5 – “Cinnamon” is a ...

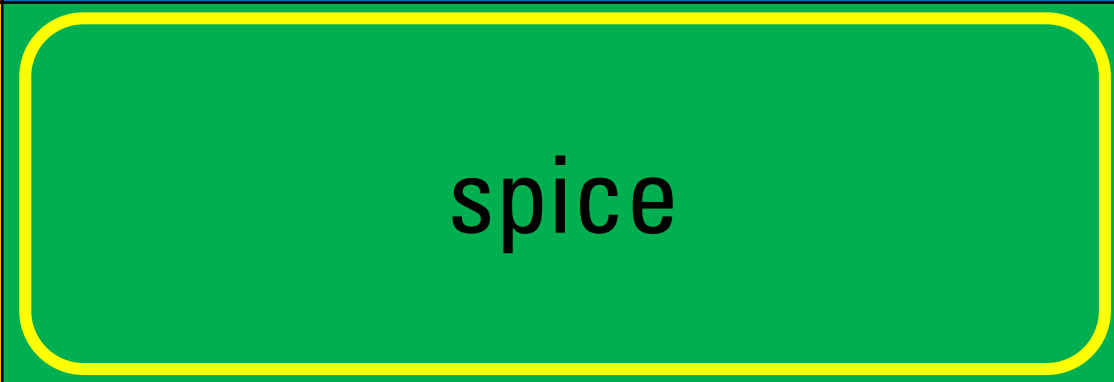


legume

herb

seed

spice



6 – Tomatoes are rich in...



Vitamin A

Vitamin C

Vitamin D

Vitamin E

6 – Tomatoes are rich in...



Vitamin A

Vitamin C

Vitamin D

Vitamin E

7 – Which food is richest in **fibers**?



1 Banana



1 cup of green peas,
boiled

1 cup of lentils, boiled

1 cup of brown rice,
cooked



7 – Which food is richest in **fibers**?



1 Banana



1 cup of green peas,
boiled

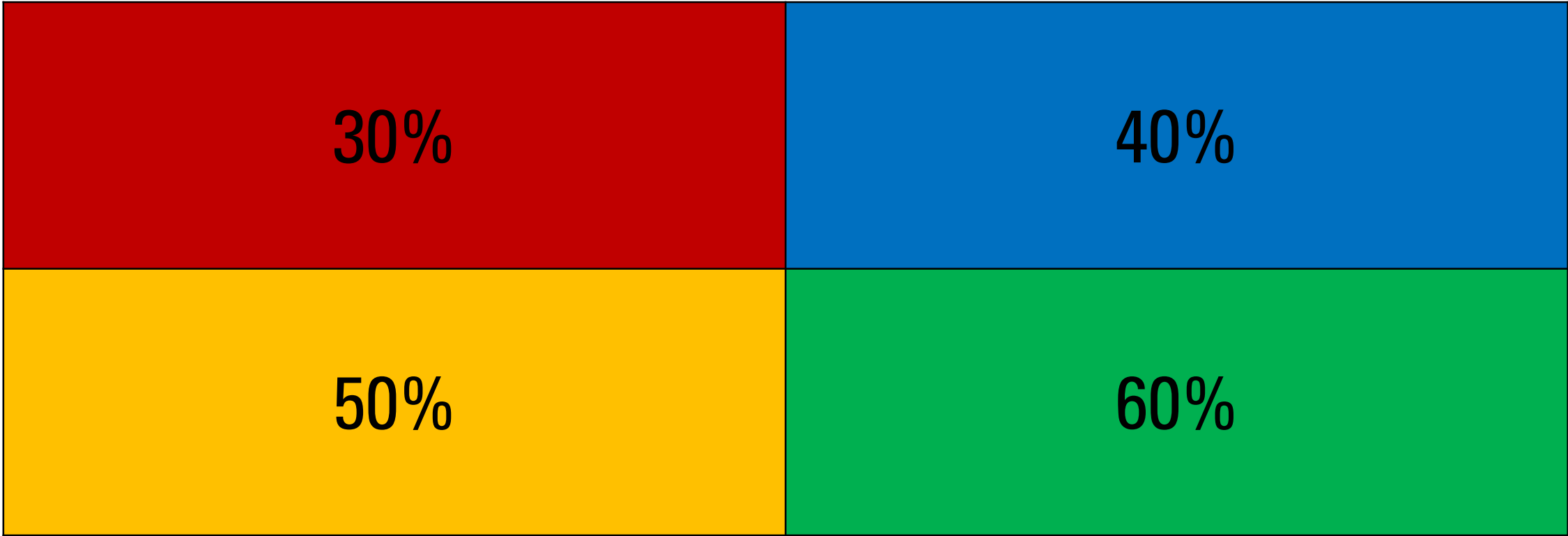
1 cup of lentils, boiled

1 cup of brown rice,
cooked



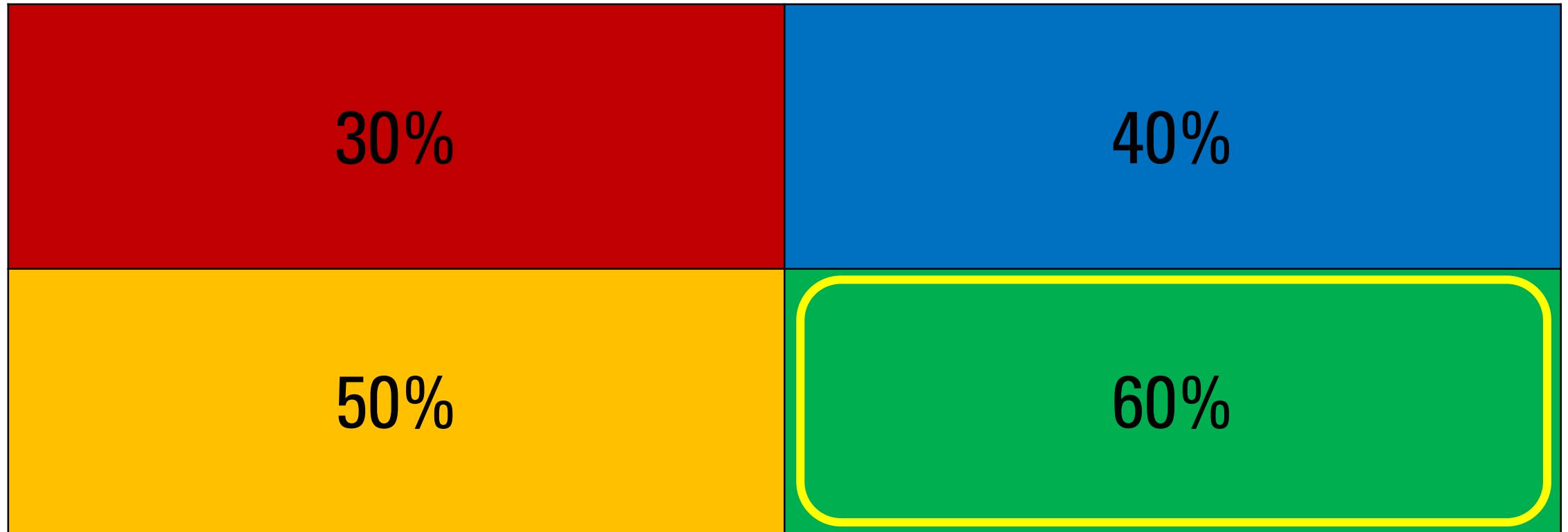


8 – How much water is in the human body?





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9 – For a healthy living **physical exercise**...

plays an essential part	should be done once in a month
is not so important	is boring

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10 – Fish should be eaten...



daily

weekly

monthly

not at all

10 – Fish should be eaten...



daily	weekly
monthly	not at all
