



Health quiz - ANSWERS

Reading practice

Level 2

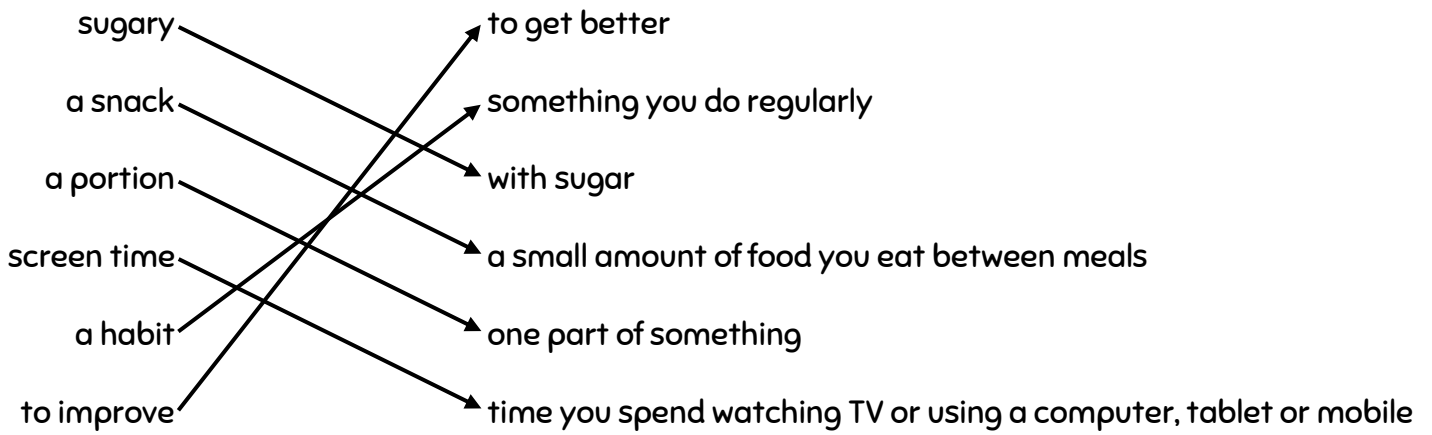
How healthy are you? Practise your reading in English with this quiz.

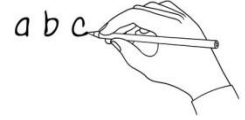


Preparation



Match the words with the definitions.



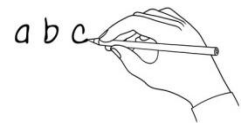


1. Where does it go?

Write these words in the correct group.

fruit	sport	sugary	snack
walk to school	screen time	portion	sleep

related to food	related to lifestyle
fruit sugary snack portion	sport walk to school screen time sleep



2. What's the order?

Put the words in the correct order.

a. each fruit It's to eat day. good lots of

It's good to eat lots of fruit each day.

b. healthy. snacks very Sugary aren't

Sugary snacks aren't very healthy.

c. day. every should You try breakfast to have

You should try to have breakfast every day.

d. and playing you. to school is outside Walking good for

Walking to school and playing outside is good for you.

e. a lot of a good idea It's not to have every day. time screen

It's not a good idea to have a lot of screen time every day.

f. to sleep hours between a night. It's best 9 and 12

It's best to sleep between 9 and 12 hours a night.