



Health quiz

Level 2

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

Reading practice



Preparation

Match the words with the definitions.

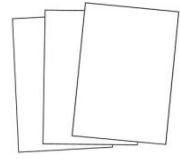


- | | |
|-------------|--|
| sugary | to get better |
| a snack | something you do regularly |
| a portion | with sugar |
| screen time | a small amount of food you eat between meals |
| a habit | one part of something |
| to improve | time you spend watching TV or using a computer, tablet or mobile |



Reading text

Read the health quiz.



How healthy are you?

Do our quiz to find out!

1. How many pieces of fruit do you eat each day?
 - a. none
 - b. one piece
 - c. two or more

2. How many sugary snacks or drinks do you have each day?
 - a. three or more
 - b. one or two
 - c. none

3. How many portions of vegetables do you have each day?
 - a. none
 - b. one or two
 - c. three or more

4. How often do you eat breakfast each week?
 - a. never
 - b. once or twice
 - c. every day



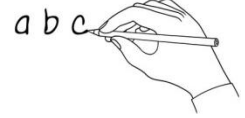
5. How often do you do sport or play outside each week?
- a. never
 - b. two or three times
 - c. four or more times
6. How often do you walk to school or other places each week?
- a. never
 - b. once or twice
 - c. three or more
7. How many hours of screen time do you have each day?
- a. more than 3
 - b. 2 to 3
 - c. 1 or less
8. How much do you sleep each night?
- a. less than 7 hours
 - b. between 7 and 8 hours
 - c. between 8 and 12 hours

Answers

☹️ If you have mostly As, you need to change some daily habits. Are you eating the right things and doing enough sport?

😊 If you have mostly Bs, you're doing OK but try to improve. Look at your answers to see what habits you could change.

😄 If you have mostly Cs, you're doing great. Keep up the good work!

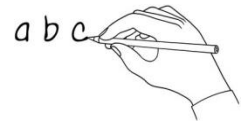


1. Where does it go?

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	



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

c. day. every should You try breakfast to have

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

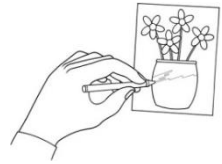
e. a lot of a good idea It's not to have every day. time screen

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



Write and draw!

What things do you do to be healthy? Draw a picture and write about them!



A large rectangular area for drawing and writing, containing several horizontal dotted lines for text.