



Quiz on healthy life style

Made by student sof 9th class ZŠ Osecká 315, Lipník nad Bečvou

1. How many portions of meals should we eat daily ?

- a) two
- b) seven
- c) five

2. Which food help us to fall asleep?

- a) chocolate, beef
- b) chamomile, hot milk
- c) nothing

3. Which sport helps us to burn the most calories in 30 minutes?

- a) Running
- b) mountaineering
- c) swimming

4. How to achieve inner peace?

- a) stress
- b) smoking cigarette / drinking alkohol
- c) meditation / yoga

5. How many hours should we sleep?

- a) 4-6 hours
- b) 6-8 hours
- c) 8-12 hours

6. Which of this food is healthiest to eat?

- a) Donut, chocolate, chips, coca-cola and junk food.
- b) Fast food, eggs, pizza, lemonade with bubbles etc.
- c) Quality meat, vegetables, fruit and still water.

7. What is the first aid for someone who has got alcohol poisoning?

- a) Immediately induce vomiting.
- b) Lay it on its side and call doctor.
- c) Place him with sufficient water and keep him in the heat.

8. Why is methyl alcohol so dangerous?

- a) Metabolized to formic acid, which is especially dangerous for the cells in the eyes.
- b) Infects red blood cells, which then accumulates in the liver and kidneys, and overwhelm them.
- c) Because of its acidity damages the digestive system and can cause internal bleeding.

9. From what age can people consume alcohol ?

- a) 14
- b) 20
- c) 18

10. What is the effect of movement on human health?

- a) No effect
- b) Protects against various diseases and improves the function of the human body
- c) Tiredness of people