

Healthy Eating and Lifestyle Habits

Health · Answer Key · 15 Questions

1. What is recommended for regular meals?

- A) Skipping meals
- B) Eating snacks between meals**
- C) Eating only one large meal
- D) Eating irregularly

2. A healthy diet should include:

- A) Only junk food
- B) All necessary nutrients**
- C) Only processed foods
- D) Large amounts of sugar

3. What should be reduced in consumption?

- A) Fruits and vegetables
- B) Whole grains
- C) Sugary drinks and junk food**
- D) Lean proteins

4. What is mentioned as important for overall health?

- A) Sedentary lifestyle
- B) Sufficient sleep**
- C) Excessive screen time
- D) Irregular eating patterns

5. What can help prevent weight gain?

- A) Eating large portions
- B) Frequent exercise and a balanced diet**
- C) Consuming only sweets
- D) Avoiding all physical activity

6. What are examples of unhealthy foods mentioned?

- A) Fruits, vegetables, and whole grains
- B) Ice cream, burgers, and fries
- C) Lean meats and fish**
- D) Water and milk

7. What does the text suggest about physical activity?

- A) It's not important
- B) Should be done 4-5 times a week**
- C) Should be avoided
- D) Only necessary for athletes

8. What is a benefit of healthy eating and exercise?

- A) Increased weight gain
- B) Improved mood and energy**
- C) Higher risk of illness
- D) Reduced appetite

9. What is important to do regarding food portions?

- A) Eat excessively
- B) Control portion sizes**
- C) Eat only when extremely hungry
- D) Ignore portion sizes

10. What does the text imply about 'junk food'?

- A) It's a necessary part of a balanced diet
- B) It should be consumed in moderation**
- C) It's a healthy alternative to fruits
- D) It's good for weight loss

11. What is the purpose of establishing regular meal times?

- A) To confuse your body
- B) To regulate your metabolism**
- C) To encourage snacking
- D) To avoid healthy food

12. What kind of diet is encouraged?

- A) A diet with many sweets
- B) A balanced diet**
- C) A diet with only junk food
- D) A restrictive diet that eliminates food groups

13. What is a consequence of overeating?

- A) Weight loss
- B) Improved health
- C) Weight gain**
- D) Better sleep

14. What is mentioned as a potential risk associated with unhealthy eating?

- A) Improved physical performance
- B) Increased risk of health problems**
- C) Better mood
- D) Weight loss

15. What does 'good about your body' suggest?

- A) Negative self-talk
- B) Body shaming
- C) Positive body image**
- D) Disregarding your health