

# Healthy Eating and Lifestyle Habits

Health · Practice Test · 15 Questions

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## 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