

Questions (11)

Show answers

1 - Quiz

What is the good way to keep you healthy?



20 sec

- eat a lot ✗
- exercise more ✓
- feel angry very often ✗
- sleep at least 6 hours ✗

2 - True or false

It's very important to keep good habits so we can be healthy.



20 sec

- True ✓
- False ✗

3 - Quiz

What is habit?



20 sec

- 喜好 ✗
- 嗜好 ✗
- 習慣 ✓

4 - Quiz

keep good habits 可以為我們帶來什麼?

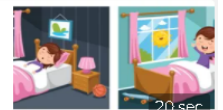


20 sec

- 沒法帶給我們什麼 ✗
- 有益身體健康 ✓
- 考試100分 ✗

5 - Quiz

Early to bed, early to rise. How many hours should you sleep?

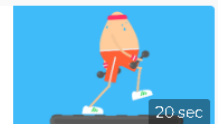


20 sec

- 6 hours ✗
- 7 hours ✗
- 8 hours ✓
- 9 hours ✗

6 - Quiz

Exercise is good for you. Everyday we should exercise are least.....minutes a day.



20 sec

- 30 ✓
- 60 ✗
- 90 ✗
- 210 ✗

7 - True or false

**balance diet is very important. Is this a balanced diet?**



True



False



8 - True or false

**Is this a balanced diet?**



True

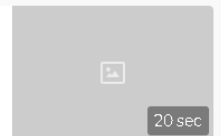


False



9 - Quiz

**What can yo do to make yourself feel better and also keep healthy?**



listening to music



talk to friends and family



do exercise



10 - True or false

**I can yell at anyone when I'm angry.**



True

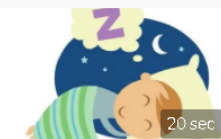


False



11 - Quiz

**Getting enough sleep can make me grow tall.**



Yes



No

