

1 - Quiz

Before doing exercises, what should we do?



20 sec

- Eat hamburgers ✗
- Take a bath ✗
- Drink some water ✓

2 - Quiz

During the breaks of sports, what is good for us?



20 sec

- Eat a lot ✗
- Drink a lot ✗
- Drink some water ✓

3 - True or false

After the sport, we can eat food immediately.



20 sec

- True ✗
- False ✓

4 - True or false

After exercising, it is good for us to eat McDonald's.



20 sec

- True ✗
- False ✓

5 - Quiz

What food is good for us after we do sports?



20 sec

- fruit and milk ✓
- chocolate cookies ✗
- meat and soda ✗

6 - Quiz

How long should we wait to eat after doing exercises?



20 sec

- one hour ✗
- 30 seconds ✗
- 30 minutes ✓
- one day ✗

7 - True or false

After we eat dinner, we can do exercise immediately!



20 sec

True ✘

False ✔

8 - True or false

Drink with sugar is NOT good for us when exercising.



20 sec

True ✔

False ✘