

Healthy Lifestyle Quiz: questions and answers



1. How many minutes should an average person walk a day?

- 30 minutes
- 40 minutes
- 20 minutes

2. An apple a day _____

- keeps the doctor away
- keeps all the troubles away
- keeps you awake whole day

3. Which vitamin is good for eyes?

- Vitamin D
- Vitamin K
- Vitamin A

4. What is the recommended daily water intake?

- 0.5 Liters
- 1 Litre
- 2 Liters

5. What are the general sleep requirements for an adult?

- 8 to 12 hours
- 12 to 14 hours

7 to 9 hours

6. Why do people have to use bath salts?

- To heal wounds
- To relax and sleep better
- To soften the skin

7. What is usually recommended as a self care tip for depression?

- Sleeping for less than 7 hours
- Active lifestyle
- Eating 100 extra calories

8. How do puzzles help you?

- They help you learn numbers
- They help exercise the brain
- They are a time pass

9. When must you brush your teeth if you brush them only once a day?

- Right after dinner
- At night before you sleep
- In the morning

10. How often you must have a routine body checkup?

- Once in 10 years
- Once a year
- Once in 5 years

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Right answers

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20 minutes
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keeps the doctor away
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Vitamin A
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2 Liters
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7 to 9 hours
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To relax and sleep better
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Active lifestyle
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At night before you sleep
10. How often you must have a routine body checkup?
Once a year