

5-minute Test To Be Healthy For Life

Score High!
It's Easy

Fill in the blanks correctly and score high marks to Be Healthy for Life

Eating Right Makes You Healthy!

three, Washing, clean, lunch, right, closer, Food Pyramid, 6-8, variety

1. What is healthy eating?

Healthy eating means eating a _____ of foods in the _____ amount according to the _____ guide, and drinking _____ glasses of water daily.

2. What does eating regularly mean?

It means eating _____ main meals a day - breakfast in the early morning, _____ at midday and dinner at late evening.

3. What are some examples of good eating habits?

_____ your hands before and after you eat and choosing food from _____ eating places.

4. Why is it good to eat with your family?

Eating with your family brings you _____ to each other.



Answers: 1. variety, right, Food Pyramid, 6-8, 2. three, lunch 3. Washing, clean 4. closer

dancing, plenty, strengthens, mentally, warm-up, sports, fit, clothing, moving, chores, sports, badminton, football

Physical Activity Is Good For You!

5. Why is physical activity important?

It is important because it _____ muscles, makes you _____ alert and _____.

6. What is physical activity?

Physical activity is _____ your body, exercising, taking part in _____ and doing _____.

7. What kind of physical activity can you do?

You can enjoy _____ activities, like _____, _____, team games and fun activities like skipping, walking, swimming and even _____!

8. What is the right way to exercise?

Always _____ before exercising, wear proper _____ and shoes, drink _____ of water and cool down after exercising.

Answers: 5. strengthens, mentally, fit 6. moving, sports, chores 7. sports, badminton, football, dancing 8. warm-up, clothing, plenty



start, dangerous, addictive, everyone, smoker, stay away, 4,000, 63, smokers, 200

Smoking Is A Bad & Dangerous Habit!

9. **Why is smoking bad?**
Smoking is bad because it is a _____ habit and is _____ too.
10. **Why is cigarette smoke dangerous?**
Cigarette smoke is dangerous because it contains _____ chemicals of which _____ are toxic and _____ of them can cause cancer.
11. **Who can be affected by cigarette smoke?**
Cigarette smoke can affect the health of the _____ and _____ around him/her.
12. **What can you do to help reduce health problems due to smoking?**
Don't ever _____ smoking, tell _____ to stop and _____ from cigarette smoke.



Answers: 9. dangerous, addictive 10. 4,000, 200, 63 11. smoker, everyone 12. start, smokers, stay away

why, planning, talk, know, sleep, positive, cool down, appetite, stressed, too, schoolwork, temper, play, long, sleep, making

Deal With Anger To Lessen Stress!

13. **What happens when you are stressed?**
Stress can cause you to lose _____ and _____ to eat, and make it difficult to keep up with _____.
14. **What is anger?**
You can become angry when you are _____ for a _____ time, _____ much and do not _____ what to do.
15. **How can you deal with anger?**
Know _____ you're angry, _____, do not lose your _____, and _____ to someone about your feelings.
16. **What can you do to make you less likely to be angry?**
By being _____, _____ ahead and _____ time for study, _____, eating and _____.

Answers: 13. sleep, appetite, schoolwork 14. stressed, long, too, know 15. why, cool down, temper, talk 16. play, long, sleep, making, planning, planning, sleep, play

“Lead a Healthy Lifestyle. Be Healthy For Life”



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