

S.A.N.D.R.I.A

Healthy Living Made Simple

Healthy Living Quiz Book

Test your knowledge on serving sizes, healthy fats, natural nutrition, dense fiber, reducing added sugars, insulin awareness, active lifestyles, and fruit & vegetables.

1. Serving Size

Q1. What does portion control help with?

- A. Eating faster
- B. Balanced meals
- C. Skipping breakfast
- D. Drinking less water

Q2. Which habit supports healthy serving sizes?

- A. Mindful eating
- B. Eating while distracted
- C. Skipping vegetables
- D. Avoiding exercise

2. Add Healthy Fats

Q3. Which food contains healthy fats?

- A. Avocado
- B. Candy
- C. Soda
- D. Fries

Q4. Omega-3 fats are good for:

- A. Teeth whitening
- B. Heart health
- C. Hair dye
- D. Screen time

3. Natural Nutrition

Q5. Which is considered a natural whole food?

- A. Fresh vegetables
- B. Sugary cereal
- C. Fizzy drinks
- D. Candy bars

Q6. Vitamins and minerals help support:

- A. Energy and wellness
- B. Laziness
- C. Sleep loss
- D. Stress eating

4. Dense Fiber

Q7. Fiber helps support:

- A. Digestion
- B. Dehydration
- C. Sugar cravings
- D. Skipping meals

Q8. Which food is high in fiber?

- A. Oats
- B. Sweets
- C. Soda
- D. Ice cream

5. Reduce Added Sugars

Q9. Too much added sugar may lead to:

- A. Better focus
- B. Energy crashes
- C. Stronger bones instantly
- D. Faster homework

Q10. A healthier drink choice is:

- A. Water
- B. Fizzy soda
- C. Energy drink
- D. Sugary milkshake

6. Insulin Awareness

Q11. Stable blood sugar can help improve:

- A. Energy levels
- B. Confusion
- C. Tiredness
- D. Stress eating

Q12. Which habit may support insulin balance?

- A. Regular movement
- B. Eating candy all day
- C. Skipping sleep
- D. Avoiding vegetables

7. Active Lifestyle

Q13. Which activity supports an active lifestyle?

- A. Walking
- B. Sitting all day
- C. Watching TV nonstop
- D. Sleeping all afternoon

Q14. Exercise can help improve:

- A. Mood and energy
- B. Laziness
- C. Boredom
- D. Dehydration

8. Fruit & Veg

Q15. Which is a vegetable?

- A. Spinach
- B. Chocolate
- C. Crisps
- D. Cookies

Q16. Why is eating colorful fruits and vegetables important?

- A. They provide nutrients
 - B. They replace water
 - C. They stop sleep
 - D. They remove exercise needs
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Bonus Round

Q17. What does mindful eating mean?

- A. Paying attention to what and how you eat
- B. Eating as quickly as possible
- C. Only eating sweets
- D. Skipping meals

Q18. Which meal choice is the most balanced?

- A. Salmon, brown rice, and vegetables
- B. Candy and soda
- C. Crisps only
- D. Ice cream and cookies

Q19. Which snack is a healthier choice?

- A. Nuts and fruit
- B. Sugary sweets
- C. Fizzy drinks
- D. Chocolate bars

Q20. Healthy living includes:

- A. Balance, movement, nutrition, and hydration
- B. Sleeping all day
- C. Avoiding exercise
- D. Only eating one food group

Answer Key

1. B

2. A

3. A

4. B

5. A

6. A

7. A

8. A

9. B

10. A

11. A

12. A

13. A

14. A

15. A

16. A

17. A

18. A

19. A

20. A