

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

## Healthy Living Made Simple

### Prevention & Healthy Choices Quiz

Discover how healthy habits, awareness, movement, nutrition, hydration, and self-care can support prevention and wellbeing.

### Quiz Questions

**Q1.** What is one benefit of preventative health habits?

- A. Improved wellbeing
- B. Less hydration
- C. More stress
- D. Poor sleep

**Q2.** Which habit may help support long-term health?

- A. Skipping meals
- B. Avoiding movement
- C. Regular exercise
- D. Sugary drinks daily

**Q3.** Why are regular health check-ups important?

- A. They help identify concerns early
- B. They replace healthy eating
- C. They stop the need for sleep
- D. They increase stress

**Q4.** Which food choice supports prevention and wellness?

- A. Candy bars
- B. Fresh fruits and vegetables
- C. Fizzy soda
- D. Crisps

**Q5.** What can help reduce stress levels?

- A. Relaxation and mindfulness
- B. Staying awake all night
- C. Avoiding water
- D. Skipping meals

**Q6.** Why is sleep important for prevention and wellbeing?

- A. It supports recovery and energy
- B. It replaces exercise
- C. It removes the need for nutrition
- D. It causes dehydration

**Q7.** Which drink is usually the healthiest choice?

- A. Sugary soda
- B. Energy drinks

- C. Water
- D. Milkshake

**Q8.** What is a benefit of balanced nutrition?

- A. Steady energy and wellness
- B. Increased tiredness
- C. Poor concentration
- D. More sugar cravings

**Q9.** How can movement support wellbeing?

- A. By improving mood and energy
- B. By causing stress
- C. By reducing sleep quality
- D. By replacing hydration

**Q10.** Which action supports self-care and prevention?

- A. Ignoring stress
- B. Taking time to rest and recharge
- C. Avoiding healthy meals
- D. Skipping sleep

**Q11.** What does prevention encourage people to do?

- A. Wait until problems worsen
- B. Ignore wellbeing
- C. Make healthy choices early
- D. Avoid exercise

**Q12.** Which habit best supports a healthy lifestyle?

- A. Balance, movement, hydration, and nutrition
- B. Sugary snacks all day
- C. No physical activity
- D. Sleeping very little

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## Answer Key

- 1. A
- 2. C
- 3. A
- 4. B
- 5. A
- 6. A
- 7. C
- 8. A
- 9. A
- 10. B
- 11. C

12. A