

1. How many hours of sleep does an average person need?
 - a. 6 hours per night
 - b. 7 or more hours per night
 - c. 5 hours per night
 - d. 4 hours per night
2. How much water you need to approximately drink per day (13 years old and above)?
 - a. 4 liters
 - b. 3 liters
 - c. 2 liters
 - d. 1 liter
3. How many minutes per day should you exercise (age 6-17)?
 - a. Hour or more high-intensity exercise
 - b. 30 minutes high-intensity exercise
 - c. 2 hours or more high-intensity exercise
 - d. 3 hours or more high-intensity exercise
4. How much screen time should an average teenager have?
 - a. 4 hours
 - b. 1 hour
 - c. 3 hours
 - d. 2 hours
5. Do you agree with the statement "Laughing is good for health"?
(Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress.)
6. Why shouldn't you skip meals?
(You might start to feel dizzy, have low energy, and even feel like you might pass out. In the long run it's bad for your health and it can lead to nutritional deficiency-the body not absorbing the necessary amount of a nutrient)
7. *How many children under the age of 5, have inadequate height for their age?*

A 1 in 4 / B 1 in 6 / C 1 in 8 / D 1 in 10