Here is our general quiz on different health facts! Once completed you will receive an email with a discount voucher code that is attached to your certificate!

Please try your best and don't cheat. Best of luck!

**1>**

**Food nutrients that help your body to grow and to repair itself.  These types of foods are needed everyday.**

* 1. **Proteins**
  2. **Carbs**
  3. **Fiber**

2>

**Liquids in the mouth and stomach which help break down foods into materials the body can use.**



Tall Cinnamon Dolce Latte, extra pump of cinnamon at 135



A tall glass of cold water



Digestive juices

3>

**Vitamin D is sometimes called the:**



Sleepy vitamin



The "dorky" vitamin



The sunshine vitamin

4>

**Substances found in food that help your body grow and develop.**



Protein



Nutrients



Fiber

5>

**It takes \_\_\_\_ to keep your mind alert.**



Energy



Protein



Carbon dioxide

6>

**\_\_\_\_\_\_\_ is the ability to do work.**



Energy



Digestive system



Digestive juices

7>

**A thick, oily, dark, liquid that forms when tobacco burns is \_\_\_\_\_\_\_\_\_\_\_.**



Tar



Nicotine



Carbon

8>

**How many chambers are in the heart?**



2



3



4

9>

**Your skin, nails, hair, muscles, internal organs and even your brain contains no protein.**



True



False

10>

How many servings from the fruit group should you eat daily?



0-1 serving



2-4 servings



4-6 servings



6-8 servings

11>

**Physical health is..**



How fit you are and how healthy your body is.



The pH in your body which ties into your emotions.



How focused you are on other people's bodies.



None of the Above

12>

**Many children with asthma experience more severe reactions when they breathe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**



Second hand smoke



Carbon dioxide



Oxygen

13>

**Your immune system produces chemicals called \_\_\_\_\_\_\_\_\_\_\_ specifically to fight a particular invading substance.**



Antibodies



T-Cells



Blood cells

14>

**Food which contain sugar and starch.  Most of your energy comes from this kind of food.  Foods with natural sugar or starch in them are the best source of this kind of food.**



Cookies



Starches



Carbohydrates

15>

**God designed your body to change the food that you eat into a form your body can use.  The parts of your body that change or digest the food is called the \_\_\_\_\_.**



Stomach



Digestive system



Brain

16>

**The parts of the body that work together to change food into a form the body can use.**



Digestive system



Digestive juices



Esophagus