

Healthy Living Quiz

What is the recommended daily intake of fruits and vegetables for adults?

- ☐ a) 2 servings
- ☐ b) 5 servings
- ☐ c) 8 servings
- ☐ d) 10 servings

How many minutes of moderate-intensity aerobic exercise is recommended per week for adults, according to health guidelines?

- ☐ a) 30 minutes
- ☐ b) 60 minutes
- ☐ c) 90 minutes
- ☐ d) 120 minutes

What is the approximate daily water intake recommendation for an average adult?

- ☐ a) 1 liter
- ☐ b) 2 liters
- ☐ c) 3 liters
- ☐ d) 4 liters

How many hours of sleep per night is generally recommended for adults to maintain good health?

- ☐ a) 4-5 hours
- ☐ b) 6-7 hours
- ☐ c) 8-9 hours
- ☐ d) 10-11 hours

Which of the following activities is not typically recommended for managing stress?

- ☐ a) Meditation
- ☐ b) High-intensity workouts
- ☐ c) Deep breathing exercises
- ☐ d) Excessive caffeine consumption

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Life Skills Health ,2007 *Making Life Choices* Frances Sizer Webb,Linda K. DeBruyne,Eleanor Noss
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