



## NHS Choices Healthy Living Quiz

- 1. Find two other names that sugar may be called/referred to?**  
Go to [Common health questions > Food and diet > Salt and sugar, fibre and fats > How much sugar is good for me?](#)
- 2. What is the recommended number of calories a women and a man needs to maintain their weight?**  
Go to [Common health questions > Food and diet > Keeping your weight healthy > What should my daily intake of calories be?](#)
- 3. How many units of alcohol does the NHS recommend a woman should not exceed per day?**  
Go to [Live well > Alcohol](#)
- 4. Name three superfoods**  
Go to the [Livewell section > Healthy eating](#)

**5. If you were an inactive, 55 year old male, weighing 75kg and standing 5ft 7 inches tall, would your BMI be healthy?**

Go to the [Livewell](#) section or [Tools and BMI healthy weight checker](#)

**6. Do beans and pulses count towards your 5 a day?**

Go to [Live well > 5 a day](#)

**7. Name two examples of muscle-strengthening activities:**

**8. Complete the gaps, it's medically proven that people who do regular physical activity have:**

Go to the [Livewell > Fitness > Benefits of exercise](#)

- Up to a \_\_\_% lower risk of coronary heart disease and stroke
- Up to a \_\_\_% lower risk of type 2 diabetes
- Up to an \_\_\_% lower risk of osteoarthritis
- Up to a \_\_\_% lower risk of hip fracture
- A \_\_\_% lower risk of falls (among older adults)
- Up to a \_\_\_% lower risk of depression