

## Health Questions True Or False

**nutrition quiz " true or false - healthy kids** - nutrition quiz " true or false . 1. potato chips are a healthy way to eat potato. " false chips and crisps are made from potato, but cooked in oil, so are high in fat and

**true / false mental health quiz - oxford health nhs ...** - the questions challenge some of the myths which exist around mental health and show children that mental ill health affects many of us from time to time. what you need quiz sheet and answers tokens/counters for individual/paired version (optional) method introduce the quiz and explain that 6 statements will be read out which are either true or false after each statement is read out the ...

**mental health awareness quiz - nami florida** - mental health awareness quiz " there are many common misconceptions about what mental illness is and how to treat it " this quiz is designed to help you

**health & safety quick quiz answers** - penarth management tel: 029 2070 3328 penarth health & safety quick quiz answers what reasons exist for managing health & safety? (tick all that apply):

**health and safety 101health and safety 101** - health and safety 101health and safety 101 hs101 student safety quiz: are you ready for work? student safety quiz: are you ready for work? step 1: go to the health and safety 101 website: hs101 this website has lots of information that will help you learn about safety at work. step 2: work through the website, watching the video clips, taking the quizzes on the site and reading ...

**mental illness: true or false questions** - mental illness: true or false questions 1. mental health is defined as a constant feeling of contentment. false. mental health is defined as striking a balance in all aspects of your life (social, physical,

**mental health quiz - community games** - mental health quiz questions: 1. on how many days a week should you aim to be active for at least 30 minutes? none 2 days 5 days everyday 2. i can't manage to do exercise for 30 minutes so there is no point in doing any at all? true false 3. being physically active can have a profound effect on your mood? true false 4. joining a group who are active is a good way to meet new friends? true ...

**ill-health is mental illness? - time to change** - which of these statements about schizophrenia is true? " people with schizophrenia die younger " people with schizophrenia have multiple personalities " once people have schizophrenia they can never recover 12. social isolation is a factor in mental health problems. what percentage of people with common mental health problems live alone? " 10% " 15% " 20% (this is compared with 16% ...

**can you answer these healthy habits questions?** - can you answer these healthy habits questions? 1. how many servings of fruits or vegetables should you eat each day? answer: five 2. how many minutes of exercise or activity do you need each day?

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