

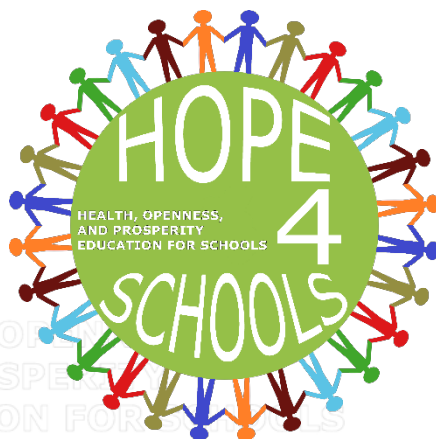


GREEK MINISTRY OF EDUCATION  
AND RELIGIOUS AFFAIRS  
REGIONAL DIRECTORATE OF PRIMARY  
AND SECONDARY EDUCATION  
OF WESTERN MACEDONIA



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# ΚΑΗΘΟΤ - ΥΓΙΕΙΣ ΣΥΝΗΘΕΙΕΣ



HEALTH, OPENNESS,  
AND PROSPERITY  
EDUCATION FOR SCHOOLS

HOPE4schools

Health, openness, and prosperity education for schools

2021-1-RO01-KA220-SCH-000024401



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## ΚΑΗΟΤ - ΥΓΙΕΙΣ ΣΥΝΗΘΕΙΕΣ

Αποκτήστε πρόσβαση στο kahoot στον ακόλουθο σύνδεσμο.

Αντιγράψτε τον, κάντε τη δική σας δημιουργία και στη συνέχεια χρησιμοποιήστε την.

Μπορείτε να μεταφράσετε στη δική σας γλώσσα ή να την αλλάξετε και να προσθέσετε περισσότερες ερωτήσεις αν θέλετε.

Καλή διασκέδαση!

<https://create.kahoot.it/details/5453a3c5-bad7-4a8d-997b-cc6d741e70bf>



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Kahoot!

## Healthy Habits

Healthy Habits

0 plays · 0 players

A public kahoot



### Questions (14)

1 - Quiz

**How many hours of sleep do you need every night?**



2 - Quiz

**What is the EASIEST way to be healthy?**



3 - Quiz

**True or False: Smoking cigarettes is good for you.**



4 - Quiz

**How many times a day should you brush your teeth?**



5 - Quiz

**What is an example of a healthy food?**



6 - Quiz

**How many cups of water should you drink every day?**



7 - Quiz

**How often should you ( a normal person) exercise?**



8 - Quiz

**True or False: Sunblock causes skin cancer.**



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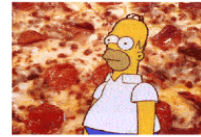
9 - Quiz

**What do you need to be healthy?**

**HEALTHY  
AND  
HAPPY :)**

10 - Quiz

**Is it okay to eat unhealthy foods (McDonald's, pizza, kebab)?**



11 - Quiz

**True or False: Vaccines are important.**



12 - Quiz

**How many hours a day should you spend on the computer/watching TV/playing videogames?**



13 - Quiz

**What can you do if you feel stressed?**



14 - Quiz

**True or False: You should always wear a seatbelt when travelling by car.**



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