

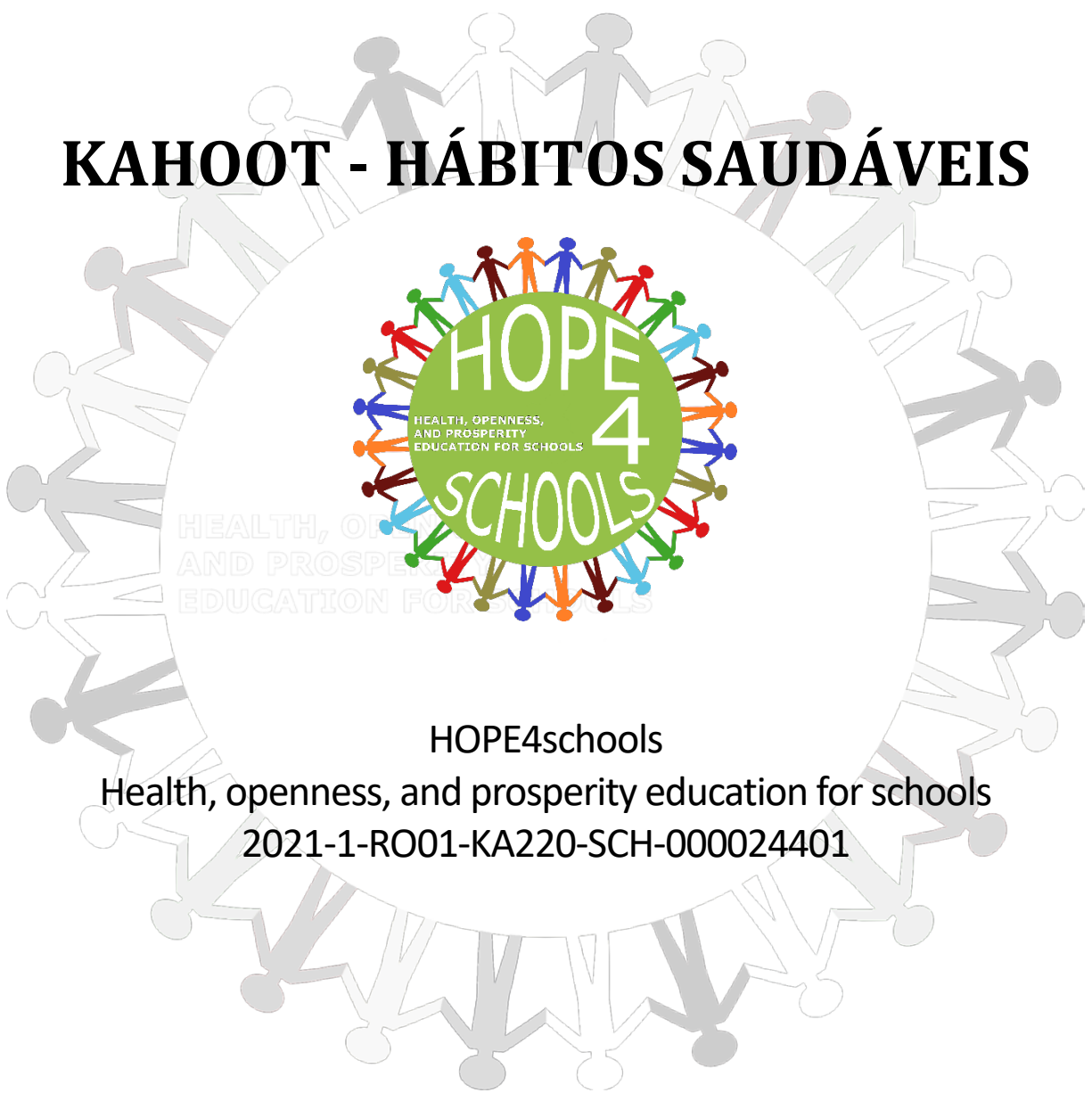


GREEK MINISTRY OF EDUCATION
AND RELIGIOUS AFFAIRS
REGIONAL DIRECTORATE OF PRIMARY
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2021-1-RO01-KA220-SCH-000024401



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Duplica-o, torna-o teu e depois utiliza-o.

Podes traduzir para a tua língua e/ou mudá-lo para o adequar ao teu grupo e acrescentar mais questões se necessário.

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HÁBITOS SAUDÁVEIS

0 plays - 0 players

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Hábitos saudáveis

A public kahoot

[natmilu](#)
Updated 8 minutes ago

Questions (14)

[Show answers](#)

- 1 - Quiz
Quantas horas deves dormir por noite? 20 sec
- 2 - Quiz
Qual é a forma mais FÁCIL de se ser saudável? 20 sec
- 3 - Quiz
Verdadeiro ou Falso: Fumar é bom para a tua saúde. 20 sec
- 4 - Quiz
Quantas vezes por dia deves lavar os dentes? 20 sec
- 5 - Quiz
Qual destes é um exemplo de um alimento saudável? 20 sec
- 6 - Quiz
Quantos copos de água deves beber por dia? 20 sec
- 7 - Quiz
Com que frequência se deve (uma pessoa normal) fazer exercício físico? 20 sec



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8 - Quiz
Verdadeiro ou Falso: O protetor solar causa cancro de pele.

9 - Quiz
Do que precisas para ser saudável?

10 - Quiz
Há problema em comer comida rápida (McDonald's, pizza, kebab)?

11 - Quiz
Verdadeiro ou Falso: As vacinas são importantes?

12 - Quiz
Quantas horas por dia deves passar no computador/ a ver televisão/ a jogar na PlayStation ou computador?

13 - Quiz
O que podes fazer se sentires stress ou ansiedade?

14 - Quiz
Verdadeiro e Falso: Deves usar sempre cinto de segurança quando viajas de carro.



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