**WORKSHEET**

**Read each of the following statement and chose the correct answer by circling True of False**

1. Two of the items in God’s law of health are exercise and sunshine (True or False)
2. Carbohydrates are essential for nutrition because it produces energy (True or False)
3. Fish, beans, and pulses are incredibly good sources of protein that is useful for tissue growth and maintenance (True or False)
4. Which one of this food is a good source of fibre? (Brown rice, White rice)
5. Fresh air and physical activities have nothing to do with strengthening of the immune system (Trye or False)
6. Drinking water keeps the body hydrated (True or False)
7. Sunshine is vital to produce vitamin D. (True or False)
8. Smoking 5 cigarette each day instead of 10 is temperance (Tue or False)
9. Taking caffeine to stay awake to do my studies improves m y memory and sharpens the function of my brain (True of False)
10. “I can do all things through Christ who strengthens me” (Philippians 4:13). This verse says nothing about my trust in God (True or False)