Healthy Habits Knowledge Questions

1. Everyone should eat how many servings of vegetable and fruits each day?
   a) 1 cup
   b) 1 ½ cups
   c) 2 cups
   d) 2 ½ cups

2. Adults should get ____ minutes of moderate intensity activity or ____ minutes of vigorous intensity activity each week?
   a) 120 minutes, 60 minutes
   b) 150 minutes, 75 minutes
   c) 180 minutes, 90 minutes
   d) 90 minutes, 45 minutes

3. If at all, women should drink no more than __ alcoholic drink(s) each day and men should drink more than __ alcoholic drink(s) each day?
   a) 1 drink for women, 2 drinks for men
   b) 2 drinks for women, 2 drinks for men
   c) 1 drink for women, 3 drinks for men
   d) 2 drinks for women, 3 drinks for men
   e) Certain types of Human Papilloma Virus (HPV) cause cervical cancer.
   f) True
   g) False
   h) Not Sure

4. Only 5-10% of cancers are due to genetics.
a) True
b) False
c) Not Sure