

# Holly Be Healthy

## A Quiz

Holly Be Healthy has some questions for you. Have you read her comic or story?

If so, see how well you do on her quiz!

What sort of exercise do you like? Can you think of anything else you can do?

What healthy food do you like?  
Did you know you should eat 5 fruit or vegetable a day?

Have you watch our "meet the firefighter" videos and tried their challenges and healthy snacks?

Why didn't Chloe and Sam think they could do exercise?

Do you know other things we can do to stay safe and well?

How does exercise help us?

Have you met the other C19 Mini Superheroes?

