



10 Healthy Lifestyle Tips for Kids

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[Download the quiz booklet](#) to answer questions about your diet and lifestyle, and learn healthy tips as you go. Choose the answer that most closely matches your diet and lifestyle, take a pen and a piece of paper and write your answers. Check your score: do you choose a healthy diet?

This booklet is available in 14 languages (select from the drop-down language bar top right).

The booklet can be easily **printed**, cut round the pages, put in order, and stapled together.

Learn more about children and adolescent nutrition [here](#).