

Name _____

Around the World in a Gap Year

Multiple Choice Questions

1. What inspired Lily to take a gap year and travel?
 - A) Her friends were going to college.
 - B) She wanted to explore different cuisines.
 - C) She wanted to learn about the importance of staying active.
 - D) She had a strong desire to visit her hometown.

2. In Thailand, what did Lily learn about Thai cuisine?
 - A) It was all about fast food and convenience.
 - B) It focused on using processed ingredients.
 - C) It emphasized fresh, locally sourced ingredients.
 - D) It had no emphasis on flavors and textures.

3. What physical activity did Lily take up in Thailand, which also taught her discipline and respect?
 - A) Yoga
 - B) Pilates
 - C) Zumba
 - D) Aerobics

4. In India, what health benefits did Lily learn about regarding certain spices used in Indian cuisine?
 - A) Cinnamon aids digestion.
 - B) Paprika reduces cholesterol.
 - C) Turmeric has anti-inflammatory properties.
 - D) Coriander boosts immunity.

5. What physical activity did Lily take up in Japan's stunning natural surroundings?
 - A) Swimming
 - B) Muay Thai
 - C) Hiking
 - D) Karate

