

How healthy are you ?

Answer the 13-question survey

Name :

Class :

1) Do you practice sport ?

- Yes, many times a week **4pts**
- Yes, every week-end **3pts**
- Once, just at school **2pts**
- Never **0pts**



2) Do you take breakfast ?

- Yes, always **4pts**
- No **0pts**
- Rarely **2pts**
- On special occasion, on Sunday **1pt**



3-What do you drink for breakfast ?

- water **3pts**
- squeezed fruit juice **4pts**
- coffee **0pt**
- milk **4 pts**

4/ How often do you go to fast-food restaurant ?

- Once a week **0pts**
- Once a month **2pts**
- Twice a year **4pts**
- Never **4pts**



5/ What is your favourite restaurant ?

- Fast food restaurant **1pt**
- Italian **2pts**
- Japanese **4pts**
- Other

6/ How long do you take for lunch at school ?

- 15 min **0pts**
- 30 min **2pts**
- 50 minutes **4pts**

7/ What do you usually drink ?

- Water **4pts**
- Orange juice **2pts**
- Soda **0pts**
- I never drink **0pts**



8/ Do you eat meat ?

- Yes a lot! **3pts**
- Regularly but I eat fish too **4pts**
- No, never **0pts**



9) How many vegetables and fruit do you eat per day ?

- No fruit *0pts*
- Two per day *2pts*
- Four per day *3pts*
- More than 4 per day *4pts*



Give your favourite fruit :

Give your favourite vegetable :

10) Do you take a morning snack ?

- Yes always *3 pts*
- On special occasion before sport *4pts*
- Never *2 pts*



11) Do you take an afternoon snack ?

- Yes always *3 pts*
- No *2 pts*
- Rarely, just before sport *4 pts*



12. Do you watch TV during meal ?

- All the time *0pts*



- Rarely *3pts*
- Never *4pts*
- Sometimes *2pts*

13/ When you go to the supermarket, what do you take most (Circle the answer(s)) :

- Fruit and vegetables *4pts*
- Meat or fish *4pts*
- Grain products (pasta, rice...) *4pts*
- Cakes and biscuits *1pt*

14/ How often do you buy organic food?

- regularly *3pts*
- twice a week *3pts*
- rarely *2pts*
- never *1pt*

| From 30 to 53 points | From 20 to 30points | From 0 to 20 points |
|---|--|--|
| Congratulations! You have very good healthy habits. | You have quite good habits but it can be better! | You have bad eating habits. You should be healthier. |