

How healthy are you ?

Answer the 12-question survey

Name :

Class :

Read the questions and circle the answer that best corresponds to your personal habits :

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

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



4/ What is your favourite restaurant ?

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

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

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

6/ What do you usually drink ?

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



7/ Do you eat meat ?

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



8) 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 one favourite fruit :

Give one favourite vegetable :

9) Do you take a morning Snack ?

- Yes always (if yes, what?)*pts*
- On special occasion *4pts*
- Never *3pts*



10) Do you take an afternoon snack ?

- Yes always (if yes, what?)*pts*
- No*pts*
- Rarely*pts*



11. How long do you stay in front of a screen (TV, computer, video games) per day?

- More than 2 hours *0pts*
- One hour *3pts*
- I'm rarely in front of a screen *4pts*
- I'm in front of the screen just on week-ends *2pts*



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

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

From 30 to 48 points	From 20 to 30 points	From 0 to 20 points
Congratulations! You have very healthy habits.	You have quite good habits but it can be better!	You have bad eating habits. You should be healthier.