

Name :

Class :

How healthy are you ?

Circle the answer that corresponds most to your habits

1°) What do you eat for breakfast?

- I never take breakfast
- I take milk with biscuits or bread
- I take chocolate with orange juice
- I take cereal with milk



2°) Do you practice any sport ? If yes, how many times a week ?

- Yes, I practice sport twice a week
- I don't practice sport
- I practice sport three times a week
- I practice sport every day



3°) What do you eat for lunch time on the weekend ?

- I eat potato, beef, soda and cheese
- I eat eggs or fish with pasta, water and cake
- I eat ratatouille with bread, cheese and yogurt
- I go to fast food restaurant

4°) How many glasses of water do you drink per day ?

- I never drink water
- I drink water all day
- I drink water three or four times a day
- I drink 10 glasses of water a day



5°) What time do you have dinner ?

- I eat dinner at 7.30 pm
- I eat dinner at 8.00 pm
- I eat dinner at 9.00 pm
- I eat dinner at 10 pm



6°) How long do you take to eat at lunch time on the week-ends?

- I take 10 mn
- I take 15 mn
- I take 30 mn
- I take 1 hour

7°) Do you eat vegetables ?

- I never eat vegetables
- I eat vegetables twice a day like for example green beans or lettuce
- I eat orange vegetables every day
- I eat 5 vegetables and fruit a day



8°) How often do you go to fast-food restaurant ?

- I go to fast-food twice a year
- I go to fast-food once a month
- I never go to fast-food
- I go to fast-food four times a month

9°) Do you take a morning snack ?

- I never take morning snack
- Sometimes I take one cereal bar
- I drink cold chocolate milk
- Yes, I sometimes take one fruit



10°)How many cans of soda do you drink per month

- I never drink soda
- I drink 5 cans of soda a month
- I drink 1 or 2 cans of soda a month
- I drink soda every day

11°) How long do you stay in front of a screen per day ? (TV, Computer, Phone, Tablet...)

- 30 minutes/1 hour
- 2/3 hours
- 4/5 hours
- more than 5 hours



12°) Give one of your favorite vegetables and one of your favorite fruit :

- favorite vegetable : **-favorite fruit :**

13°) What is your favorite meat ?

- red meat
- white meat
- I prefer fish
- I'm vegetarian