A. Complete the questions with the words in the box.

What	How many	Do	How often x2	Are	How much	How

B. Write your answers to the multiple choice questions in the column marked 'You'.

How healthy are you?	**You**		
1. _____ do you play sport or do exercise? a) more than twice a week c) hardly ever b) once or twice a week			
2. _____ sleep do you usually get a night? a) four to six hours c) more than eight hours b) six to eight hours			
3. _____ you eat fruit and vegetables every day? a) yes b) no			
4. _____ do you travel around? a) on foot c) by bicycle b) by car or public transportation			
5. _____ do you eat junk food? a) more than twice a week c) hardly ever b) once or twice a week			
6. _____ glasses of water do you drink a day? a) one to three glasses c) seven or more glasses b) four to six glasses			
7. _____ you stressed? a) yes b) no			
8. _____ kind of snacks do you eat the most? a) fruit or nuts c) chocolate or sweets b) potato chips			

C. In groups of three, write the names of your group members at the top of the other two columns. Then, interview them about their health using the questions above.

D. Now, discuss your answers to the questions. Which multiple choice answers do you think indicate the healthiest choices? Why? Who has the healthiest lifestyle in your group? Why?