

1. Eat fruit & vegetables
2. Walk to school
3. Eat cakes & biscuits
4. Smoke
5. Drink soda
6. Watch TV
7. Do sport
8. Ride a bike
9. Go swimming
10. Go to bed early

Now do the quiz to find out if you have a healthy lifestyle. Circle the correct number. Add up the points you circled and see your total score. Read the analysis. Do you agree? Why/why not?

How often do you?



NEVER SOMETIMES EVERY DAY

| | | |
|---|---|---|
| 0 | 1 | 2 |
| 3 | 2 | 1 |
| 0 | 1 | 2 |
| 0 | 1 | 2 |
| 3 | 1 | 0 |
| 0 | 1 | 2 |
| 2 | 1 | 0 |
| 0 | 1 | 2 |
| 2 | 1 | 0 |
| 0 | 1 | 2 |

Analysis

18 or more: You are a very healthy person. You like to keep fit and you want to live a long life.
12-17: You want to be healthy and fit, but you like food that isn't good for you, and are sometimes a bit lazy.
6-11: You need to take your diet and exercise more seriously.
5 and under: You are very lazy! You don't care about what you eat or do to keep fit and healthy. Be careful! Change your lifestyle before it is too late!