

READING

A How healthy and fit do you think you are? Skim the questions. Then guess your health and fitness score from 0 (very unhealthy) to 50 (very healthy).



FIT AND HEALTHY?

Take the quiz!

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| 1. How many servings of fruits or vegetables do you eat each day? | |
| Five or more. | 5 |
| Between one and four. | 3 |
| I don't eat fruits or vegetables. | 0 |
| 2. How much sugar do you use in food and drinks? | |
| I hardly ever use sugar in my food and drink. | 5 |
| A little, but I'm careful. | 3 |
| A lot. I love sugar! | 0 |
| 3. How often do you eat junk food? | |
| Never. | 5 |
| Maybe once a week. | 3 |
| As often as possible. | 0 |
| 4. How many glasses of water do you drink each day? | |
| Eight or more. | 5 |
| Between one and three. | 3 |
| I almost always drink soda. | 0 |
| 5. Do you eat oily fish (for example, sardines, salmon)? | |
| Yes, I love fish! | 5 |
| Yes, about twice a month. | 3 |
| No, I really don't like fish. | 0 |
| 6. How often do you exercise? | |
| I usually exercise every day. | 5 |
| Two or three times a week. | 3 |
| What's exercise? | 0 |
| 7. Do you walk or bike to work or school? | |
| Yes, whenever I can. | 5 |
| I do when I have time. | 3 |
| No, never. | 0 |
| 8. Is fitness important to you? | |
| Yes, it's extremely important. | 5 |
| I think it's pretty important. | 3 |
| No, it's not important at all. | 0 |
| 9. What do you do on weekends? | |
| I play as many kinds of sports as I can! | 5 |
| I sometimes go for walks or bike rides. | 3 |
| I watch TV all day long. | 0 |
| 10. When you're at work or school, how active are you? | |
| Very active. I walk around a lot. | 5 |
| A little active. I go for a walk at lunchtime. | 3 |
| I sit at my desk and order lunch. | 0 |

RATE YOURSELF!

42 to 50: Good job! You're doing all the right things for a healthy life.

28 to 41: You're on the right track. With a little more work, you'll be great.

15 to 27: Keep trying! You can be very fit and healthy, so don't give up!

14 or below: It's time to improve your health and fitness. You can do it!



B Take the quiz and add up your score. Is your score similar to your original guess? Do you agree with your score? Why or why not?