

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).



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?