QUIZ: How healthy is your lifestyle?

E. E. S. N° 2
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Year: 2° D

Grammar: Countable and Uncountable Nouns

Vocabulary: Food and drink.

1 Label each photo with the correct word from the options. Drag and Drop. Etiqueta cada imagen con la palabra correcta entre las opciones. Arrastra y suelta

Tomato / olive oil / lettuce / pepper / onion / pasta / garlic / cheese / rice / bread yogurt / ham / butter / salt / fish



2 Are these food items countable or uncountable? Choose the right option. ¿Son estos alimentos contables o incontables? Elige la opción correcta.



3 Match each container with one of the foods in the picture. Write it down in the box. Une cada contenedor con uno de los alimentos de la imagen. Escríbelo en el cuadro.

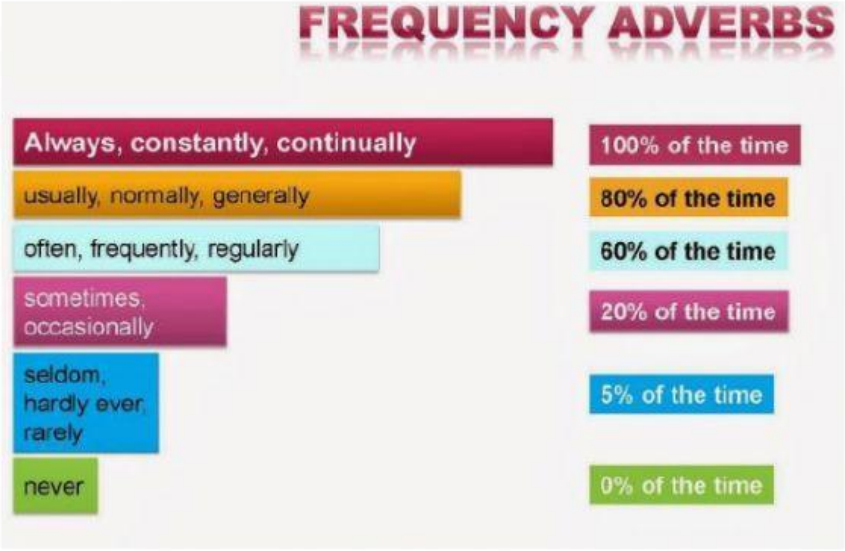
Bottle

Packet

Jar (frasco, tarro)

Read and Study!!

EXPRESSIONS OF FREQUENCY	
From time to time	De vez en cuando
Now and then	De vez en cuando
Everyday	Todos los días, diariamente
Every three days	Cada tres días
Once a year	Una vez al año
Twice a month	Dos veces al mes
Three times a week, etc	Tres veces a la semana



4 Do the questionnaire and check your results. Hacé el cuestionario y revisa tu resultado.

HOW HEALTHY IS YOUR LIFESTYLE? DO THIS QUIZ AND FIND OUT!	
1 Do you have breakfast?	A Yes, I eat some cereal, fruit and yogurt. B Yes, I have a little of coffee and some toast. C No, I don't have time.
2 **How much** water do you drink a day?	A About a litre. B A few glasses. C I only drink water in orange squash.
3 **How many** cups of tea or coffee do you drink a day?	A None. B Two cups of weak coffee or tea a day. C As many as possible.
4 **How often** do you eat fresh fish?	A **Three times** a week. B **Once** a week. C Never. I hate fish.
5 How often do you eat read meat?	A Never. I´m a vegetarian. B Once a week. C I´m a carnivore! Every day, if I can.
6 What is your favourite fast food?	A Toast and low-fat cheese. B Pizza C Burger, chips and Coke.
7 Which of the following snacks do you eat between meals?	A None. B Fruit or nuts. C Chips or sweets.
8 Do you smoke?	A No, I don´t. B Sometimes. C Yes.
9 What is your favourite way to exercise?	A Practising for a marathon. B Swimming once a week. C Strolling to the sweet shop next door.
10 What time do you go to bed during the week?	A Around 10 pm. B Between 11 and 12 pm. C After midnight.

ANSWERS:

Mostly A: Congratulations! You are serious about your health and fitness. Keep it up!

Mostly B: You are quite healthy and fit. But you can improve.

Mostly C: You have to change your lifestyle! You are unhealthy and unfit. Take more exercise and watch what you eat!

5 Read this questionnaire. What is it about? Lee este cuestionario. ¿De qué se trata?

a. **SPORT**
b. **FOOD**
c. **HEALTH**

6 Find words in the text which mean the same as the following: Encuentra palabras en el texto que significan lo mismo que las siguientes:

1. **Meat-eater**
2. **Light meals**
3. **Long-distance run**
4. **Walking slowly**