Name: _____ Date: _____

FOOD ADDICTION

- [ ] I go to bed very late every day.
- [ ] I eat at least one piece of fruit and vegetable.
- [ ] I often drink Coca-Cola or Redbull.
- [ ] I play computer games a few hours every day.
- [ ] I don't do sports - I don't like them.
- [ ] I drive everywhere.
- [ ] I cycle a lot, even in bad weather.
- [ ] I cook at home a lot.
- [ ] I sleep at least seven hours every night.
- [ ] My smartphone is always in my hand.
- [ ] I have a lot of friends.
- [ ] I never talk to people about my feelings.
- [ ] I never tidy my bedroom - it's very messy.
- [ ] I wash my hands before every meal.
- [ ] I clean my teeth in the morning.



LIVEWORKSHEETS