

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.

