



FOOD & HEALTH

BINGO

I OFTEN EAT BISCUITS AND SWEETS.

I RARELY DRINK WATER, ONLY COFFEE AND FIZZY DRINKS.

I EAT AN APPLE OR A BANANA EVERY DAY.

I DISLIKE VEGETABLES LIKE CABBAGE AND BROCCOLI.

I OFTEN EAT A SLICE OF CAKE AFTER DINNER.

I EAT CEREAL WITH MILK FOR BREAKFAST.

I PREFER FRIED MEAT AND CAKES TO FRUIT AND VEGETABLES.

I LIKE EATING BOILED CARROTS AND PEAS FOR DINNER.

I ENJOY GRILLED CHICKEN WITH TOMATOES AND CUCUMBERS.

I LIKE TO EAT A HANDFUL OF CHERRIES OR GRAPES AS A SNACK.

I DRINK STILL WATER AND EAT WATERMELONS IN SUMMER.

I LOVE EATING BREAD WITH BUTTER EVERY MORNING.



I LIKE TO EAT CELERY AND AUBERGINE SALAD.

I OFTEN SKIP BREAKFAST.

I SNACK ON CRISPS AND BISCUITS INSTEAD OF EATING FRUIT.

I OFTEN EAT LATE AT NIGHT.

I EAT FRUITS LIKE WATERMELON, FIGS, AND CHERRIES FOR DESSERT.

I EAT CHOCOLATE BARS INSTEAD OF PROPER MEALS.

I ADD LEMON AND GINGER TO MY TEA.

I DRINK A GLASS OF WATER EVERY MORNING BEFORE BREAKFAST.

I ALWAYS ORDER FOOD DELIVERY, OFTEN FAST FOOD.

I OFTEN EAT IN FRONT OF THE SCREEN WITHOUT NOTICING HOW MUCH I EAT.

I EAT SMALL PORTIONS THROUGHOUT THE DAY.

I SKIP MEALS WHEN I'M BUSY AND END UP OVEREATING IN THE EVENING.