MY EATING HABIT

- 1. How many meals do you eat a day?
- 2. Do you skip breakfast? Why/Why not?
- 3. What do you often have for breakfast?
- 4. What do you often have for lunch or dinner?
- 5. Do you like vegetables? Which ones do you eat most?
- 6. Do you eat fruits for dessert? Which ones?
- 7. Do you eat snacks between meals? What kind of snacks?
- 8. Do you often eat fast food? How often?
- 9. How many glasses of water do you drink each day?
- 10. Do you drink soda or sugary drinks? How often?
- 11. Do you think your eating habits are healthy?

