

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?