

## How healthy are you?



A. Complete the questions with the words in the box.

What      How many      Do      How often x2      Are      How much      How

B. Write your answers to the multiple-choice questions in the column marked 'You'.

C. In groups of four, write the names of your group members in the other three columns. Then interview them about their lifestyle and health using the questions above.

D. Now, discuss your answers to the questions. Which multiple-choice answers do you think indicate the healthiest choices? Why? Who has the healthiest lifestyle in your group? Why?