

HEALTHY HABITS QUESTIONNAIRE

1. How many hours of sleep do you need?

- a) More than 12 hours.
- b) At least 9 hours.
- c) At least 7 hours.

2. How often do you need to change your underwear?

- a) Only if it is dirty.
- b) Only if I have a shower.
- c) Every day.

3. Do you need to have a shower every day?

- a) No, only if I do exercise.
- b) I'm very small, I don't need it.
- c) Yes, every day.

4. How many times is necessary to brush your teeth?

- a) At least two times a day.
- b) If I eat sweets or sugary things.
- c) Before going to bed.

5. It is necessary to wash our hands with soap....

- a) Once a day.
- b) If they are dirty.
- c) Frequently, especially after going to the toilet.

6. We should eat...

- a) Only the food we like.
- b) A variety of food, especially fruit, vegetables and wholegrain carbohydrates.
- c) A variety of food especially proteins, fats and sugars.

7. Physical exercise is good for our health because...

- a) It helps our body to stay healthy.
- b) It prevents diseases.
- c) It helps us to be hungry so we eat more.

8. Mental and social health means...

- a) Good relationships with our friends and family and accept oneself.
- b) To speak about my feelings with everybody.
- c) To do everything people ask me so they are happy.

