MY EATING HABITS

1. Do you think you have healthy or unhealthy eating habit?
2. Do you skip breakfast? Why/why not?
3. What do you often have for breakfast?
4. Do you think that's the healthy choice for breakfast? Why/why not?
5. Do you have lunch and dinner at the same time everyday?
6. If yes, do you think it is important to have lunch and dinner at the same time everyday?
7. If not, what stops you from having lunch and dinner at the same time everyday?
8. For lunch and dinner, do you choose healthy food for eat? What are they?
9. Do you particularly like certain food and eat it more frequently than others?
10. Do you think sometimes have fastfood?
11. Why do you think fastfood is more and more popular among the young these days?
12. Do you think fastfood are healthy or unhealthy?
13. To drink, how much water do you drink a day?
14. If you can change your eating habit, what will you change?

LIVEWORKSHEETS