

Survey: Health & Lifestyle

Circle the answer that is true for you:

1. How often do you exercise?

always often sometimes hardly ever never

2. How often do you eat candy or chocolate?

always often sometimes hardly ever never

3. How often do you sunbathe?

always often sometimes hardly ever never

4. How often do you feel stressed.

always often sometimes hardly ever never

5. How often do you eat red meat?

always often sometimes hardly ever never

6. How often do you eat salty food?

every day three times a week hardly ever never

7. How often do you eat snacks between meals?

every day three times a week hardly ever never

8. Do you take sugar in your tea or coffee?

Yes No

9. Did you have breakfast this morning?

Yes No

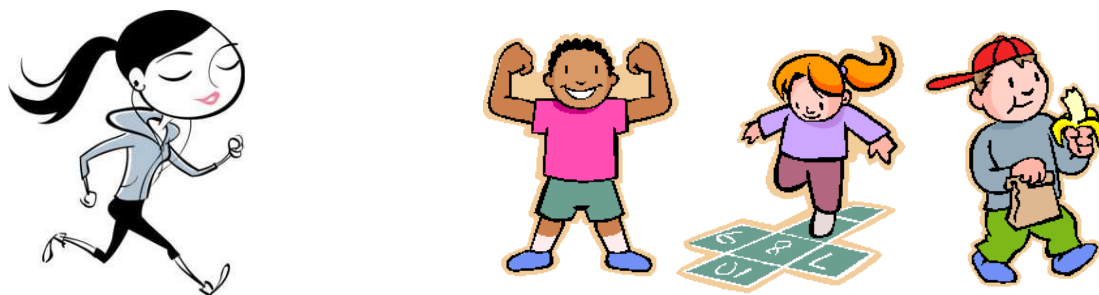
10. Which do you eat more of when you want a snack between meals, sweets, salty snacks or fruit?

Sweets Salty Snacks Fruit

11. How often do you eat French fries?

always often sometimes hardly ever never

**Now, compare your answers with your partner's answers.
Which answers are the same? Which are different?**



Discuss the following questions with your partner:

1. What is the best way to live a healthy life?
2. Do you think people are healthier today than 50 years ago?
Why or why not?
3. What are the biggest health challenges for people your age?
4. What are three unhealthy foods that parents often give their children?
5. How does modern technology affect our health?

