



## How healthy are you?

### Nutrition:

1. **How many servings of fruit do you usually eat in a day, including fresh, canned and dried fruit?**
  - a) None
  - b) One
  - c) Two or more
2. **How many serves of salad and vegetables do you usually eat in a day, including raw and cooked vegetables?**
  - a) None
  - b) Between one and three
  - c) Four or more
3. **How many snack foods – such as chips, chocolate or cake – do you usually eat in a day?**
  - a) Three or more a day
  - b) One to two a day
  - c) None
4. **How many sugary drinks do you usually drink in a day, including cordial, fizzy drinks and fruit juice?**
  - a) Two or more a day
  - b) One to two a day
  - c) None

### Physical activity:

5. **How much moderate (breathing quicker than normal) or vigorous (huffing and puffing) exercise do you usually do in a day?**
  - a) 0 - 30 minutes
  - b) 30 - 60 minutes
  - c) 60 minutes or more
6. **How often do you walk, cycle, skateboard or ride a scooter to school?**
  - a) Never
  - b) Sometimes
  - c) Most days
7. **How often do you spend time doing active things with your family (like playing at home, walking the dog, cycling or swimming)?**
  - a) Never
  - b) Once or twice a week or less
  - c) More than twice a week
8. **How much time do you usually spend watching TV, playing computer games, reading or doing homework?**
  - a) More than two hours a day
  - b) Between one and two hours a day
  - c) No more than one hour a day