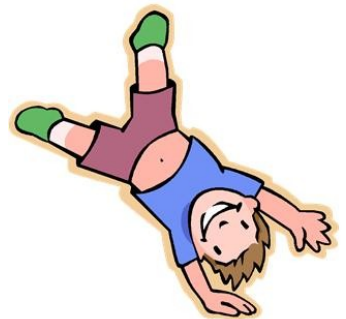




COMENIUS PROJECT “A JOURNEY AROUND THE MEDITERRANEAN”

LIFESTYLE QUIZ **Based on Mediterranean** **Diet**

DO YOU HAVE A HEALTHY LIFESTYLE?



I.C.S: “ALESSANDRO MANZONI”
MONTELEPRE - Sicily
A.S. 2010/2012
Secondary school
Giardinello
classes “G and C”

Teacher Coordinator: Franco MariaClara
Teacher assistant: Inzerillo Gisella

Play and Learn with our test!!

SCORE : A =1 point ; B = 2 points ; C = 3 points

1) How much water do you drink a day?

- a. a glass
- b. half a litre
- c. 1 or 2 litres

Score:



2) Do you eat junk food (snacks , sweets, crisps)?

- a. Yes, every day
- b. yes, sometimes
- c. No, never

Score:



3) How much fruit do you usually eat a day?

- a. I don't usually eat fruit
- b. not much
- c. a lot

Score:



4) How much meat do you eat?

a. A lot of it every day

b. I never eat meat

c. once or twice a week

Score:



5) How much milk do you drink a day?

a. I never drink milk

b. A cup

c. half a litre or more

Score:



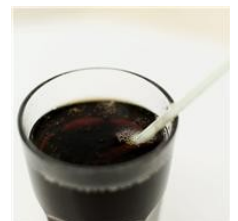
6) Do you drink fizzy drinks?

a. yes, every day

b. yes, sometimes

c. No, never

Score:



7) Do you drink coffee?

a. Yes

b. Sometimes

Score:



c. No, never

8) How many vegetables do you usually eat a day?

a. I don't usually eat vegetables

b. Not many

c. A lot

Score:



9) What's your favourite snack?

a. A packet of crisps

b. A sandwich

c. Some fruit

Score:



10) What's your favourite food?

a. Fast food

Score:



- b. Take away food
- c. Traditional food

11) Do you practise any sport?



- a. no, never
- b. rarely
- c. yes

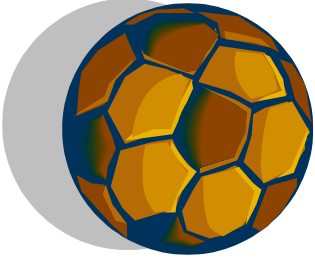
Score:

12) How often do you play sport?

- a. sometimes
- b. about an hour a week
- c. two or three hours a week

Score:

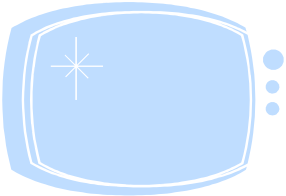
13) What's your favourite hobby?



- a. watching TV
- b. computer game
- c. outdoor activities

Score:

14) How often do you watch TV?



- a. two or three hours a day
- b. about an hour a day
- c. about half an hour a day

Score:

15) What time do you usually go to bed?



- a. from 11:30 to 12:00
- b. from 11:00 to 11:30
- c. from 10:00 to 10:30

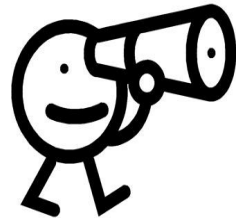
Score:



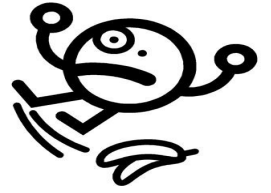
O.K.!!!! The quiz is **OVER!** And
now find out what is your **TOTAL**
SCORE:

Total Score:

NOW.. Go on...and read your
PROFILE....



PROFILES



0 - 22 =

BE CAREFUL!! Don't eat unhealthy food and try to be more active.

23 - 36 =

NOT BAD, but you can improve! Find out more healthy food and a better lifestyle!



37 - 45 =



WELL DONE!!!

You're really an expert!!