

## How Healthy Are You?



Read the newspaper interview with Judith, an actress, about her lifestyle.

Question	Judith
What's in your fridge now?	4 bananas and orange juice
How many hours do you sleep?	Usually 8 hours
Do you like to get up early in the morning?	Yes, I usually get up at 7:30.
What do you eat for breakfast?	Cereal with yoghurt and fruit
Do you usually eat healthy food?	Sometimes.
What are 3 favourite foods?	Italian, Chinese and Indian food.
What is your favourite dinner?	Pasta with a creamy sauce.
Do you eat a midnight snack?	Yes, after a night on the town I like hummus on brown bread.
Do you drink alcohol?	Yes. I like Coors Light beer.
When were you last drunk?	Last night, at a friend's party.
Are diets a good idea?	No. I do them, but don't like them. I love my food too much.
Does your weight change easily?	No. I can eat all I want and my weight only goes up or down by 7 pounds.
Do you exercise?	Yes. I like dancing at night and walk to work every day to get fresh air.
Do you take vitamins?	Yes. I take vitamin B6.
What do you do to relax?	I visit friends and go out to dinner with them after work.
Do you do anything special to relax?	I like to get massages.
Do you get any beauty treatments?	Yes. I like to get facials.
Will you have plastic surgery in the future?	Yes, I think so. I don't like the idea of surgery, but I like how I'll look at the end of the surgery.
What diet or lifestyle changes do you want to make?	I want to learn how to be a good cook.
What is stressful to you?	Being near negative people.
What is happiness to you?	Being near people who make me smile.

## How Well Do You Know Your Partner?

Look at the questions, answer for you, guess for your partner, then ask your partner..

Question	You	Your Partner (Guess their answer!)	Were you correct? (✓, X)
What's in your fridge now? (3 things)			
How many hours do you sleep?			
Do you like to get up early in the morning?			
What do you eat for breakfast?			
Do you usually eat healthy food?			
What is your favourite dinner?			
What are 3 favourite foods?			
Do you eat a midnight snack?			
Do you drink alcohol?			
When were you last drunk?			
Are diets a good idea?			
Does your weight change easily?			
Do you exercise?			
Do you take vitamins?			
What do you do to relax?			
Do you do anything special to relax?			
Do you get any beauty treatments?			
Will you have plastic surgery in the future?			
What diet or lifestyle changes do you want to make?			
What is stressful to you?			
What is happiness to you?			

Now ask these questions to find out about other people in the class! What percentage of people do these things? Is it a healthy class?

On an average day, do you...	1	2	3	4	5	6	7	8	9	10	Total %
eat fruit											
eat vegetables											
eat brown bread											
go for a long walk											
play sports											
take vitamins											
drink water											
eat sweets, chocolates											
eat hamburgers											
eat chips											
smoke cigarettes											
drink alcohol											
eat red meat											