

**Polecenie:** Rozwiąż quiz i podlicz swoje odpowiedzi.

Za każdą odpowiedź a) dostajesz 1 punkt, za b) 2 punkty i za c) 3 punkty.

Sprawdź, co twój wynik mówi o twoim stylu życia!

**1. Do you like sport?**

- a) No, I don't.
- b) I don't know.
- c) Yes, I love sport!

**2. How often do you do exercise?**

- a) Never.
- b) Sometimes.
- c) Often.

**3. How often do you eat fast food?**

- a) 4 times a month or more
- b) 1-3 times a month
- c) Never.

**4. What do you do in your free time?**

- a) Play computer games or watch tv.
- b) Read a book or paint.
- c) Do sports or go for a walk.

**5. Do you have lunch at school?**

- a) No, I don't.
- b) Sometimes I do.
- c) Yes, always.

**YOUR SCORE:** .....

## **Results:**

### **The highest number of a)**

Your lifestyle is not very healthy. Start taking care of your health!

### **The highest number of b)**

Your lifestyle is not so unhealthy, but you can do more to be healthy!

### **The highest number of c)**

Well done! Your lifestyle is very healthy - you can be proud! You should show your friends what to do to be healthy, too!