

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! Dokończ na podstawie quizu zdania na temat tego, co powinno się robić, żeby żyć zdrowo.

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!

You should.....

You should.....

You shouldn't.....

You shouldn't.....