

Name _____ Date _____

HEALTHY HABITS QUESTIONNAIRE

Answer the questions below by choosing the correct answer!

1. How many hours of sleep do you need?
 - a) More than 12 hours.
 - b) At least 9 hours.
 - c) At least 7 hours.
2. We should eat...
 - a) Only the food we like.
 - b) A variety of food, especially fruit, vegetables and wholegrain carbohydrates.
 - c) A variety of food especially proteins, fats and sugars.
3. Physical exercise is good for our health because...
 - a) It helps our body to stay healthy
 - b) It prevents diseases.
 - c) It helps us to be hungry so we eat more.
4. Mental and social health means...
 - a) Good relationships with our friends and family and accept oneself.
 - b) To speak about my feelings with everybody.
 - c) To do everything people ask me so they are happy.
5. How often do you need to change your underwear?
 - a) Only if it is dirty.
 - b) Only if I have a shower.
 - c) Every day.
6. Do you need to have a shower every day?
 - a) No, only if I do exercise.
 - b) I'm very small, I don't need it.
 - c) Yes, every day.
7. How many times is necessary to brush your teeth?
 - a) At least two times a day.
 - b) If I eat sweets or sugary things.
 - c) Before going to bed.
8. It is necessary to wash our hands with soap...
 - a) Once a day
 - b) If they are dirty.
 - c) Frequently, especially after going to the toilet.

