

Name:

Date:.....

Keeping healthy quiz

Read the following questions and circle the answer that best describes you!

1. How much sleep do you get each night?

8 hours	8-10 hours	other
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2. How often do you eat vegetables?

every day	most days	once a week
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3. How much walking do you do each day?

an hour or more	half an hour	other
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4. When do you eat sugary snacks?

twice a day	once a day	once a week
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5. How often do you play sports?

every day	once a week	other
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6. How much time do you spend watching TV?

more than 2 hours a day	1-2 hours a day	less than 1 hour
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7. How many sweet drinks do you have a day?

none	one	two or more
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8. How often do you eat fruit?

every day	most days	once a week
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9. How much time do you spend on computer games in a week?

more than 10 hours	5-10 hours	5 hours or less
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10. How much time do you spend on your phone each day?

more than 2 hours a day	1-2 hours a day	less than 1 hour
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11. How many times weekly do you have a takeaway meal?

once a week	once a month	other
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12. How many packs of crisps do you eat weekly?

two packs	one pack	other
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13. When do you eat canned or pre-packed food?

every day	once a week	other
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14. How many steps do you walk in a day?

5000-10,000	5000	other
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15. How often do you go for a swim?

once a week	once a month	other
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Keeping healthy - possible activities

- Answer the questions and record your answers.
- Share your responses with your friend, group or class.
- Decide between you, which answer would be the preferred for a healthy lifestyle. Give each answer a score.
- Work out the total score for yourself and compare with your friend, group or class.
- Talk in you group about ways in which you could improve your score and therefore your lifestyle, health and fitness.
- Rearrange the questions into sections e.g. diet, fitness, sporting activities.
- Find out the recommended times for your age group that you should spend exercising.
- What would be the recommended sleep times for your age group?
- How many pieces of fruit and vegetables are the guidelines for your age group?
- Make a weekly plan for yourself on how you can improve your fitness levels and have a healthier week.
- Plan to reduce the number of sugary snacks and drinks you have this week and your screen time e.g. time watching TV, playing computer games or on time on the phone.
- The Change4life website has useful information on how to live a healthy lifestyle www.nhs.uk/change4life.



Name: Date:.....

My weekly plan to improve my health, wellbeing and fitness

Day	Sleep	Diet	Exercise	Time on phone / computer
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

