

Healthy Eating Quiz

1. Do you always eat breakfast before going to work/school?
 - a. Always
 - b. Most of the time
 - c. Rarely
 - d. Never

2. During an average day, how many servings of fruit and vegetables do you eat?
 - a. None
 - b. 1
 - c. 2 - 4
 - d. 5 or more

3. In a typical week how many evenings will your family eat from a fast food restaurant?
 - a. Never
 - b. Less than once a week
 - c. Once or twice a week
 - d. 3 or more times a week

4. Which of the following best describe the sort of dairy produce you eat.
 - a. Whole milk, low fat cheese, regular ice cream
 - b. Semi-skimmed milk, high fat cheese, regular ice cream
 - c. Semi-skimmed or skimmed milk, some high, some low fat products
 - d. Skimmed milk and all low fat dairy products

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5. Considering your height and weight, would you rate yourself as:
 - a. About normal
 - b. Underweight
 - c. Slightly overweight
 - d. Very overweight

6. How many servings of meat (including poultry) would you eat in a week?
 - a. one
 - b. - 2 portions
 - c. - 5 portions
 - d. 6 or more

7. How many servings of whole grain foods do you eat daily?
 - a. None
 - b. 1
 - c. 1- 3
 - d. 6 or more

8. How much water do you drink per day?
 - a. None
 - b. 0 - 3
 - c. 4 - 5
 - d. 6 +

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9. How many servings of sugary soft drinks do you drink per day (1 serving = 1 x 12 oz can)?
- a. None
 - b. 1
 - c. 2
 - d. 3 +
10. What best describes your eating pattern?
- a. I always stop eating before I get full
 - b. Sometimes I stop eating before I get full
 - c. Sometimes I eat until I feel full and sometimes I overeat until I feel stuffed
 - d. I always overeat until I feel stuffed
11. Which best describes your smoking habits?
- a. I have never smoked and don't smoke now
 - b. I did smoke an 'odd' cigarette but have stopped
 - c. I was a heavy smoker but have stopped
 - d. I smoke daily
12. Which best describes your drinking (alcohol) habits?
- a. I abstain from all alcohol
 - b. I consume up to 5 units per week
 - c. I consume 12-15 units per week
 - d. I often consume more than 20 units per week