

Załącznik 3

SWEETS
RED MEAT AND WHITE BREAD
DIARY PRODUCTS AND WHITE MEAT
NUTS AND LEGUMINOUS PLANT
VEGETABLES AND FRUIT
BROWN CEREAL AND VEGETABLE FATS

Załącznik 4 Ankieta - "Are you healthy?"

<p>1. How often do you do sport?</p> <p>a) never</p> <p>b) at school three hours a week</p> <p>c) five, six hours a week</p> <p>2. How often do you watch TV?</p> <p>a) five hours a day</p> <p>b) three hours a day</p> <p>c) an hour a day</p> <p>3. How often do you eat cakes, biscuits and sweets?</p> <p>a) three times a day</p> <p>b) once a day</p> <p>c) never</p> <p>4. How often do you eat fresh fruit and vegetables?</p> <p>a) never</p> <p>b) once a week</p> <p>c) every day</p> <p>5. How often do you clean your teeth?</p> <p>a) once a day</p> <p>b) twice a day</p> <p>c) after every meal</p>	<p>6. How often do you play computer games?</p> <p>a) every day</p> <p>b) three times a week</p> <p>c) once a week</p> <p>7. How long do you sleep?</p> <p>a) six hours a night</p> <p>b) eight hours a night</p> <p>c) ten hours a night</p> <p>8. How often do you go for a walk?</p> <p>a) never</p> <p>b) once a week</p> <p>c) three times a week</p> <p>9. How many meals do you eat every day?</p> <p>a) one</p> <p>b) three</p> <p>c) four</p> <p>10. Do you smoke cigarettes or drink alcohol?</p> <p>a) often</p> <p>b) hardly ever</p> <p>c) never</p>
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