**Are you healthy?**

**Start with 20 points and read each sentence. Add or subtract the number. How many points do you have at the end?**

1. **I drink a big glass of milk for breakfast. (+3)**
2. **I eat a lot of fruit. (+3)**
3. **I often eat raw vegetables. (raw = not cooked) (+3)**
4. **My diet has a lot of variety. (+2)**
5. **I read a lot about good and bad food. (+2)**
6. **I don’t like canned food. (+2)**
7. **I want to know the ingredients of the food I buy. (+1)**
8. **I don’t like fried vegetables. (+1)**
9. **I don’t use much sugar. (+1)**
10. **I have my meals while I watch TV. (-1)**
11. **I only eat white bread. (-1)**
12. **I like fast food. (Hamburgers, hot dogs…) (-1)**
13. **I eat a lot of chocolate, cookies, candies. (-2)**
14. **I often drink coffee, wine or beer. (-2)**
15. **I always add salt to my food. (-2)**
16. **I like to have a lot of snacks during the day. (-3)**
17. **I am not interested in the quality of the food I eat. (-3)**
18. **I have no idea what is the correct daily number of calories for me. (-3)**

If you have:

From **38** to **30** - You have a very healthy diet!

From **29** to **21** - Your diet is good, but you can get better

From **20** to **12** - You must change your diet and eat different types of food