

Eating Habits Quiz

When do you eat...

- 1) mainly in the evening
- 2) only at mealtime
- 3) because everyone else is
- 4) through boredom

How often do you eat between meals?

- 1) occasionally
- 2) often
- 3) every day

Do you finish your meal with...

- 1) pudding, cheese and biscuits
- 2) tinned fruit
- 3) fresh fruit or nothing

Do you take sugar...

- 1) in tea and coffee
- 2) never
- 3) on cereal, fruit and puddings

How often do you eat chocolate?

- 1) very rare
- 2) every day
- 3) once a week
- 4) 2-3 times a week

Do you take exercise

- 1) regularly
- 2) occasionally
- 3) hardly ever

At mealtimes do you

- 1) always finish everything
- 2) stop when you have had enough
- 3) start with a small portion
- 4) always have a second helping

Which would you like best?

- 1) cheese sandwich
- 2) meat and vegetables
- 3) pie and chips

How much butter/margarine do you use with bread?

- 1) thick spreading
- 2) in moderation
- 3) very thin scraping

How often do you eat cakes and pastries?

- 1) very rarely
- 2) every day
- 3) once a week
- 4) 2-3 times a week

The things I will change this week are: