

Healthy People Key

There is no 'correct' answer for this activity, but here is some information about each question.

Question	Information
How many pieces of fruit do you eat every day?	You should eat at least five pieces of fruit or vegetables every day.
Do you ever worry that you don't get enough exercise?	You should try to exercise for at least 30 minutes, five times a week.
Do you usually eat white bread or brown bread?	Brown bread has more fibre, and it makes you feel full for longer.
Do you smoke?	If you smoke, you can get diseases like cancer or heart disease.
How much alcohol do you drink every week?	Men should drink no more than 28 units of alcohol every week. This is about ten pints of beer, or three bottles of wine. Women should drink no more than 21 units.
How often do you walk, go jogging or ride a bicycle?	Walking, jogging and cycling are good forms of exercise that can make you healthy.
Do you eat a lot of salty food?	You should never eat more than 6 g of salt every day.
How many different things do you eat in a normal day? (For example, a cheese sandwich has bread, cheese, butter, tomato and mayonnaise, so together you have five things.)	Many Japanese people try to eat thirty different things every day.