

Healthy People Questionnaire

Read the questions in the first column. In the second column, write your own answers. In the third column, guess the answers of most people on your street. In the fourth column, think about the average person in your country.

Question	You	Your street	Your country
How many pieces of fruit do you eat every day?			
Do you ever worry that you don't get enough exercise?			
Do you usually eat white bread or brown bread?			
Do you smoke?			
How much alcohol do you drink every week?			
How often do you walk, go jogging or ride a bicycle?			
Do you eat a lot of salty food?			
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.)			

Now compare and talk about your answers with another student.

The answer key has information about each question.