

## HEALTHY EATING HABIT



**NAME** : \_\_\_\_\_

**GRADE** : \_\_\_\_\_

**DAY/DATE** : \_\_\_\_\_

## INTRODUCTION

Food is one of our daily needs. Without food, we are not able to do activities normally. Food provides energy for our body. With the energy we have consumed, we are able to do our daily activities. Eating is also one of our main habit which is really concerned. Why is that?

1. Good nutrition is an important part of leading a healthy lifestyle.
2. Food choices affect your health – you feel today, tomorrow, and in the future

How can food affect your health even if any food provides the same energy? Not every food gives you the same amount of energy. The mind set of some people is “The more you eat, the more you get the energy”. It is not precisely correct. Imagine your body is a system which works every day without stopping. As we know, a system works well if it is maintained and taken care well. One of the possible way to maintain a healthy working body is by having a healthy eating habit. What will happen if we have an unhealthy eating habit?

1. Obesity
2. Chronic disease
3. High blood pressure
4. High cholesterols
5. Stress, depression, and tiredness
6. Eating disorders

In order to prevent having an unhealthy eating habit, this worksheet is given to measure how healthy each student’s diet is. After filling the questionnaire below, it is hoped that students are aware of their own diet and eating habits.

## Healthy Eating Questionnaire

### Questions:

1. Do you usually eat breakfast?
2. Do you eat cereal for breakfast?
3. Do you have a drink before you come to school?
4. Do you eat any fruit at break time?
5. Do you eat crisps at break time?
6. Do you eat chocolate or sweets at break time?
7. Do you drink a fizzy drink at break time?
8. Do you usually eat chips for lunch?
9. Do you usually eat a cake or burger for lunch?
10. Do you usually eat some chocolate at lunchtime?
11. Do you usually eat a piece of fruit at lunchtime?
12. Do you eat sandwiches for lunch?
13. Do you eat brown/wholemeal bread?
14. Do you eat any fresh vegetables during the day?
15. Do you eat any fresh fruit during the day?
16. Do you eat some meat or cheese during the day?
17. Do you eat cakes every day?
18. Do you eat sweets every day?
19. Do you add extra salt to your food?
20. Do you drink some milk every day?

### Score Grid

Start with a score of 25. Add or subtract points for each 'yes' reply, following the grid below:

<b>1.</b>	+1	<b>6.</b>	-3	<b>11.</b>	+2	<b>16.</b>	+2
<b>2.</b>	+2	<b>7.</b>	-1	<b>12.</b>	+1	<b>17.</b>	-1
<b>3.</b>	+1	<b>8.</b>	-3	<b>13.</b>	+1	<b>18.</b>	-2
<b>4.</b>	+2	<b>9.</b>	-1	<b>14.</b>	+3	<b>19.</b>	-1
<b>5.</b>	-1	<b>10.</b>	-2	<b>15.</b>	+2	<b>20.</b>	+1

### Scores:

10-20 You need to think about what you're eating. To stay healthy, you need to cut down on all that fattening food and eat much more fresh fruit and vegetables.

20-30 Your diet is fairly well balanced but don't be tempted by the fattening foods, even if they look glamorous.

30-40 You are eating on the right lines to stay fit. Make sure you get enough of the right foods and don't be tempted to lose too much weight.

---

TEACHER'S SIGNATURE