

How healthy are your habits?

**What / your
favourite
food?**

**What you / have
for breakfast at
weekends?**

**How often / you
eat fruits and
vegetables?**

**How many
glasses of water/
you drink daily?**

**How often/
you wash
your hands?**

**What physical
activities/ you
like most?**

**How/ you
relax?**

**Which
snacks/you
prefer?**