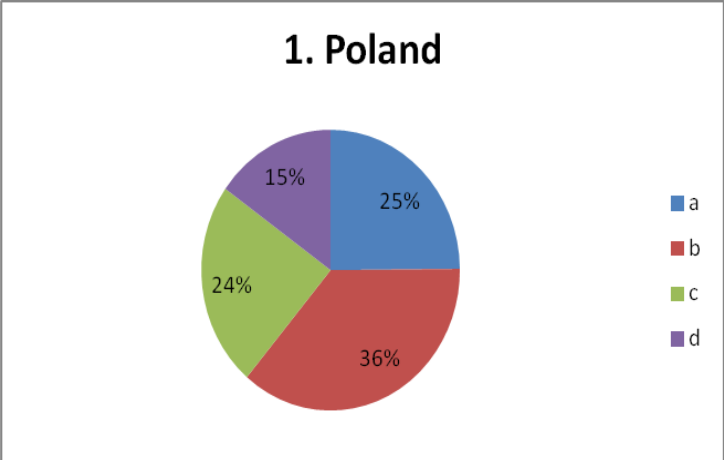
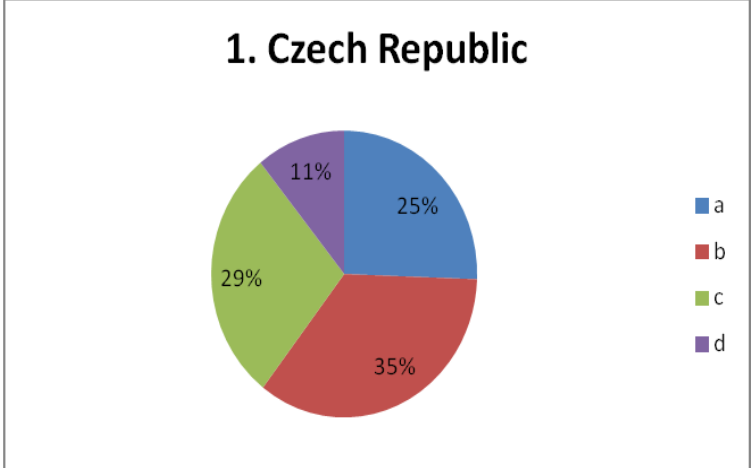
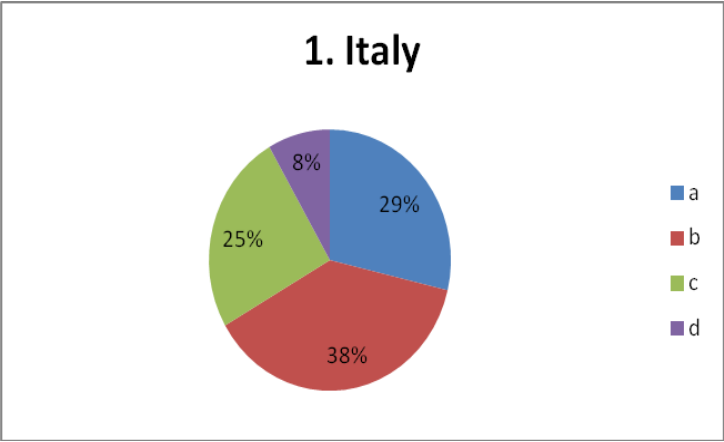
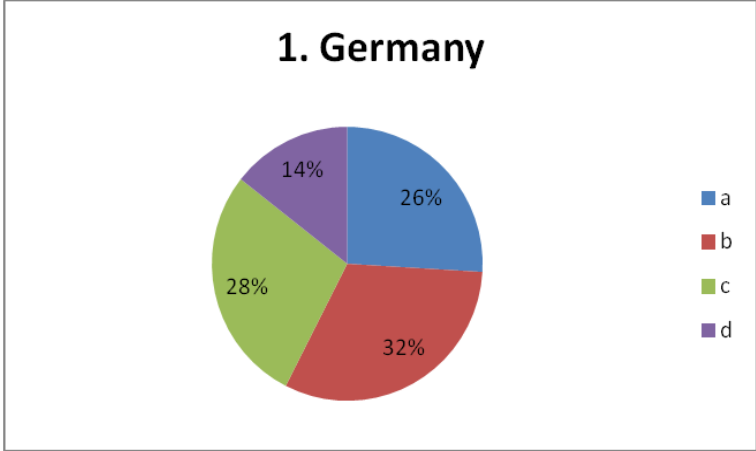
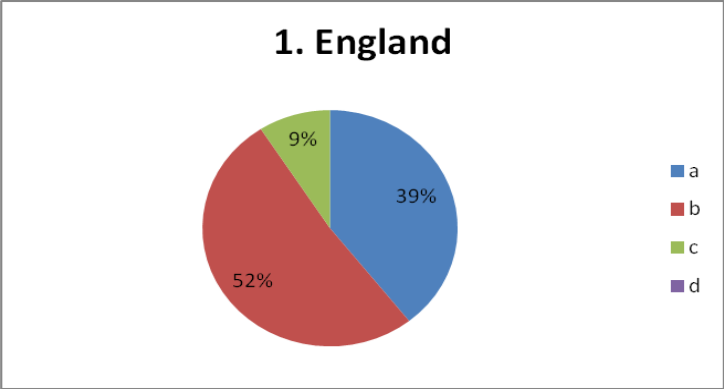


COMENIUS PROJECT
HOW TO KEEP FIT

HOW ARE YOU FIT ?

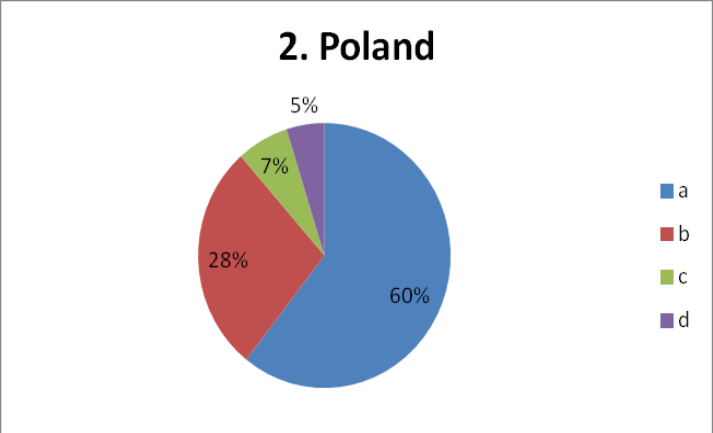
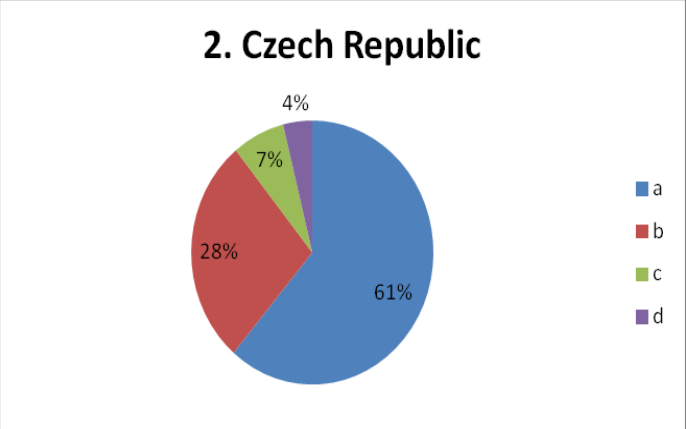
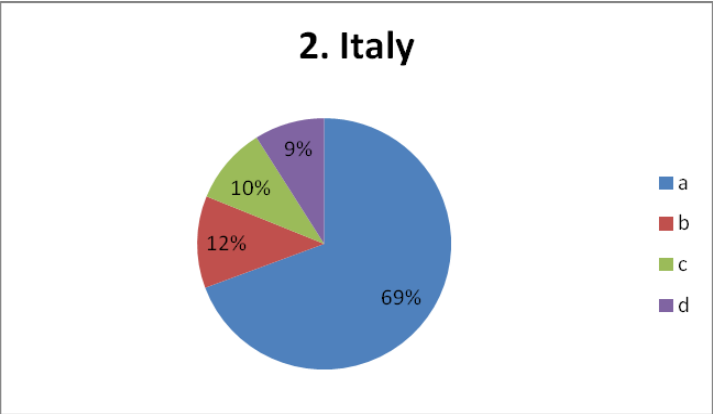
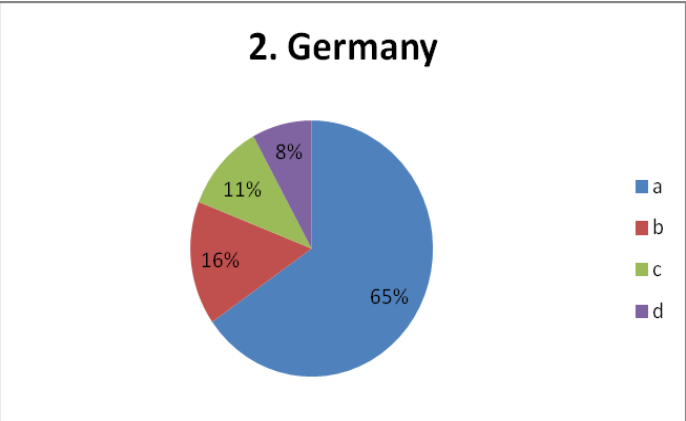
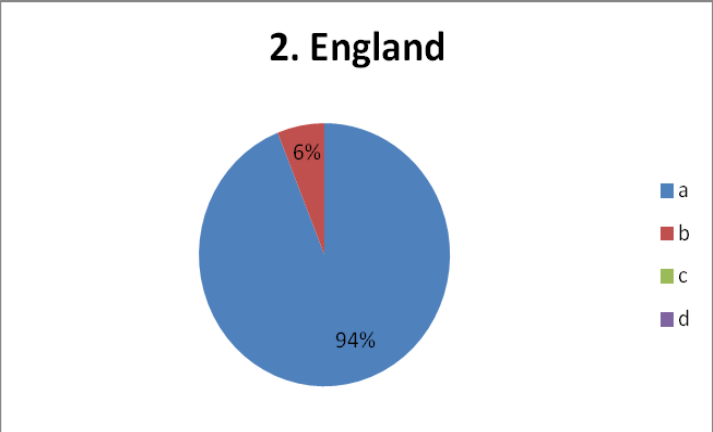
1. How often do you eat chocolate or sweets?

- A. every day
- B. once or twice a week
- C. occasionally
- D. very rarely



2. How often do you eat fruit?

- A. every day**
- B. once or twice a week**
- C. occasionally**
- D. very rarely**



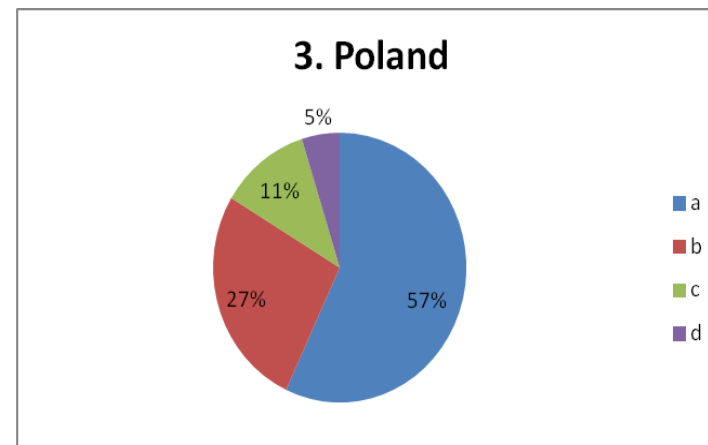
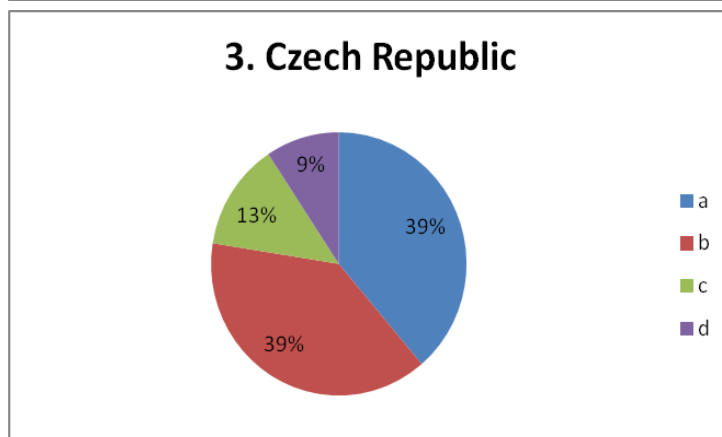
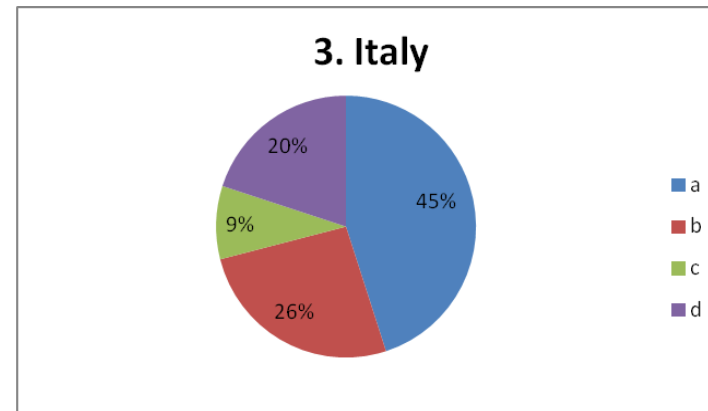
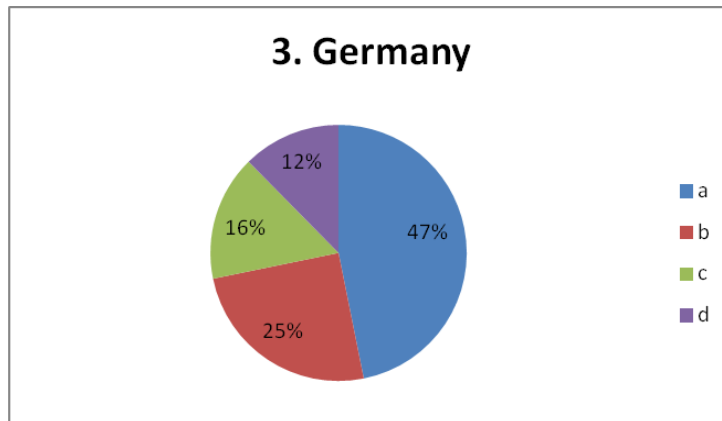
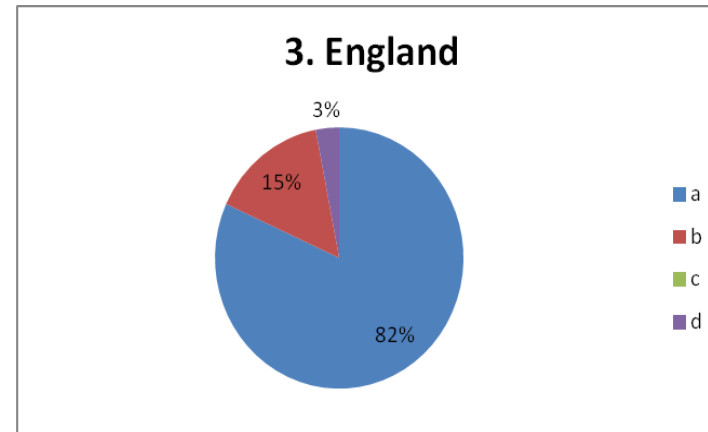
3. How often do you eat vegetables?

A. every day

B. once or twice a week

C. occasionally

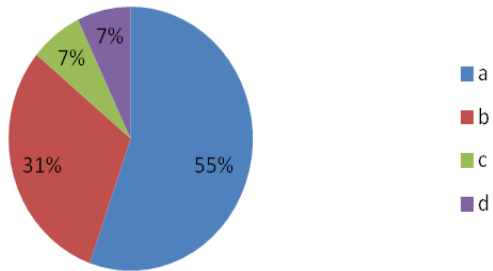
D. very rarely



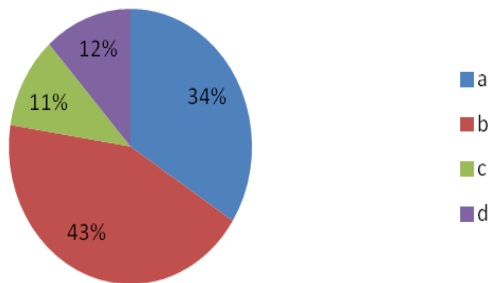
4. How many hours a day do you spend playing on the computer?

- A. less than 1**
- B. between 1 and 3**
- C. between 3 and 5**
- D. more than 5**

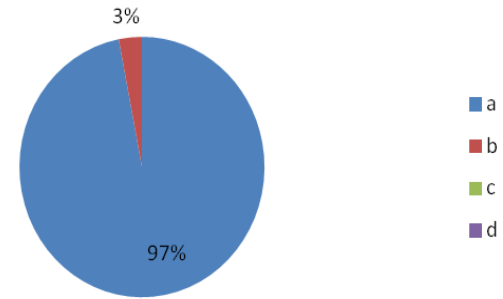
4. Germany



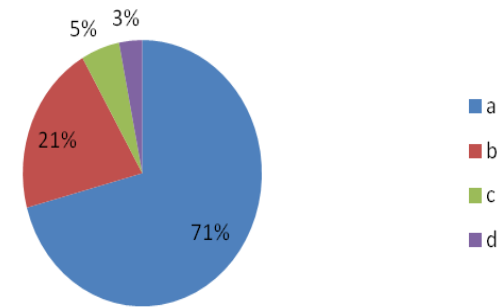
4. Czech Republic



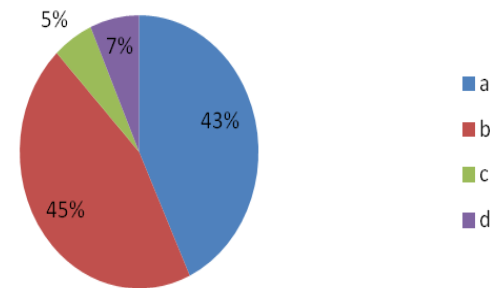
4. England



4. Italy



4. Poland



5. How often do you play sport or do exercise?

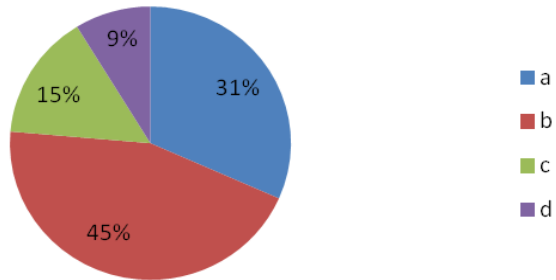
A. every day

B. once or twice a week

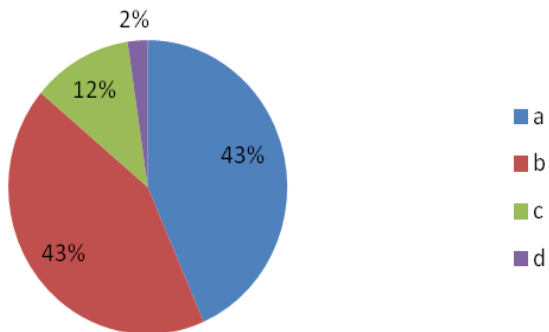
C. occasionally

D. rarely

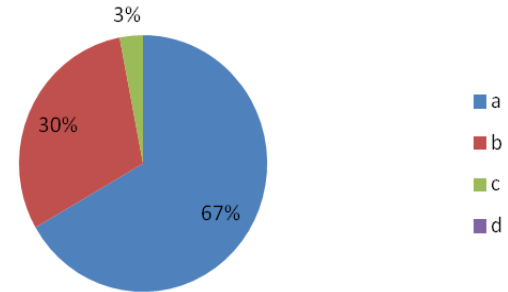
5. Germany



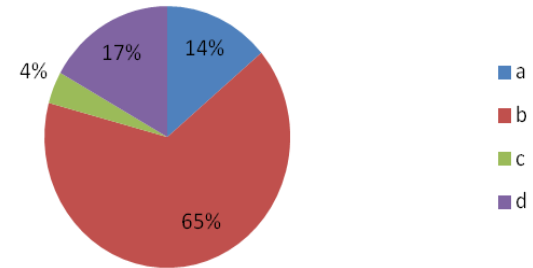
5. Czech Republic



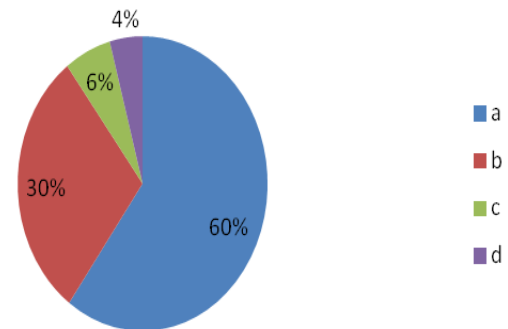
5. England



5. Italy

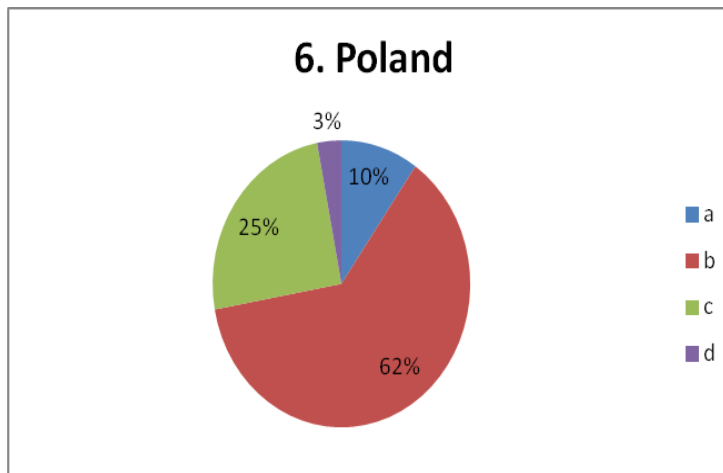
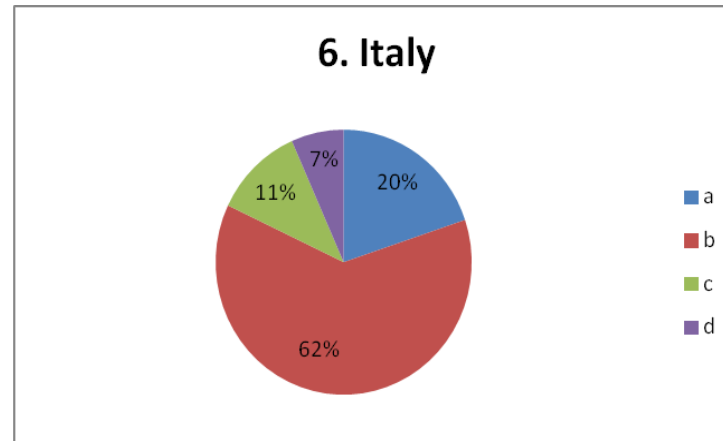
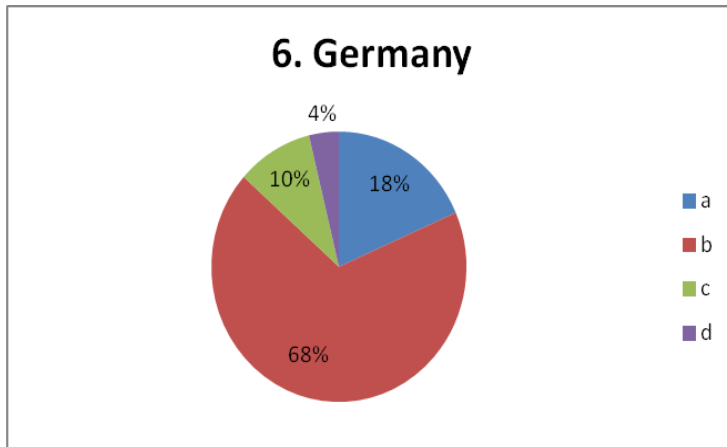
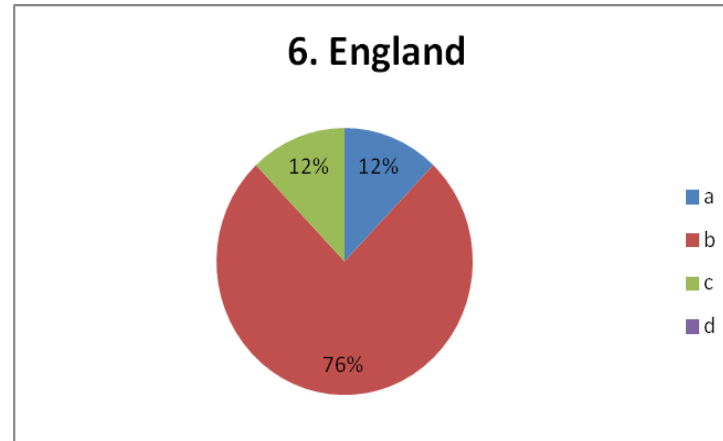


5. Poland



6. How many hours do you sleep at night?

- A. more than 12**
- B. between 8 and 12**
- C. between 5 and 8**
- D. less than 5**



7. Which of these things would you like to do now?

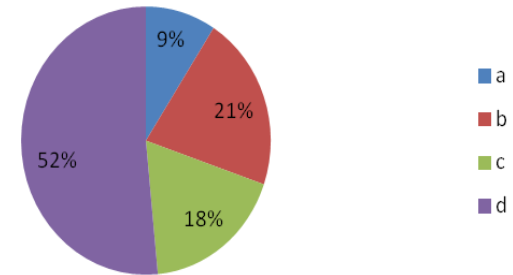
A. eat a bar of chocolate

B. watch TV

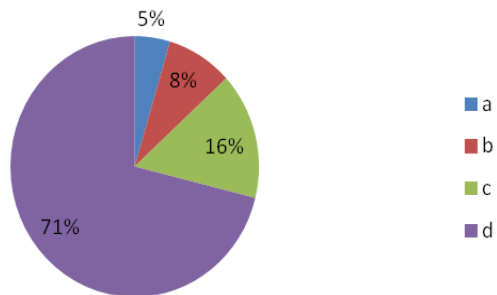
C. go to the cinema

D. go swimming

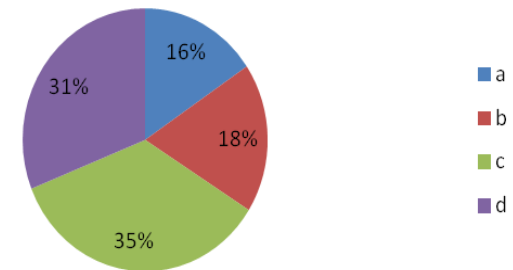
7. England



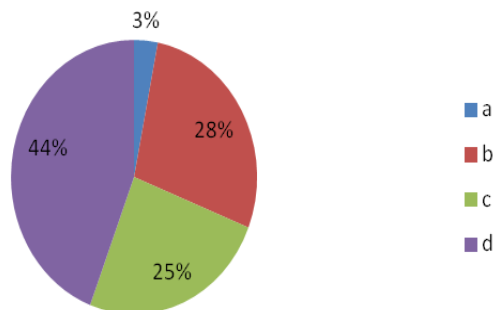
7. Germany



7. Italy



7. Czech Republic



7. Poland

