**Приложение № 1**

Fitness Quiz

1. How often do you eat fruit and vegetables?
2. Rarely. b. Sometimes. c. Every day.
3. How often do you eat chocolate and cakes?
4. Every day. b. Sometimes. c. Rarely.
5. How often do you do your exercises?
6. Never. b. Sometimes. c. Every day.
7. How often do you go to bed after 11 o’clock?
8. Every day. b. Sometimes. c. Rarely.
9. How often do you watch TV?
10. Every day. b. Sometimes. c. Rarely.
11. How often do you brush your teeth?
12. Never. b. Sometimes. c. Every day.