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## Tomtom English Health Quiz – How Healthy Are You?

Answer the questions, total your points and discuss.

The British government recommends a maximum weekly alcohol intake of 21-28 units per week for men, and 14-21 units per week for women. How many units of alcohol do you drink per week?

Sample units:

Glass of wine (175ml): 2 units                      Bottle of wine (750ml): 9 units

Can of beer (350ml): 2 units                      Nihonshu (200 ml): 4 units

Shot of whiskey/vodka/gin/other 40% alcohol drink: 1 unit

Scores

Men: 0-10 units – 5 points                      10-20 units – 3 points                      21-28 units – 2 points  
29-100 units – 0 points

Women: 0-7 units – 5 points                      8-13 units – 3 points                      14-21 units – 2 points  
22-100 units – 0 points

How many meals do you eat each day?

4-5 small meals                      5 points

3 normal meals                      3 points

1-2 meals                      0 points

How many servings of fruits or vegetables do you eat each day?

Five or more                      5 points

Two to four                      3 points

Zero or one                      0 points

How much junk food do you eat?

Very little                      5 points

About average                      3 points

A lot                      0 points

How often do you eat at regular times during the day?

Almost always	5 points
Usually	3 points
Hardly ever	0 points

How often do you exercise?

Every day	5 points	Most days	4 points
Once or twice a week	3 points	Less than once a week	0 points

On average, how long do you sleep per night?

Seven to eight hours	5 points	Nine hours or more	4 points
Five to seven hours	3 points	Four to five hours	2 points
Less than four hours	0 points		

How many cigarettes do you smoke per day?

Zero	5 points	One to ten	2 points
Ten to twenty	1 point	Twenty or more	0 points

### Discussion questions

1. Who had the highest score in your group? Do you think they are the healthiest?
2. Which of the above health factors do you think is most important? Why?
3. What other factors do you think are important for good health?
4. Do you think you are healthy? Why? Why not?
5. What could you do to improve your health?
6. Is your health important to you?
7. How long do you want to live?
8. How often do you get a health check?
9. Do you have a lot of stress in your life? Why? Why not? What could you do to relieve your stress?
10. How often do you catch a cold?

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