

ERASMUS –
KA229-18F483D3

*“Food for
Thought”*

Health and Nutrition



Erasmus+



aert3



HEALTHY SNACKING QUIZ



I never have snacks when I use my smartphone or computer.

True

5

False

23



I never have snacks when I'm bored or stressed.

● True
● False

10

18



Before eating a snack, I check how much fat and how many calories it has.



I don't like fast food.

● True

1

● False

27



My parents don't buy unhealthy snacks.

● True
● False

10

18



I buy snacks from the school canteen once a week.

● True
● False

13
15



I always find a healthy snack to eat at home.

● True

19

● False

9



I make a plan of the snacks I have every day.

True

5

False

23



I prefer healthy snacks, such as fruit or cereal bars.

● True

15

● False

13



I think about how healthy a snack is every time I have one.

● True
● False

14

14



Parameters

...

7 or more TRUE: You certainly follow a healthy diet. Having unhealthy snacks is no problem for you. You always choose a healthy snack to eat.

4-6 TRUE: You know the difference between healthy and unhealthy food. However, you have an unhealthy snack from time to time. Be careful! You don't want to lose balance.

0-3 TRUE: You may know what is bad for your health, but you seem to have a sweet tooth. You need to try harder and change some of your eating habits.

Results ...

≥ 7 TRUE: zero



4-6 TRUE: 15

0-3 TRUE: 13

Conclusion ...

We are not on the right highway for health...

