

Listen to Beth asking Nick the questions.
Calculate Nick's score. Then find out your score.



Find the audio at the following link:

<https://drive.google.com/file/d/1QfVUABYdOT4Ktv22bCKGaMiMrkGwrcsJ/view?usp=sharing> or scan the QR code:

1 HOW OFTEN DO YOU EAT CHOCOLATE OR SWEETS?

- a) Every day (0 points)
- b) Once or twice a week (1 point)
- c) Once or twice a month (2 points)
- d) Once or twice a year (3 points)

2 HOW OFTEN DO YOU EAT FRUIT OR GREEN VEGETABLES?

- a) Once or twice a year (0 points)
- b) Once or twice a month (1 point)
- c) Once or twice a week (2 points)
- d) Every day (3 points)

3 HOW MANY HOURS' SLEEP DO YOU USUALLY GET A NIGHT?

- a) 1-5 hours (0 points)
- b) More than 12 hours (1 point)
- c) 6-8 hours (2 points)
- d) 9-12 hours (3 points)

4 HOW OFTEN DO YOU PLAY SPORT OR TAKE EXERCISE?

- a) Once or twice a year (0 points)
- b) Once or twice a month (1 point)
- c) Once or twice a week (2 points)
- d) Every day (3 points)

5 HOW MANY HOURS A DAY DO YOU SPEND WATCHING TV OR VIDEOS?

- a) More than 5 hours (0 points)
- b) 4-5 hours (1 point)
- c) 2-3 hours (2 points)
- d) 0-1 hour (3 points)

Total score:

NICK: _____ points

ME: _____ points

Question numbers	Nick's answers	Your answers
1		
2		
3		
4		
5		

