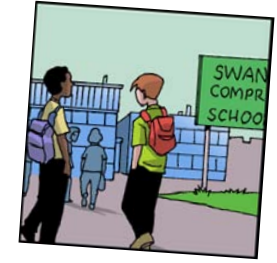


Activity sheet 2: Keeping healthy

Answer the questions below then try them on your family. Do you all give the same answers? If not, what are the differences?



Question	Name	Name	Name
1 How do you usually travel to school or work?			
2 Do you always travel to school or work in this way?	Yes/No	Yes/No	Yes/No
3 If not, how else do you travel to school or work?			
4 Do you play any sport?	Yes/No	Yes/No	Yes/No
5 If yes, which sports do you play?			

Activity sheet 2: Keeping healthy

Question	Name	Name	Name
6 Can you swim?	Yes/No	Yes/No	Yes/No
7 If yes, how often do you swim?	Every day / every week / every month / once or twice each year	Every day / every week / every month / once or twice each year	Every day / every week / every month / once or twice each year
8 Do you have a bike, a skateboard, rollerblades, or something else like these things?			
9 If yes, how often do you use it?	Every day / every week / every month / once or twice each year	Every day / every week / every month / once or twice each year	Every day / every week / every month / once or twice each year
10 Do you think exercise is important?	Why/why not	Why/why not	Why/why not