

HEALTH AND FITNESS

- Do you agree with the statement “You are what you eat”? Is it true for you? What are your eating habits?
- Do you pay attention to your eating habits? Do you want to change any of them?
- What are your preferences when preparing a meal for your family? Do you plan your shopping beforehand? What do you know about the “Batch cooking” new trend?
- Are health and diet related? Can diets improve your health? Are diets directly related to some types of illnesses? Do you believe in diets?
- Do you agree with the statement “ An apple a day keeps the doctor away”? Is it true?
- How often do you visit the doctor / check your health? Do you take any kind of medicine regularly?
- Have you ever had an operation / broken a bone?
- How often do you practise sport? If so, what kind of sport? Is that enough? Do you practise sport with your family? What sort of sport would you recommend?
- What do you think about the slow cooking and slow eating trend? Is mindfulness important to you?
- What is your opinion of the superfoods?

