



Q&A

Answer the following statements about your child's lifestyle:

My child always eats breakfast. Yes/No

My child is involved in some kind of exercise
i.e. swimming, gymnastics, dance class, football, rugby, tennis,
hill-walking at least twice a week. Yes/No

Our family eats all our meals at the kitchen table and
the TV is turned off. Yes/No

My child spends less than 2 hours a day watching TV or
playing computer games. Yes/No

I never tell my child to clear his/her plate. Yes/No

My child walks or cycles to school as often as possible. Yes/No

I exercise more than 3 times a week. Yes/No

My child eats foods like sweets, crisps, chocolate or sugary
drinks twice a week or less often. Yes/No

If you answered 'No' to any of these statements, then you should read on to see how you can improve your family's lifestyle and health for the future.