



Name: Form:

Based on pages 12 and 13 of *Food, teeth and eating*

How active are you?

Try this...

1. Look at the activities in the table. For each activity, tick one of the columns for each body part.

Tick column 1 if you think the part moves a little.

Tick column 2 If you think the part moves more than a little.

Tick column 3 if you think the part moves a lot.

2. Add more activities. Choose activities that you do often and tick the columns.

Activity	Arms/hands			Trunk			Legs/feet		
	1	2	3	1	2	3	1	2	3
Using computer									
Walking									
Swimming									
Dancing									
Sleeping									

Looking at the results.

3. In which activities does the body move the most?

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4. In which activities does the body move the least?

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