







Exercise 5.4. Quiz about ageing changes

This is a group or individual exercise. You will find 4 questions to ask the AAWID. If the answer is right, 1 point is achieved.




1. What George should do to avoid to have physical problems and muscle pain?

	A	<p>To sit on the sofa and watch TV all day long.</p>
	B	<p>To walk every day and do physical exercise.</p>
	C	<p>To lie down on the bed.</p>




2. What type of food George should eat everyday to be healthy and have energy?

	A	<p>Chocolate and industrial pastries.</p>
	B	<p>Pizza and processed food</p>
	C	<p>Vegetables, fruit, fish...</p>

3. Why George has to take medication and this is important for his health?

	A	So having no pain neither complications in the future
	B	Because he is forced to do so
	C	Because in this way he will not be able to eat any more.

4. What George has to do to avoid having heart, lungs or stomach problems?

	A	To drink alcohol and smoke
	B	Not doing exercises
	C	To eat healthy and do exercises every day.