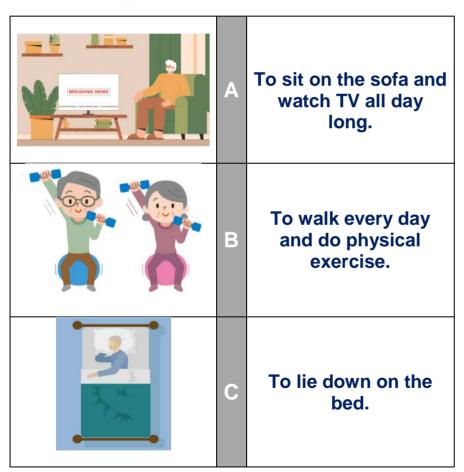




## **Exercise 5.4. Quiz about ageing changes**

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?



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

	A	Chocolate and industrial pastries.
111	В	Pizza and processed food
	С	Vegetables, fruit, fish

- 3. Why George has to take medication and this is important for his health?
- 4. What George has to do to avoid having heart, lungs or stomach problems?

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

