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?

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|  | **A** | **To sit on the sofa and watch TV all day long.** |
|  | **B** | **To walk every day and do physical exercise.** |
|  | **C** | **To lie down on the bed.** |

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

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|  | **A** | **Chocolate and industrial pastries.** |
|  | **B** | **Pizza and processed food** |
|  | **C** | **Vegetables, fruit, fish...** |

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

|  |  |  |
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|  | **A** | **So having no pain neither complications in the future** |
| C:\Users\USUARI\Downloads\signals-962665_1920.jpg | **B** | **Because he is forced to do so** |
| C:\Users\USUARI\Downloads\porcelain-plate-1227008_1920.jpg | **C** | **Because in this way he will not be able to eat any more.** |

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

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