

MY EATING HABITS

TASK CARD

“My eating habits are...”

“I forget to drink water
during the day...”

1

“I love food and eat
whatever I feel like...”

2

“I eat in front of the TV...”

3



MY EATING HABITS

“I lose weight when I’m on a diet but put it all back on again when I stop dieting...”

4

“Fruit and vegetables get too old before I manage to eat them...”

5

“It is too expensive to eat healthy...”

6

“At work, they often serve cakes and pastries...”

7



MY EATING HABITS

“I always empty
my plate...”

8

“I eat secretly...”

9

“I eat while
I am cooking...”

10

“I often eat leftovers when
clearing supper away...”

11



MY EATING HABITS

“I’m still hungry after
having eaten rabbit food.
I need some real food...”

12

“I feel that I need
something sweet
every day...”

13

“I often eat too much
for supper...”

14

“I get a craving for
something sweet after
supper...”

15



MY EATING HABITS

“I buy sweets or crisps
when I am out shopping
and eat them in the car
on the way home...”

16

“I never eat breakfast...”

17

“I forget to eat when
I am alone...”

18

“I eat to pass the time...”

19



MY EATING HABITS

“I eat more when I have problems...”

20

“I eat as I do because I have always done so...”

21

“I eat whatever is served for me ...”

22

“For breakfast, I eat white bread and cheese...”

23



MY EATING HABITS

“A cup of coffee always
needs a biscuit...”

24

“I often get a bad
conscience when I eat
unhealthy ...”

25

“My other half generally
decides what and when
I eat...”

26

“I drink a lot of coffee
and don't eat so much...”

27



MY EATING HABITS

“My blood sugar drops at the end of the day. Then I have to have something sweet to get my energy up again...”

28

“A lunch box doesn't improve during the day so I often go out for lunch...”

29

“All these new recipes are just too over the top...”

30

“I rarely feel hungry...”

31



MY EATING HABITS

”Jeg mærker sjældent,
at jeg er mæt...”

32

”I eat because otherwise
I get hungry...”

33

”I think more meals would
be good for me but I don’t
have the energy for it...”

34

”I forget my main meals
and then I need something
sweet...”

35



MY EATING HABITS

“I prefer good traditional food...”

36

“I don't have the energy to make proper food and then I get to eat all the unhealthy things...”

37

“I forget to go shopping and then meals depend on what there is...”

38

“I eat a lot of fruit...”

39



MY EATING HABITS

“I try to eat properly with salads and vegetables...”

40

“I try to eat healthy all week but allow myself to 'sin' a bit at the weekend...”

41

“I often refuse bread and cakes...”

42

“I have completely dropped having butter on bread...”

43



MY EATING HABITS

“I try to control my sweet tooth with a little dark chocolate...”

44

“I try to have some kind of fish for lunch every day...”

45

RELEVANT

**NOT
RELEVANT**

