

DÒIGH-BEATHA LIFESTYLE

You attend a weekend course at a health farm. You are given a lifestyle questionnaire to complete.

1

- a) Dè an obair a th' agaibh?
- b) Cia mheud uair a thìde a bhios sibh ag obair gach latha?
.....
- c) Cia mheud latha a bhios sibh ag obair gach seachdain?
.....

2

- a) Am bi sibh a' smocadh? Bithidh Chi bhi
- b) Ma bhitheas, cia mheud gach latha?
-

3

- a) Am bi sibh a' gabhail deoch làidir? Bithidh Chi bhi
- b) Ma bhitheas, cia mheud aonad gach seachdain?
-

4

- a) An bi sibh a' dèanamh eacarsaich sam bith?
.....
- b) Ma bhitheas, dè an seòrsa?
.....
- c) Dè cho tric?
- | | | | |
|-------------------------|--------------------------|-----------------------------|--------------------------|
| a h-uile latha | <input type="checkbox"/> | trì uairean san t-seachdain | <input type="checkbox"/> |
| dà uair san t-seachdain | <input type="checkbox"/> | uair san t-seachdain | <input type="checkbox"/> |
| uair sa chola-deug | <input type="checkbox"/> | uair sa mhìos | <input type="checkbox"/> |

5

Dè an seòrsa biadh a bhios sibh ag ithe?

bracaist

diathad

dinnear

Eadar-theangachadh: 1. a. What work do you do? b. How many hours do you work per week? c. How many days do work per week? 2. a. Do you smoke? Yes. No. b. If so, how many per day? 3. a. Do you take alcohol? Yes. No. b. If you do, how many units per week? 4. a. Do you do any exercise? b. If you do, what kind? c. How often? every day/three times per week/twice a week/once a week/once a fortnight/once a month 5. What kind of food do you eat? breakfast/lunch/dinner.

Fragairean: Possible replies are:- 1. b. sia/seachd/ochd/naoi uairean a thìde c) trì/ceithir/còig/sia latha 2. b. nas lugha na deich/cadar deich is fichead/fichead/s deich/cadar fichead 's dà fhichead/còrr is dà fhichead 3. b ceithir deug/fichead/còrr is fichead/dèich air fhichead 4. b. Bith mi a' coiseachd/a' ruith gu mall/a' falbh le baidhsagal/a' cluch ball-coise/a' snàmh 5. a. musaill/gràn/bainne/aran donn/aran gael/isbeanan/marag dhubh/ugh/masan/glasraich/brot/feòil/micheadail (beef)/mairtheòil (pork)/mairtheòil (beef)/muiltheòil (mutton)/mìlean