Spolufinancované z programu Európskej únie Erasmus+

Healthy diet - questionnaire

Q1 Gender

ANSWER CHOICES

boy

girl

Q2 How old are you?

ANSWER CHOICES

10

11

12

13

14

Q3 What do you eat for breakfast?

ANSWER CHOICES

nothing

white bread

wholegrain bread

oatmeal, cereal, cornflakes

eggs

dairy products (cheese, yoghurt, milk)

vegetables

fruit

honey, jam

other

Q4 What do you drink in the morning?

ANSWER CHOICES

tea

coffee

cocoa

fizzy drinks (cola, sprite...)

juice

water

nothing

Q5 How much do you drink a day? In total

ANSWER CHOICES

1 l

1,5 l

2 l

more than 2 l

Q6 What do you usually eat at school?

ANSWER CHOICES

a sandwich on white bread

a sandwich on wholegrain bread

a toast

a yoghurt

a piece of fruit

a hot dog/ a burger

a sweet pastry (doughnut, sweet bun)

nothing

Q7 How often do you eat sweets?

ANSWER CHOICES

every day

2-3 times a week

4-5 times a week

only at weekends

never

Q8 How often do you eat fast food?

ANSWER CHOICES

every day

a few times a week

about once a week

a few times a month

once a month

less than once a month

never

Q9 What's your favourite fruit?

ANSWER CHOICES

apple

banana

strawberries

oranges

cherries

I don't like friut

other-what kind?

Q10 What's your LEAST favourite vegetable?

ANSWER CHOICES

brussel sprouts

onion

garlic

spinach

I love all vegetables

other -what kind?

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LINKS with results:

Healthy Diet Slovakia :https://www.surveymonkey.com/results/SM-82MY57PY9/

Healthy Diet: Italy: https://www.surveymonkey.com/results/SM-KWZ8K9PY9/

Healthy Diet: Poland https://www.surveymonkey.com/results/SM-BPPJK9PY9/