**Survey in form 6 (9-10 years old pupils) concerning breakfast in response to the project "National schoolbreakfast” in October 2017.**

Number of forms: 29 (December 2017, national school breakfast)

1. For my breakfast I eat brown bread/white bread

Brown: 17

White: 5

Both: 7

1. Number of sandwiches I eat:................

1: 15

2: 14

1. On my sandwich for breakfast is…….

Cheese: 8

Meat: 12

Sweets: 22 (sprinkles, chocolate spread, marmalade)

Pindakaas: 7

1. What I drink in the morning: cup of tea, milk, water, something else…………………...

Tea: 5

Milk: 11

Water: 3

Else: 6

1. I eat fruit for breakfast:

Yes, 11 (an apple, mandarin, kiwi)

No: 17

1. Is your breakfast in the weekend different from the other days in the week?

No: 9

Yes: 13, special sandwich, croissants, an egg, less healthy,

1. What is, in your opinion, in a healthy breakfast?

Fruit: 19

Meat: 8

Cheese: 13

Dark bread: 15

Milk: 5

Tea: 8

Else: 9 (vegetable juice, marmalade, butter, yogi drink, water, cheese spread)

1. And what do you think is not so healthy?

Chocolate spread: 14

Sprinkles: 17

White bread: 10

Sweets: 13

Sweet drinks: 7

Else: 9 (spiced biscuit, coffee, potato chips, fries)

1. Do you know where you can read about “healthy or unhealthy” ?

Yes: 9 ( on packaging, ingredients, on the label)

Nee: 19