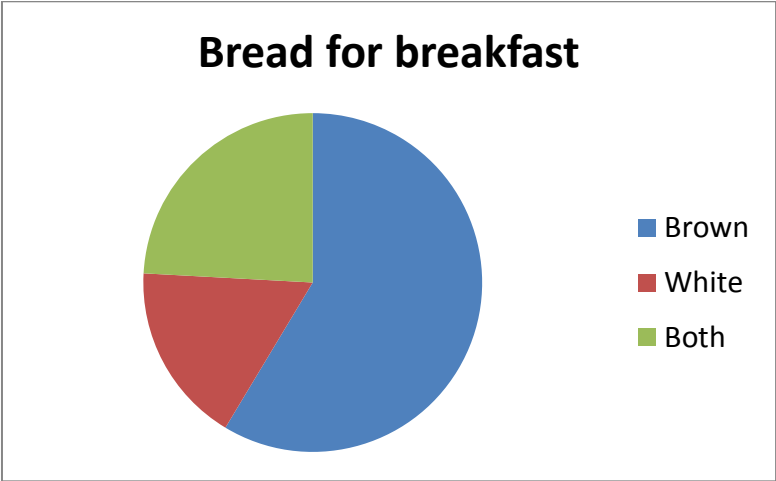


Survey in form 6 (9-10 years old pupils) concerning breakfast in response to the project "National schoolbreakfast" in October 2017.

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

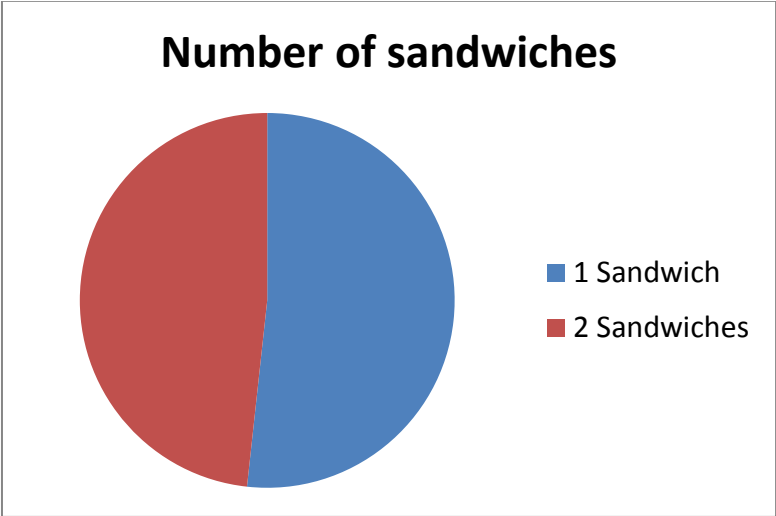
1. For my breakfast I eat brown bread/white bread

Brown: 17
White: 5
Both: 7



2. Number of sandwiches I eat:.....

1: 15
2: 14



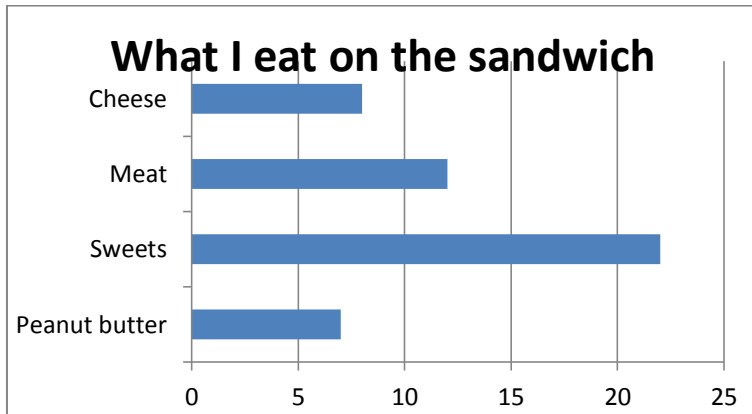
3. On my sandwich for breakfast is.....

Cheese: 8

Meat: 12

Sweets: 22 (sprinkles, chocolate spread, marmalade)

Pindakaas: 7



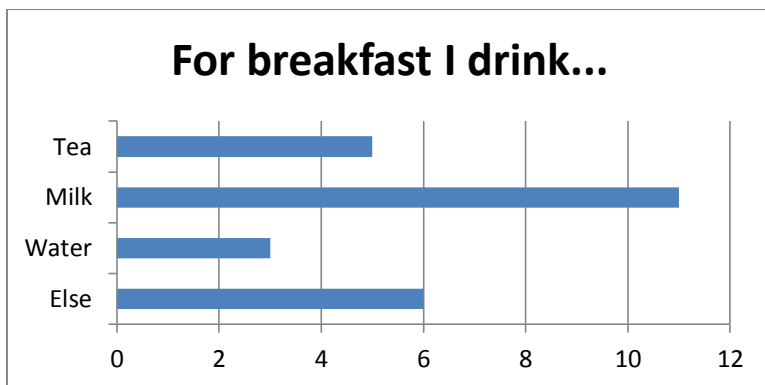
4. What I drink in the morning: cup of tea, milk, water, something else.....

Tea: 5

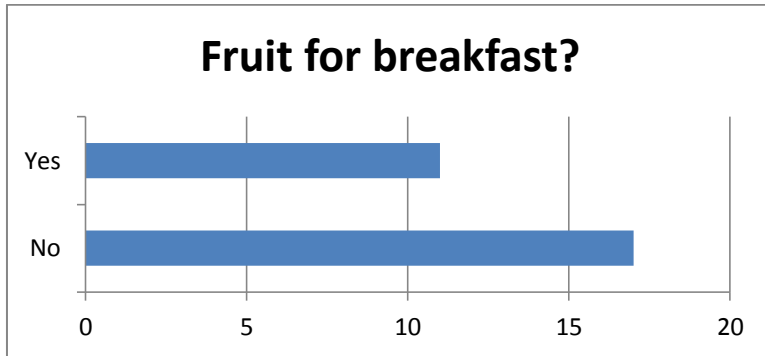
Milk: 11

Water: 3

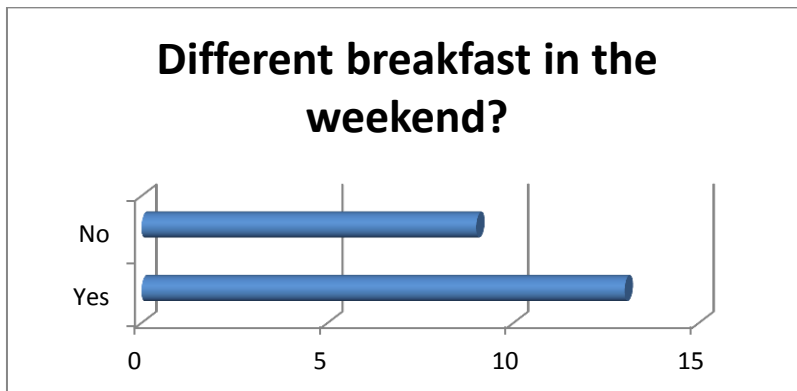
Else: 6



5. I eat fruit for breakfast:
Yes, 11 (an apple, mandarin, kiwi)
No: 17

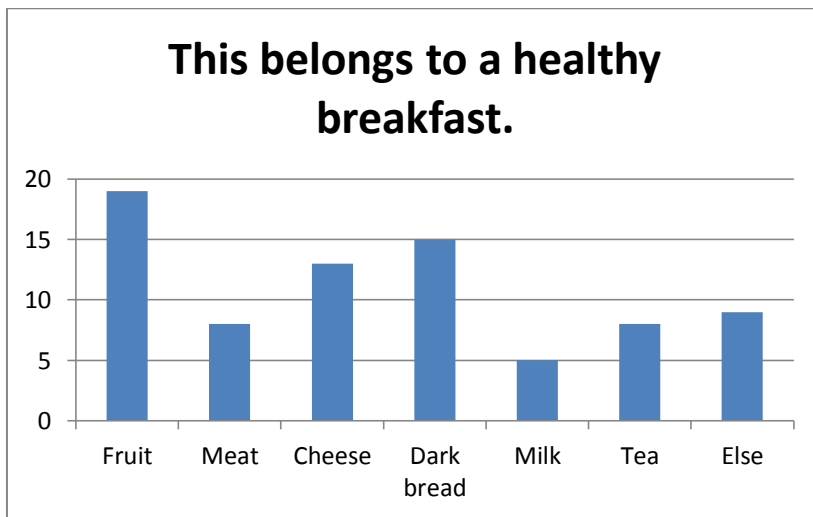


6. Is your breakfast in the weekend different from the other days in the week?
No: 9
Yes: 13, special sandwich, croissants, an egg, less healthy,



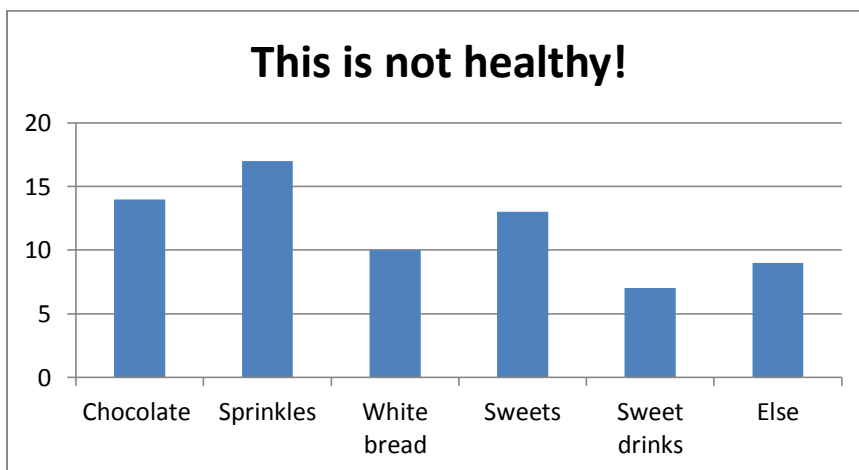
7. What is, in your opinion, in a healthy breakfast?

Fruit: 19
Meat: 8
Cheese: 13
Dark bread: 15
Milk: 5
Tea: 8
Else: 9 (vegetable juice, marmalade, butter, yogi drink, water, cheese spread)



8. 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)



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

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

No: 19

