



Do you take care of your health?



Questions

Responses **149**

Settings

149 responses



Accepting responses



Summary

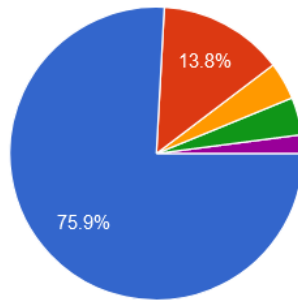
Question

Individual

1. Do you have breakfast before leaving home in the morning?

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145 responses

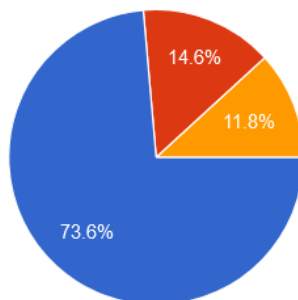


- Yes, always
- Sometimes
- Seldom
- No, I never have breakfast before school
- I only have a drink

2. Do you take packed lunch to school?

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144 responses

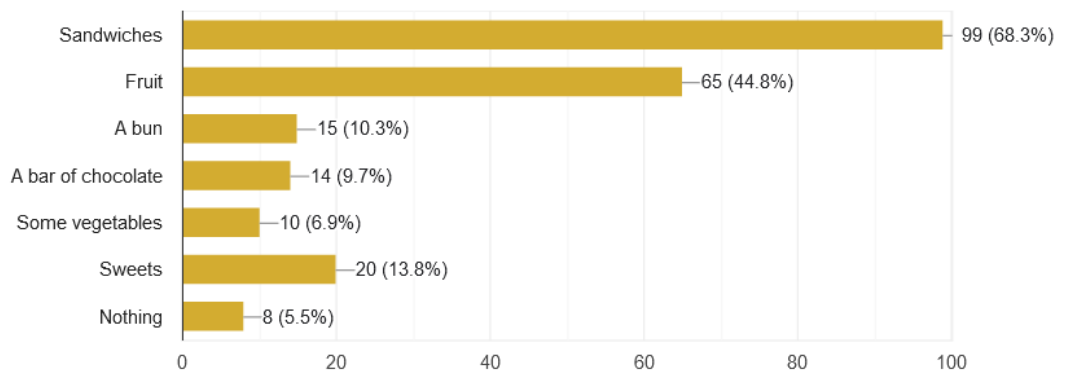


- Yes
- No
- I buy something to eat at school

3. What food do you usually bring to school?

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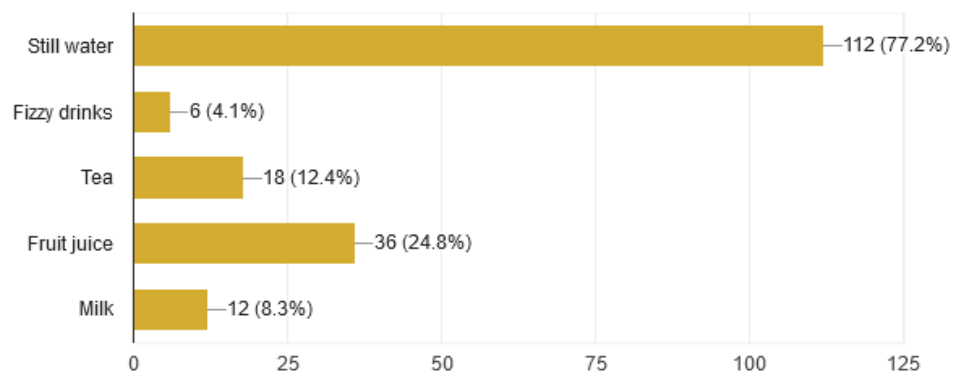
145 responses



4. What do you drink at school?

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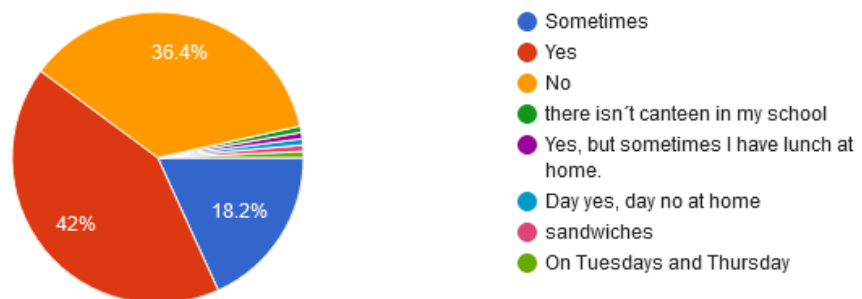
145 responses



5. Do you have lunch at school canteen?

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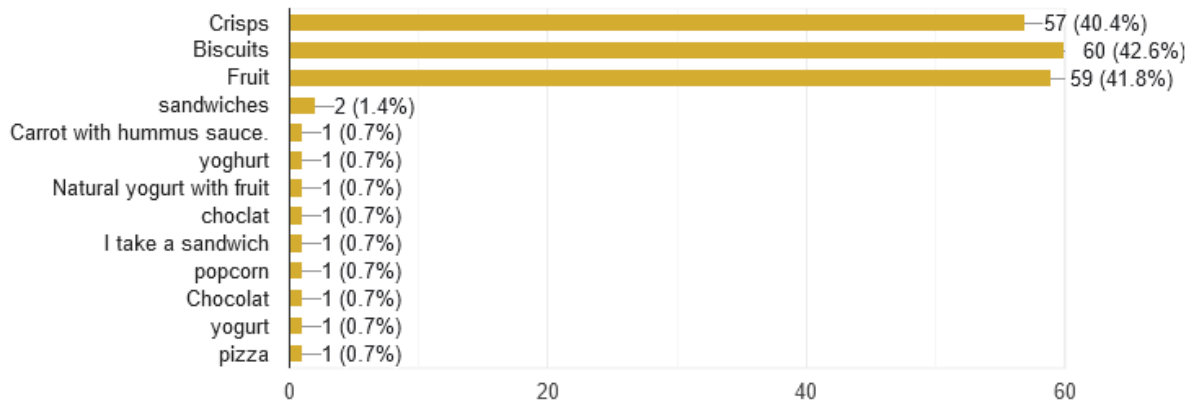
143 responses



6. What is your favourite snack?

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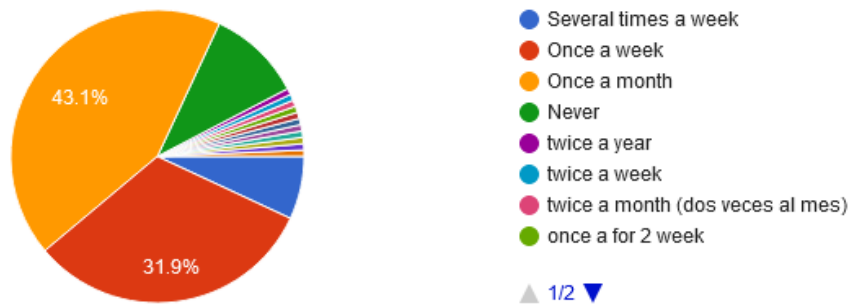
141 responses



7. How often do you eat fast food?

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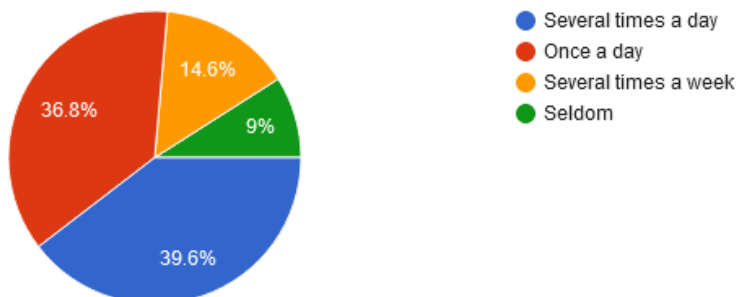
144 responses



8. How often do you eat fruit and vegetables?

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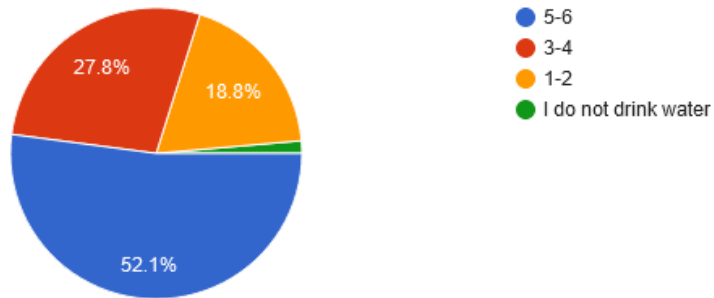
144 responses



9. How many glasses of water do you drink a day?

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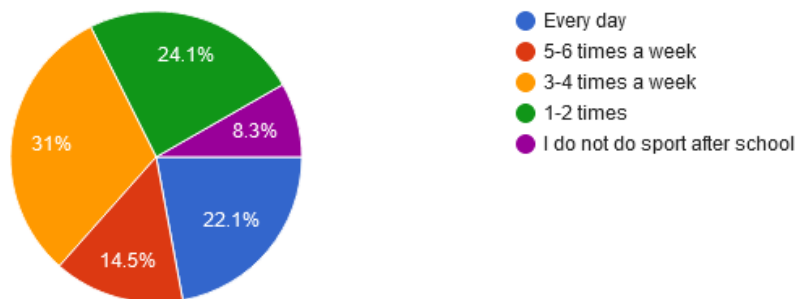
144 responses



10. How often do you do sport after school?

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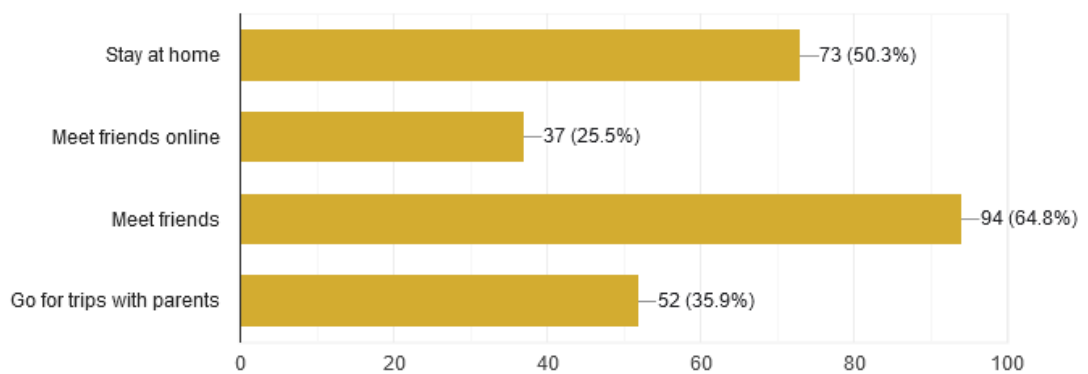
145 responses



11. How do you usually spend weekends?

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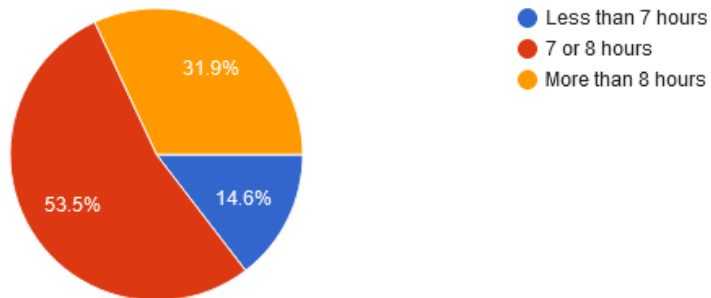
145 responses



12. How many hours a day do you usually sleep?

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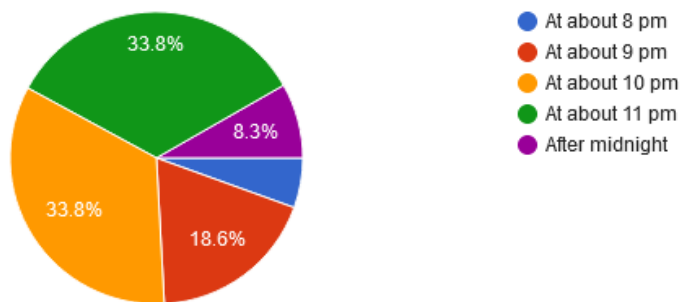
144 responses



13. What time do you usually go to sleep?

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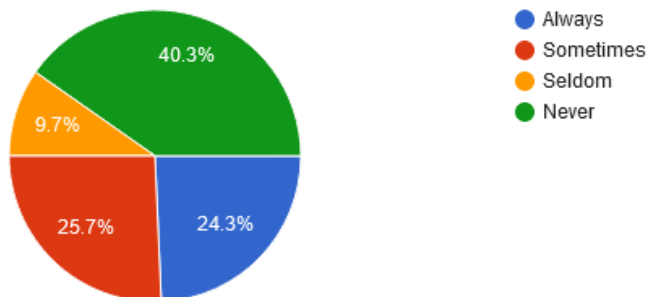
145 responses



14. Do you sleep with any electronic device?

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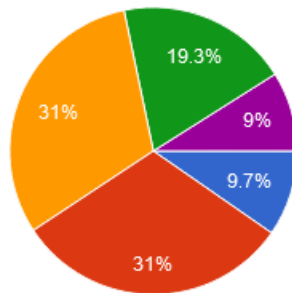
144 responses



15. How much time a day do you use your mobile/tablet/laptop/PC?

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145 responses

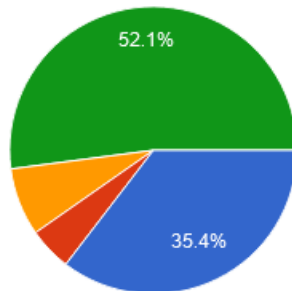


- Less than 1 hour
- 1-2 hours
- 3-4 hours
- More than 5 hours
- I can use electronic devices only at the weekends

16. How do you usually get to school?

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144 responses

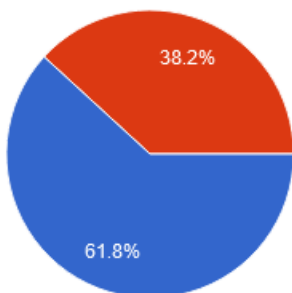


- On foot
- By bike
- By bus
- By car

17. Do you practice any sport in a local sports club after school?

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144 responses

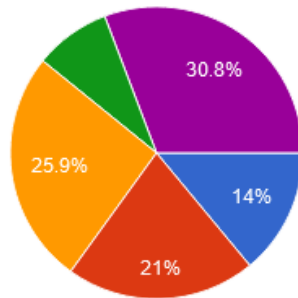


- Yes
- No

18. How much time a day do you read books?

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143 responses

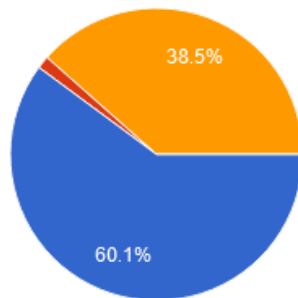


- I do not read books
- Less than half an hour
- About 1 hour
- More than 1.5 hours
- I only read books when I have to for school

19. Do you think your lifestyle is healthy?

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143 responses

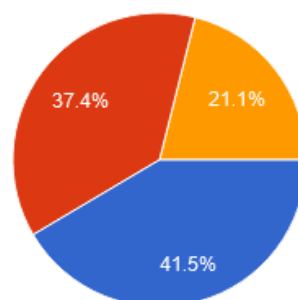


- Yes
- No
- Sometimes

20. Where are you from?

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147 responses



- Poland
- Portugal
- Spain



Erasmus+

