



Questionnaire

1 – Age					
under 10 years	10-11 years	12-13 years	14-15 years	16-17 years	18 years or over
2 – Gender					
male	female				
3 – Occupation					
student	teacher				
4 – How many meals do you have a day?					
1	2	3	4	5 or more	
5 – How often do you eat breakfast on a school day?					
never	rarely	sometimes	always		
6 – How often do you eat chips/crisps?					
almost every day	3-4 times a week	1-2 times a week	rarely	never	
7 – How often do you eat sweet things? (sweeties, chocolate, popcorn, ice-cream, ...)					
almost every day	3-4 times a week	1-2 times a week	rarely	never	
8 – How often do you drink soft drinks? (cola, fanta, ice tea, fizzy drinks...)					
almost every day	3-4 times a week	1-2 times a week	rarely	never	
9 – How much water do you drink a day?					
none	under 1 L	1 L - 1,5 L	1,5 L - 2 L	more than 2 L	
10 – How often do you eat fast food (hamburger, pizza, ...)?					
almost every day	3-4 times a week	1-2 times a week	rarely	never	
11 – Why do you consume fast food?					
enjoy the taste	eat with friends/family	cost/price	limited time	other: _____	
12 – How often do you eat meat?					
almost every day	3-4 times a week	1-2 times a week	rarely	never	
13 – How often do you eat fish?					
almost every day	3-4 times a week	1-2 times a week	rarely	never	
14 – How often do you eat soup?					
almost every day	3-4 times a week	1-2 times a week	rarely	never	
15 – How often do you eat salads/vegetables?					

almost every day	3-4 times a week	1-2 times a week	rarely	never	
16 – How often do you eat fresh fruit?					
3-4 times a day	1-2 times a day	3-4 times a week	1-2 times a week	rarely	never
17 – How often do you exercise? (out of school)					
every day	3 times a week or more	twice a week	once a week	never	
18 – Do you read product labels before consuming them?					
never	rarely	sometimes	always		
19 – Do you believe that eating habits affect school performance?					
yes	no	maybe			
20 – Do you need to change some of your eating habits?					
yes	no	maybe			