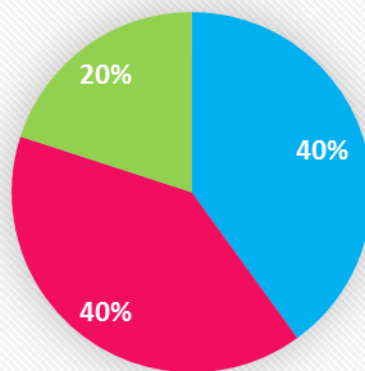


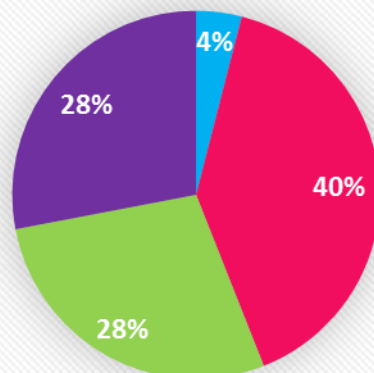
# EATING HABITS

How often do you eat in front of television?



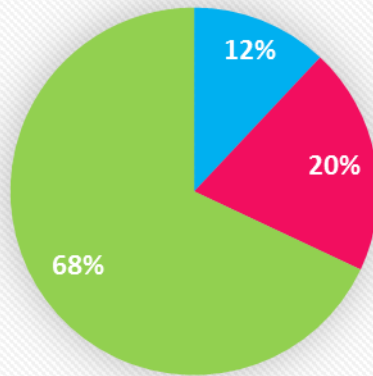
■ At least once a week ■ Once a week ■ Never

Do you nibble between meals?



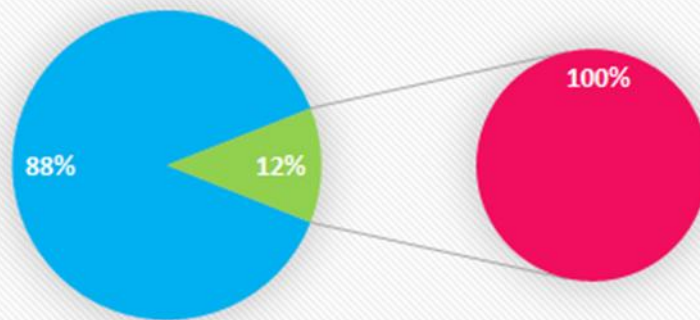
■ Never ■ At least once a day ■ Twice a day ■ More

### Do you practice a physical activity?



■ Not all at ■ One hour per week ■ More than one hour per week

### Do you take breakfast before going to school? If no why?



■ YES ■ NO ■ Not enough time

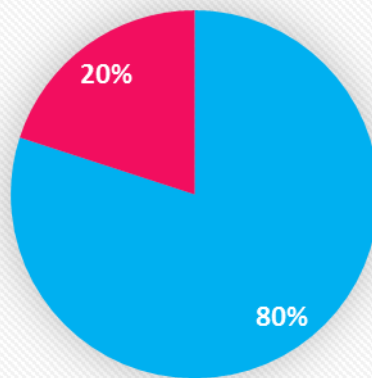
### Do you eat at set times? If no why?



■ YES ■ NO ■ Not enough time ■ I do what I want

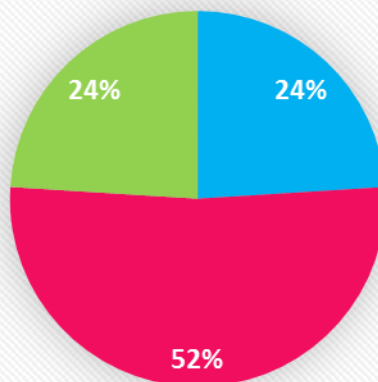
# FOOD ADDITIVES

Do you know what a food additive is?



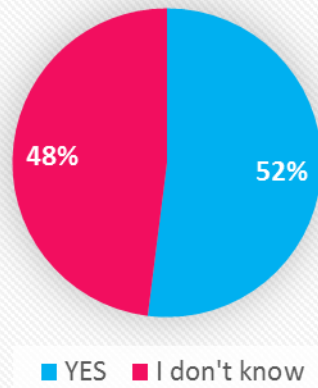
■ YES ■ NO

Do you watch the labels to find out what food additive is present in the products you buy?

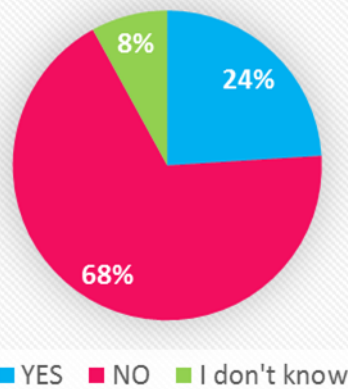


■ Every time ■ From time to time ■ Never

**Do you think you consume additives regularly in your food?**



**Do you think that additives are good for you?**



**Do you feel well enough informed about their effect and their roles?**

