A7 A sound mind in a sound body

(Circle the answer that  
 is most like you)

Eating habits

1. I eat in front of television

At least once a day – 8

once a week – 14

Never - 3

2. You nibble between meals

Never - 7

At least once a day - 14

twice a day - 2

more - 2

3. you practice a physical activity

Not at all - 0

one hour per week - 3

more than one hour per week - 22

4 Do you take breakfast before going to school ?

YES - 22

NO - 3

If no why ?

not enough time – 2

my parents are not there –

I do what I want –

lunch is enough - 1

5.Do you eat at set times ?

YES – 14

NO - 11

If no why ?

not enough time – 2

my parents are not there – 2

I do what I want - 7

Food additives

6. Do you know what a food additive is ?

Yes -23

No - 2

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

every time – 3

from time to time – 16

never - 6

8. Do you think you consume additives regularly in your food ?

Yes – 15

No – 3

I don’t know - 7

9. Do you think that additives are good for you ?

Yes – 0

No – 23

I don’t know - 2

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

Yes – 7

No – 13

I don’t know - 5