

ACTIVITY 5 – Survey: Habits about healthy life

- A. Male
- B. Female
- C. Hardly

Nationality:

- A. Italian
- B. German
- C. Polish
- D. Spanish
- E. Swedish

Age:

- A. 13
- B. 14
- C. 15
- D. 16
- E. 17
- F. 18 and over

1) Do you have a complete breakfast?

A complete breakfast includes dairy products, carbohydrates such cereals, toasts, biscuits, etc. and fruit or orange juice.

- A. Always
- B. B. Sometimes
- C. C. Hardly ever
- D. D. Never

2) How many meals do you have a day?

- A. I always have my meals at the same time; I don't take anything between meals.
- B. I always have my meals at the same hour, I have snacks between meals.
- C. My meals schedule is irregular and I frequently have snacks between meals.

3) How often do you eat fast food?

- A. Always
- B. Sometimes
- C. Hardly ever
- D. Never

4) What do you usually have for dessert?

- A. Fruit or dairy products
- B. I do not have dessert
- C. Pastry, cakes or biscuits

5) How much bread do you eat?

- A. A lot
- B. Not much
- C. Nothing at all

6) How much fruit and vegetables do you have?

- A. More than 6 pieces of fruit
- B. Between 3 and 5 pieces of fruit and vegetables
- C. Between 1 and 2 pieces of fruit and vegetables
- D. None at all

7) How often do you eat legumes?

- A. Twice or more a week
- B. Once a week
- C. From time to time

- 8) **How often do you eat fish?**
- A. Twice or more a week
 - B. Once a week
 - C. From time to time
- 9) **How many eggs do you eat?**
- A. Less than 3 eggs per week
 - B. From 3 to 5 eggs per week
 - C. I eat eggs every day
- 10) **Do you eat cold meat weekly?**
- A. Every day
 - B. Often
 - C. Sometimes
 - D. Hardly ever or never
- 11) **Do you have alcoholic drinks?**
- A. Every day
 - B. Often
 - C. Sometimes
 - D. Hardly ever or never
- 12) **How often do you have dairy products?**
- A. Every day
 - B. Often
 - C. From time to time
 - D. Never
- 13) **What kind of dairy products do you take?**
- A. Low fat/skimmed products
 - B. Semi-skimmed products
 - C. Whole products
- 14) **How often do you take fried food?**
- A. Everyday
 - B. Often
 - C. Sometimes
 - D. Never
- 15) **Do you eat sweets, cakes, chocolates, etc... every day?**
- A. Never
 - B. Once or twice
 - C. Three or four times
 - D. More than 5 times
- 16) **How often do you drink fizzy drinks?**
- A. Once or twice per week
 - B. Three or four times per week
 - C. Every day
 - D. Never
- 17) **How many hours do you sleep a day from Monday to Friday?**
- A. Less than 5 hours
 - B. From five to seven
 - C. Eight or more
- 18) **How long do you use your mobile phone every day?**
- A. Less than one hour
 - B. One or two hours
 - C. More than three hours