



Questionnaire Eating Habits

Food Ethos EDucation in Schools

2018 – 2020

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

20 Questions

1. How many times a day do you eat?
2. Which is your main meal of the day?
3. Do you have breakfast every morning?
4. Do you think that breakfast is the most important meal of the day?
5. Are you vegetarian?
6. How many times a week do you eat this kind of food?
7. Where do you usually have your lunch?
8. What kind of dinner do you usually have?
9. What time do you usually eat your dinner?
10. How much water a day do you drink?
11. How many glasses of tea or coffee do you drink in a day?
12. Do you think that healthy food is important for your overall health?
13. Which one do you prefer? Fresh food or frozen food?
14. How many times a week do you eat fruit and vegetables?
15. Do you eat sweets or chocolate every day?
16. What kind of chocolate do you prefer?
17. Do you replace your dish by sweets or chocolate?
18. How often do you eat fast food?
19. What is the most common cooking way in your house?
20. Do you pay attention to ingredients in the food which you buy?

Number of respondents

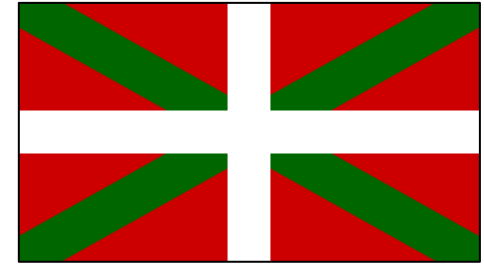
843



Turkey 328



Greece 175



Basque country 68

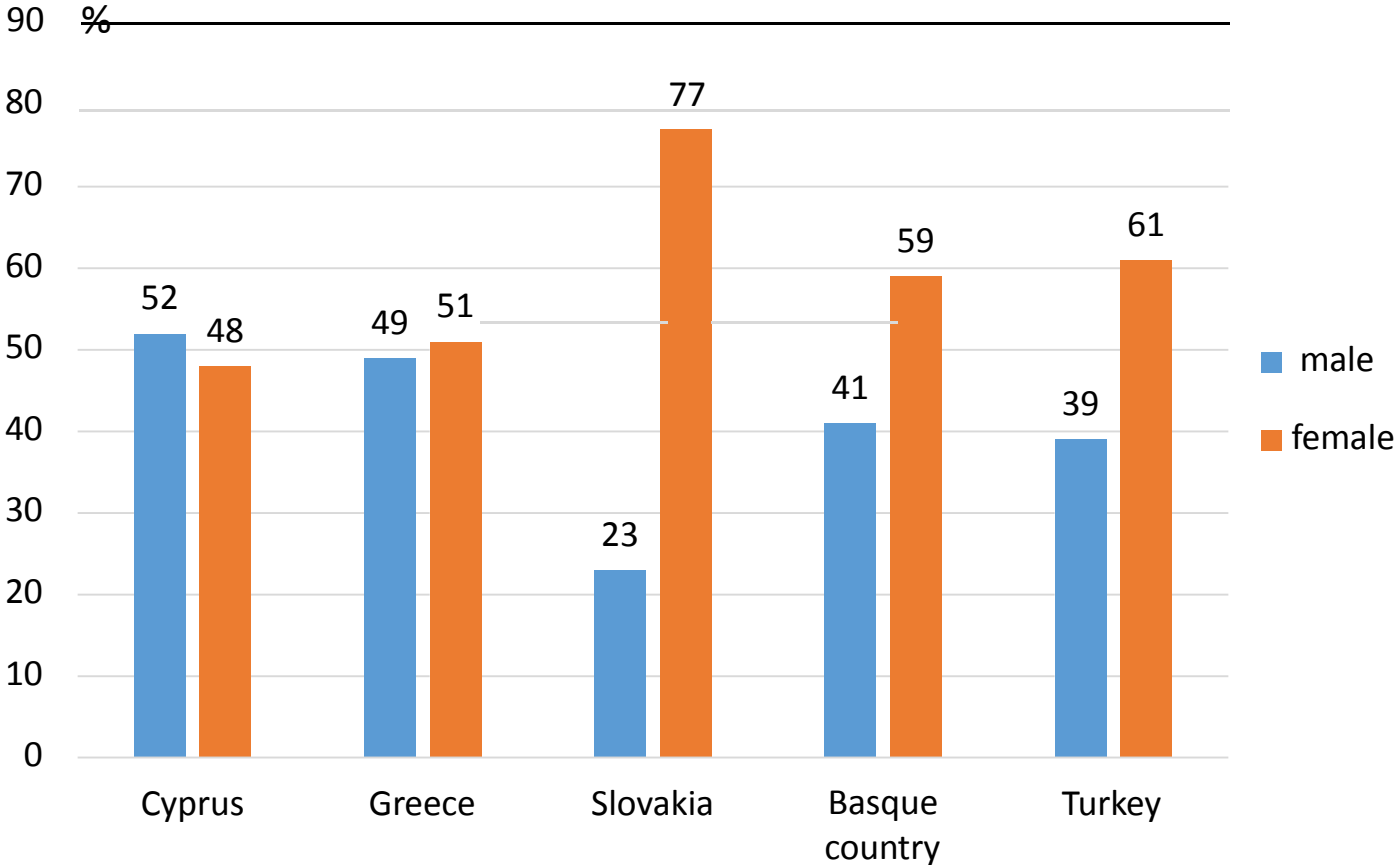


Slovakia 249



Cyprus 23

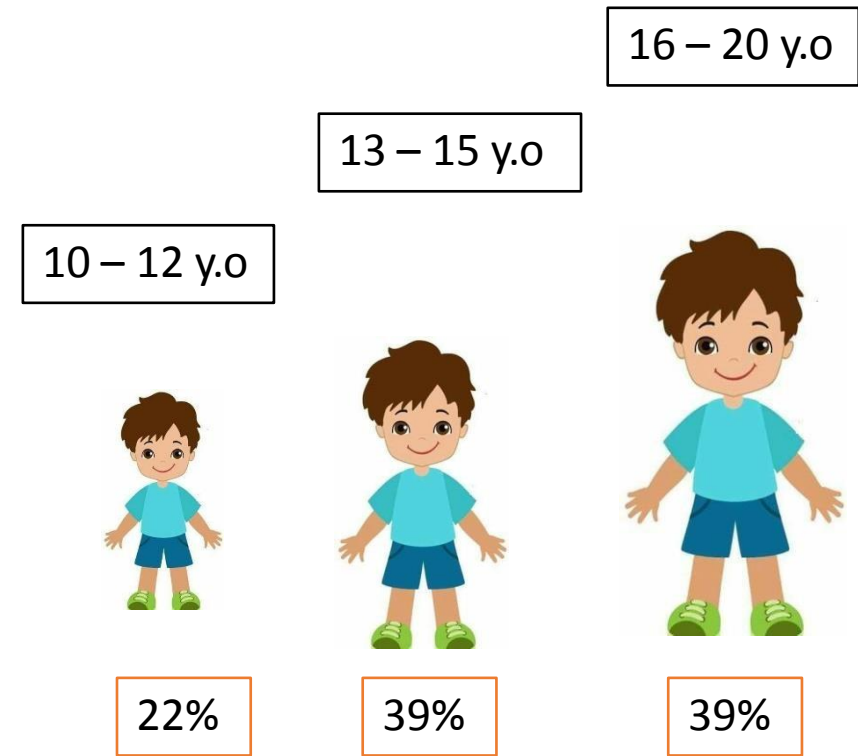
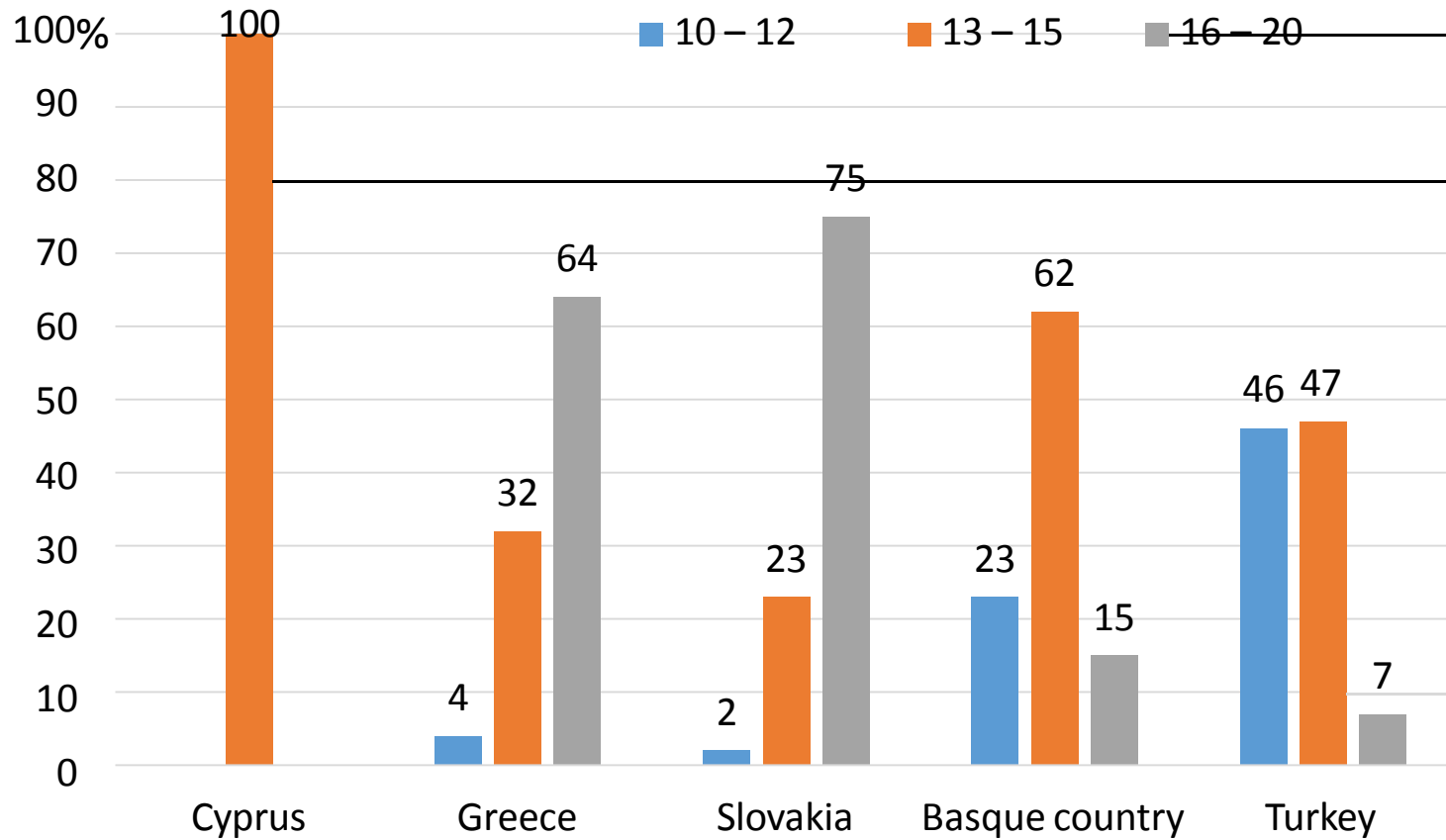
Are you male or female?



63%

37%

Age of respondents

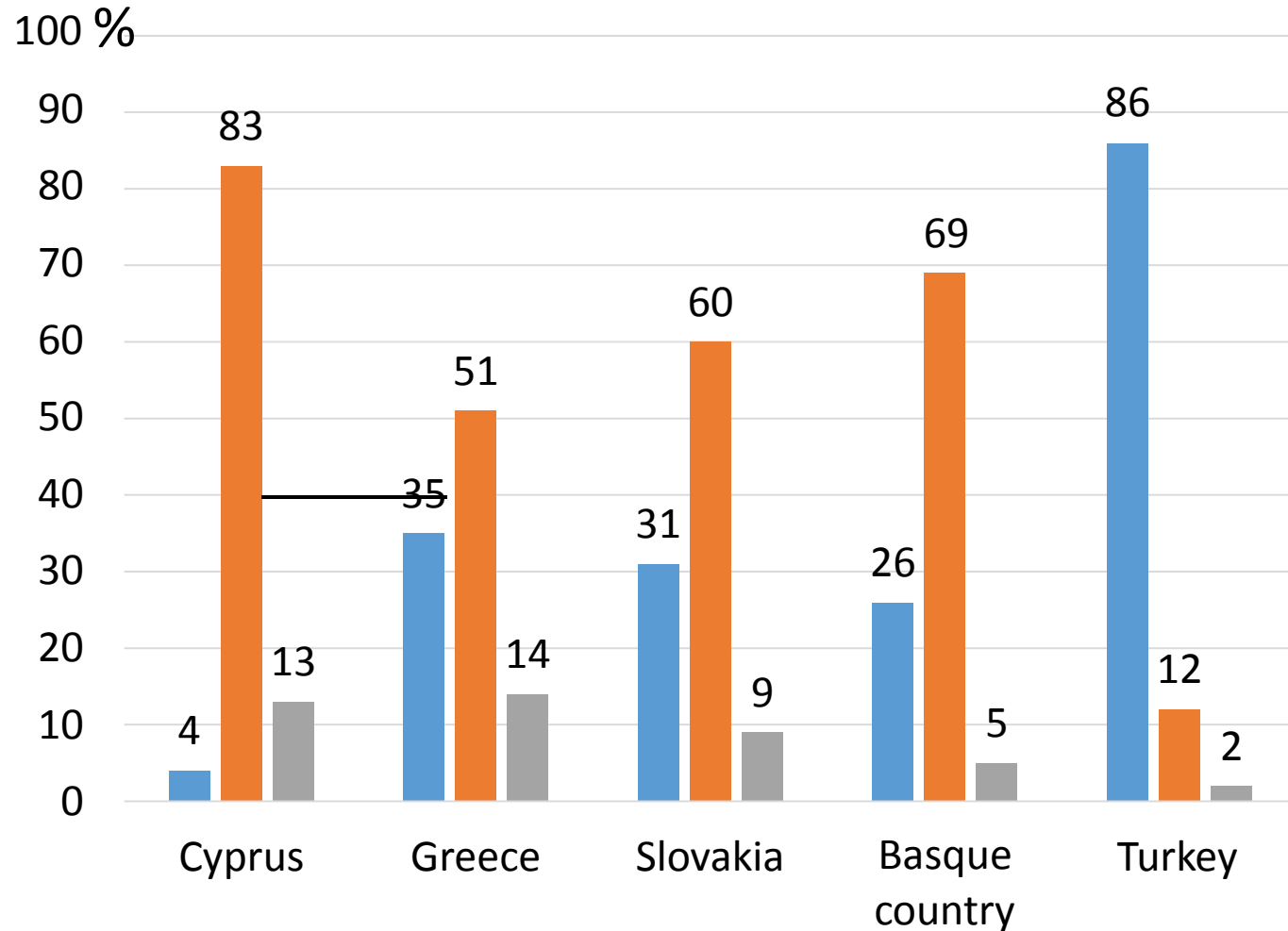




What are the results?



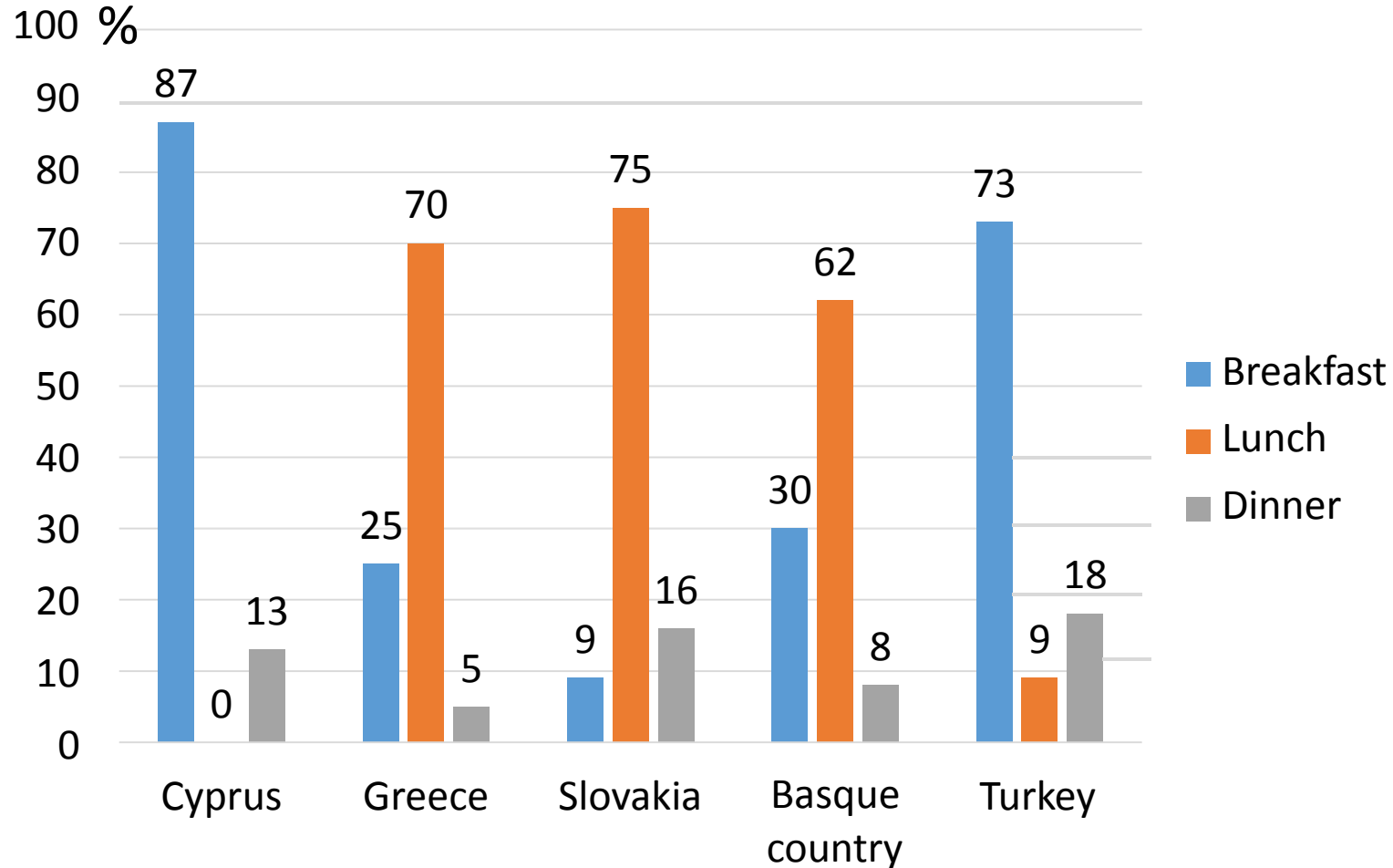
1. How many times a day do you eat?



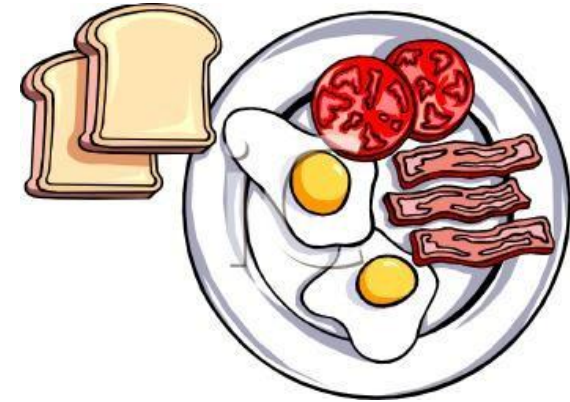
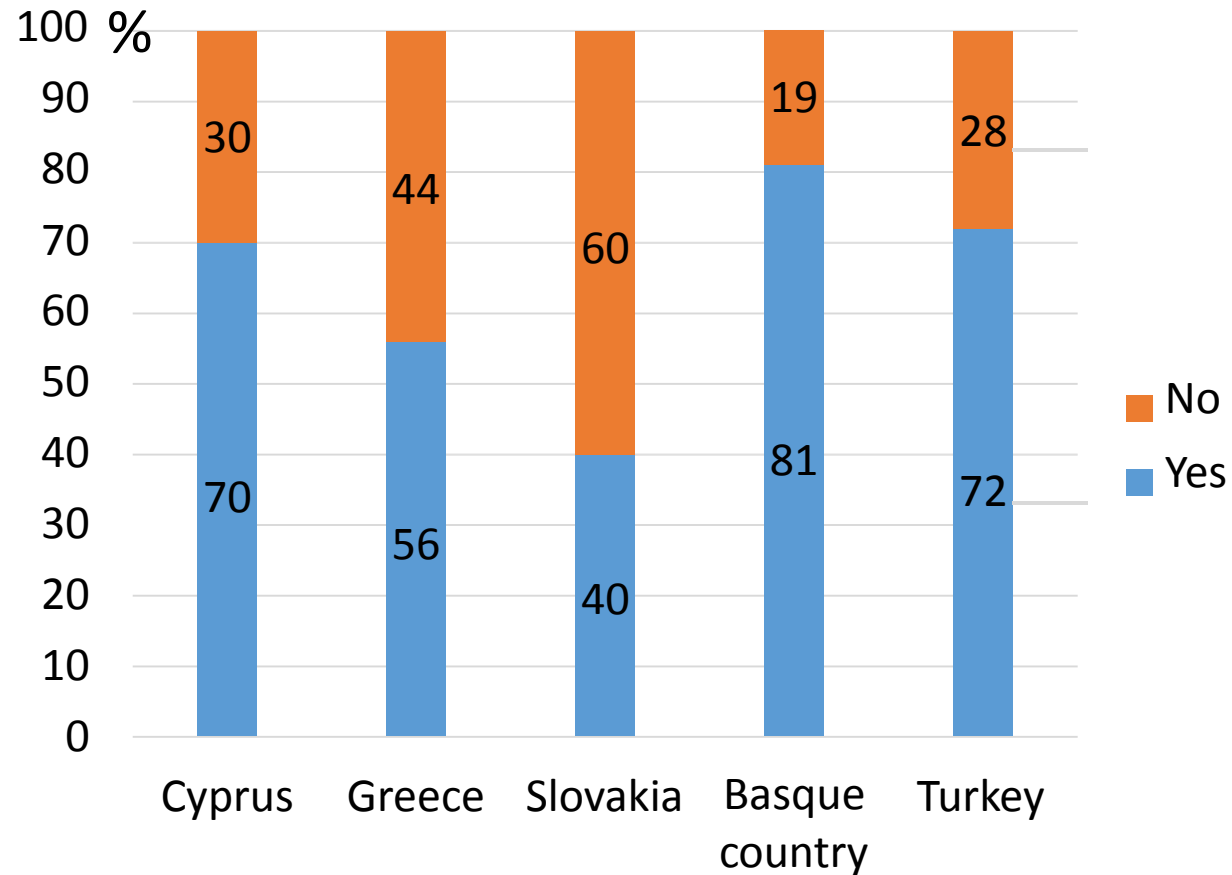
- 2-3
- 4-5
- 6 - more



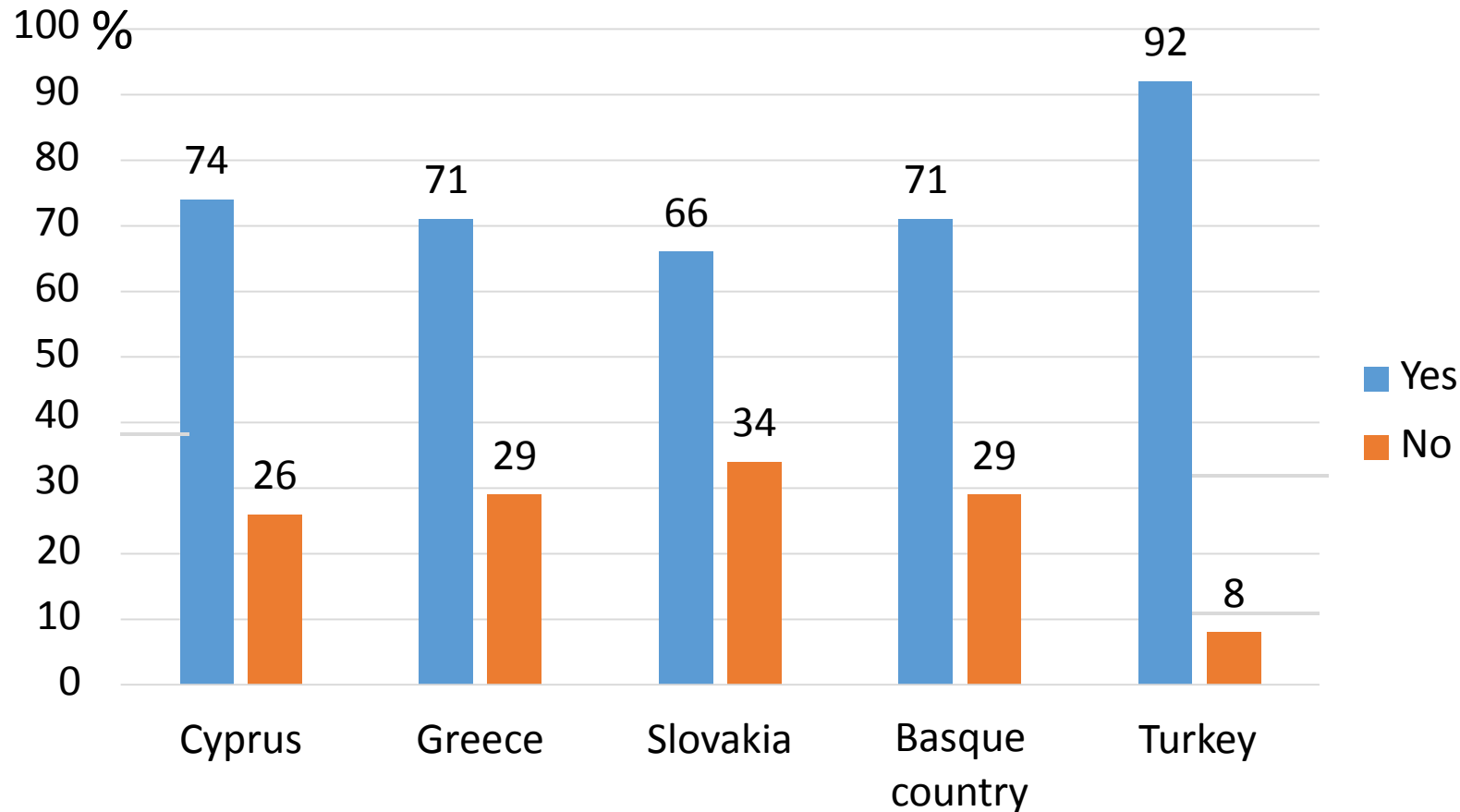
2. Which is your main meal of the day?



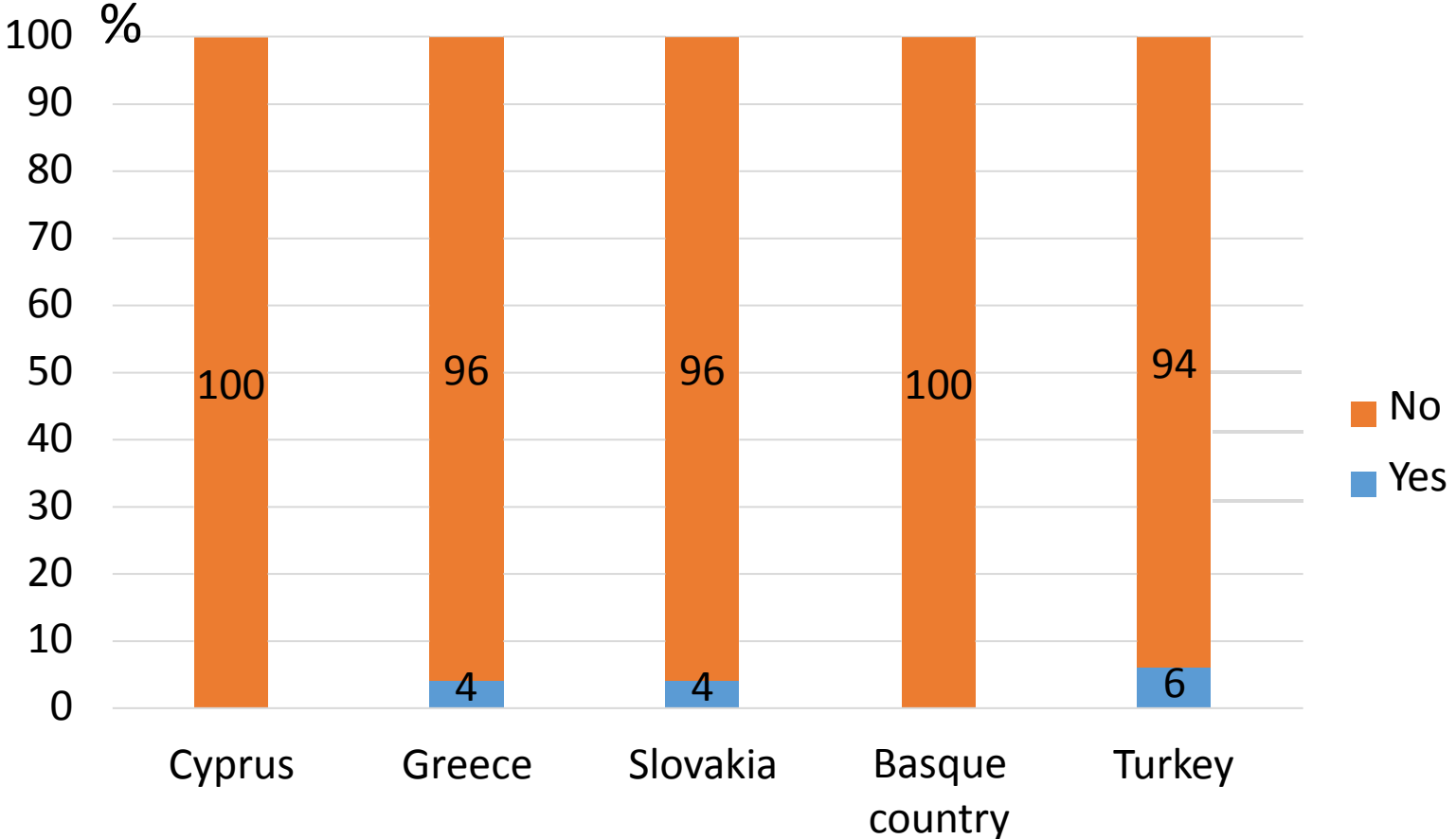
3. Do you have breakfast every morning?



4. Do you think that breakfast is the most important meal of the day?



5. Are you vegetarian?



shutterstock.com • 313282640

6. How many times a week do you eat?

Meat
Vegetables or salad

3 – 4 times a week



1 – 2 times a week



Pasta

1 – 2 times a week

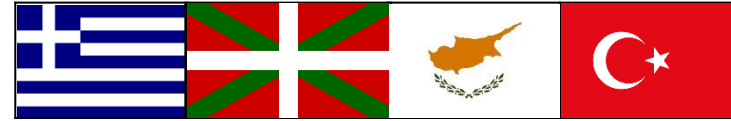


3 – 4 times a week



Fish

1 – 2 times a week



0 times a week



Fast food

1 – 2 times a week



0 times a week

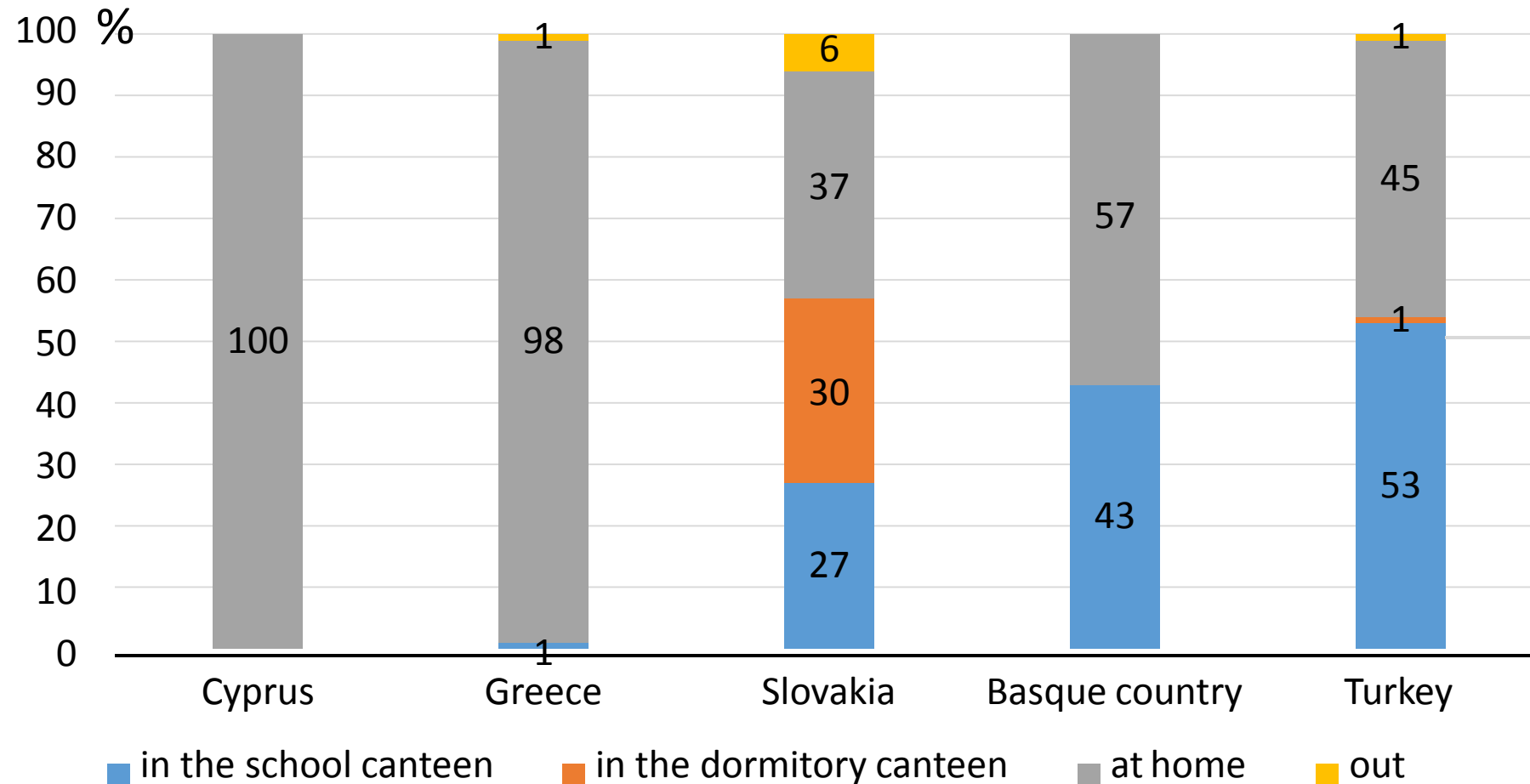


Sweet meals

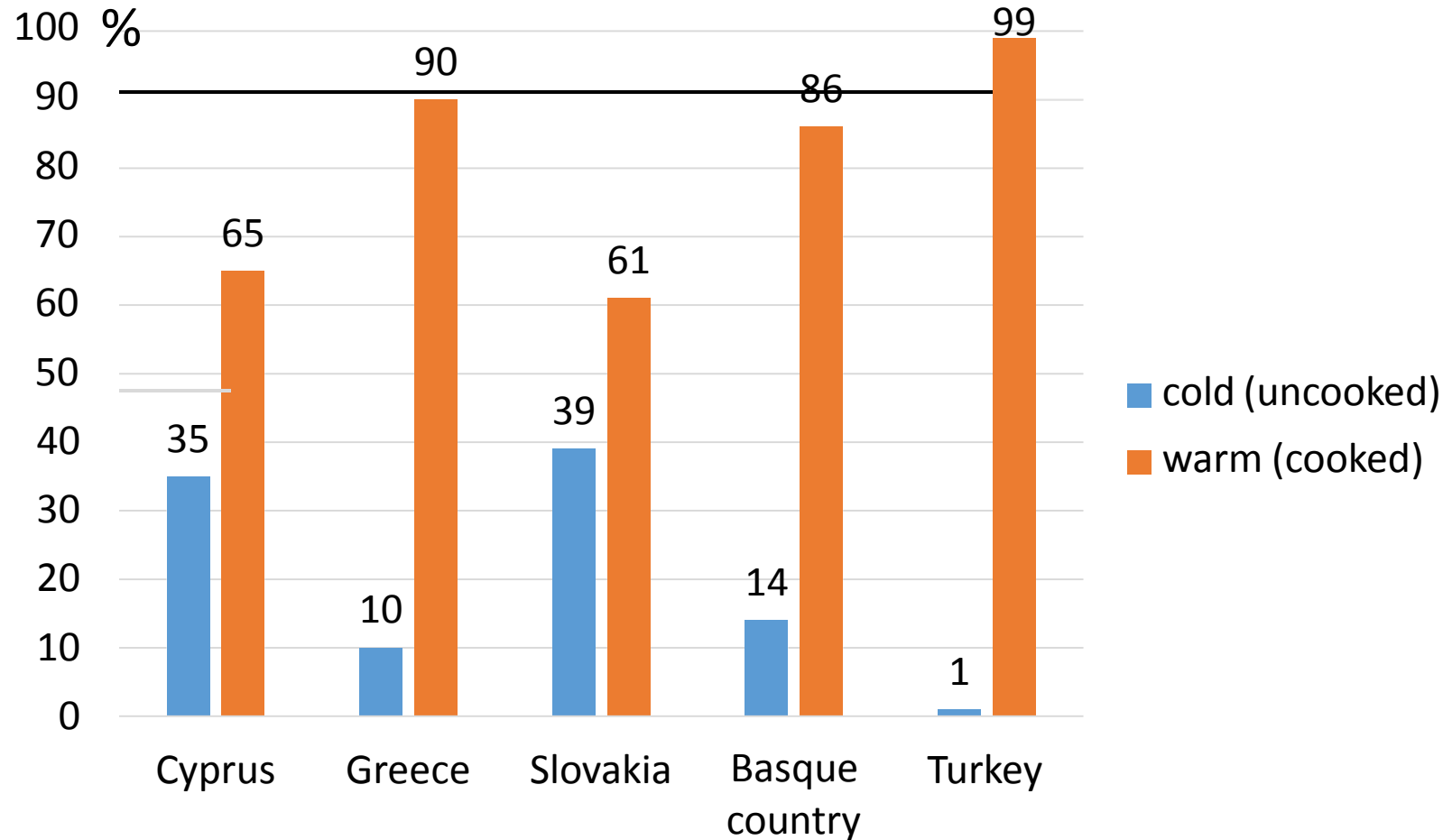
1 – 2 times a week



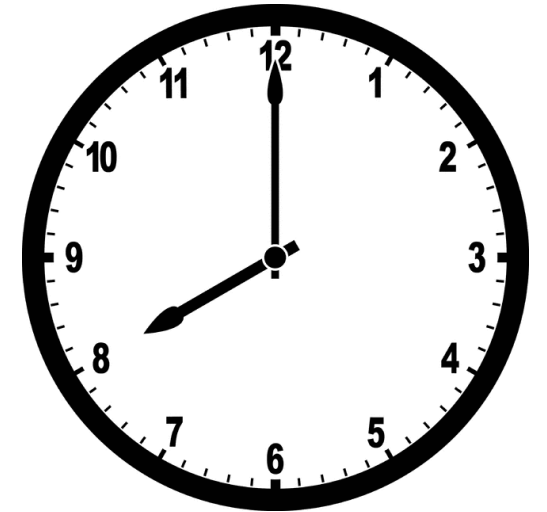
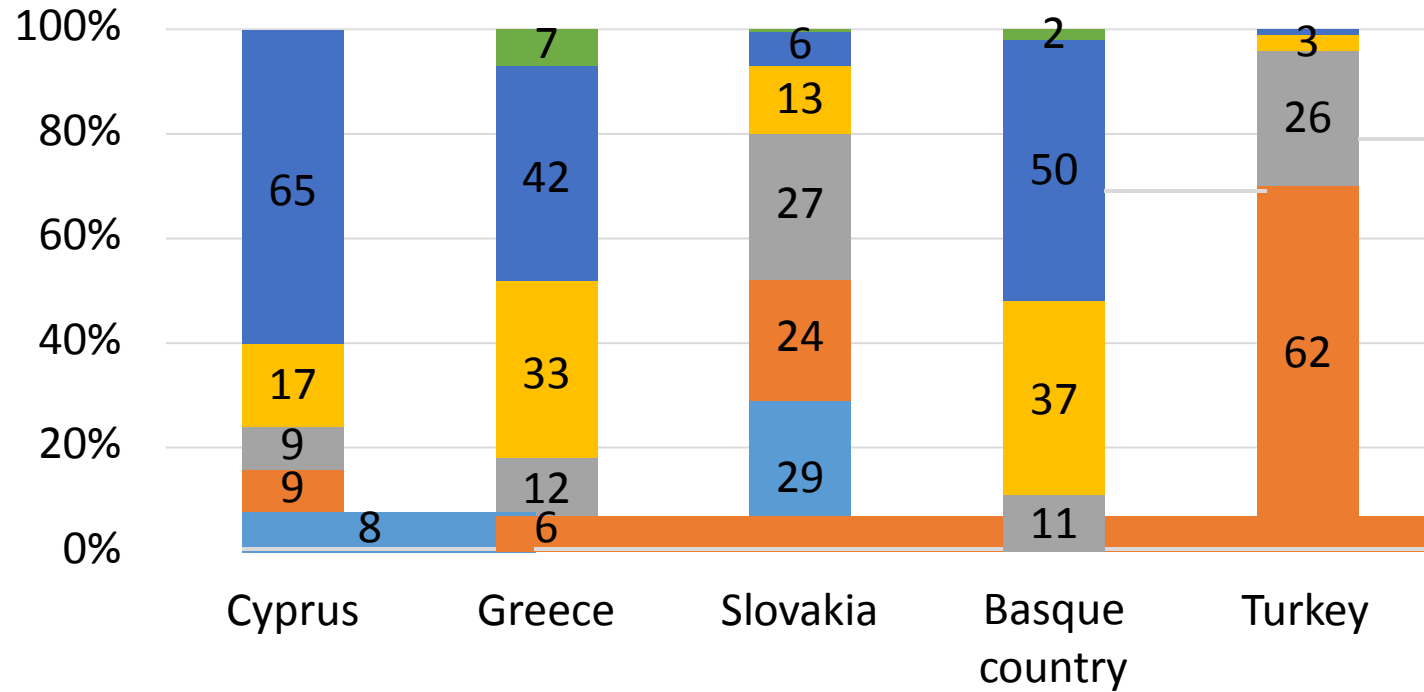
7. Where do you usually have your lunch?



8. What kind of dinner do you usually have?

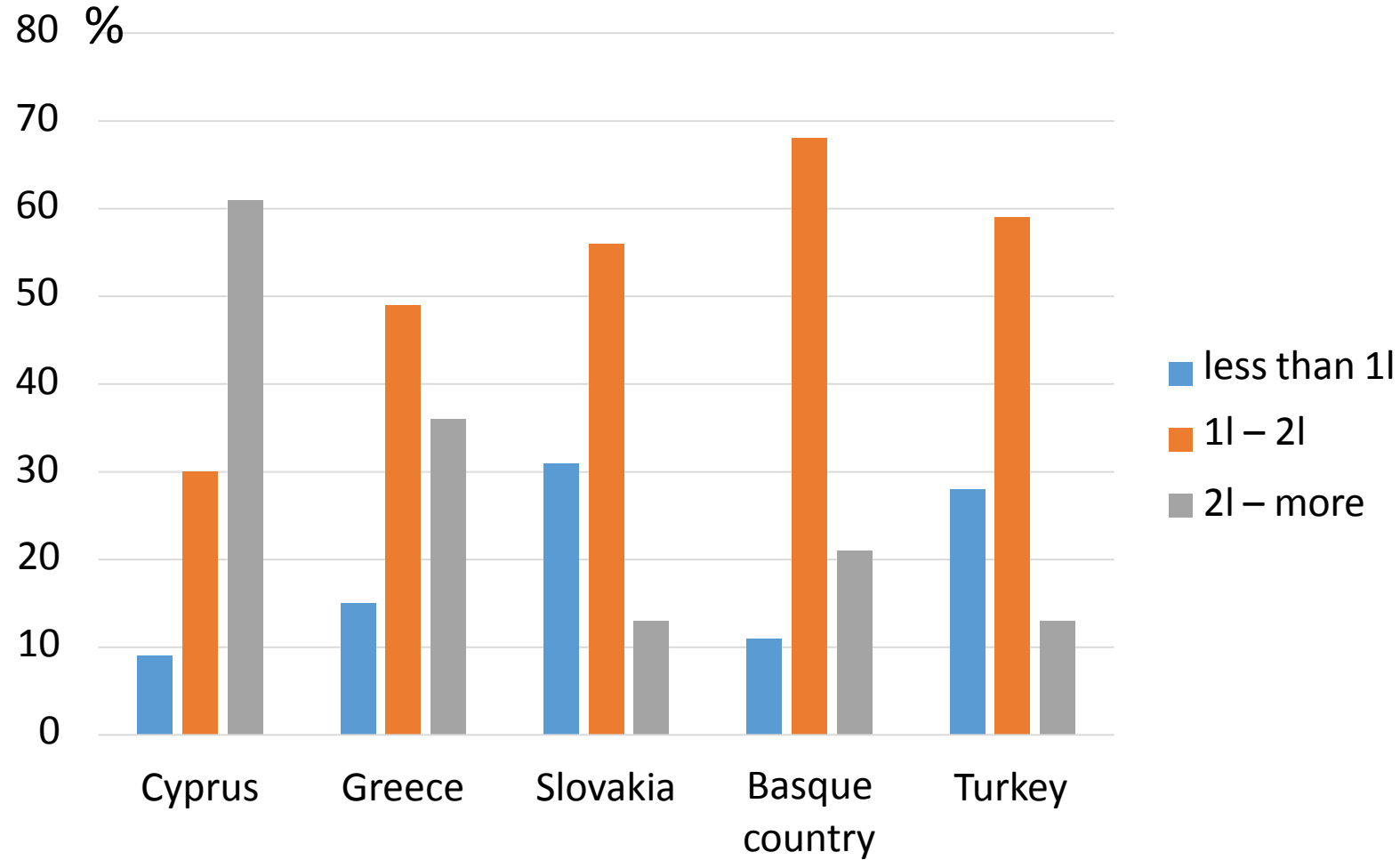


9. What time do you usually eat your dinner?



- before 6 pm
- 6 - 7 pm
- 7 - 8 pm
- 8 - 9 pm
- 9 - 10 pm
- after 10 pm

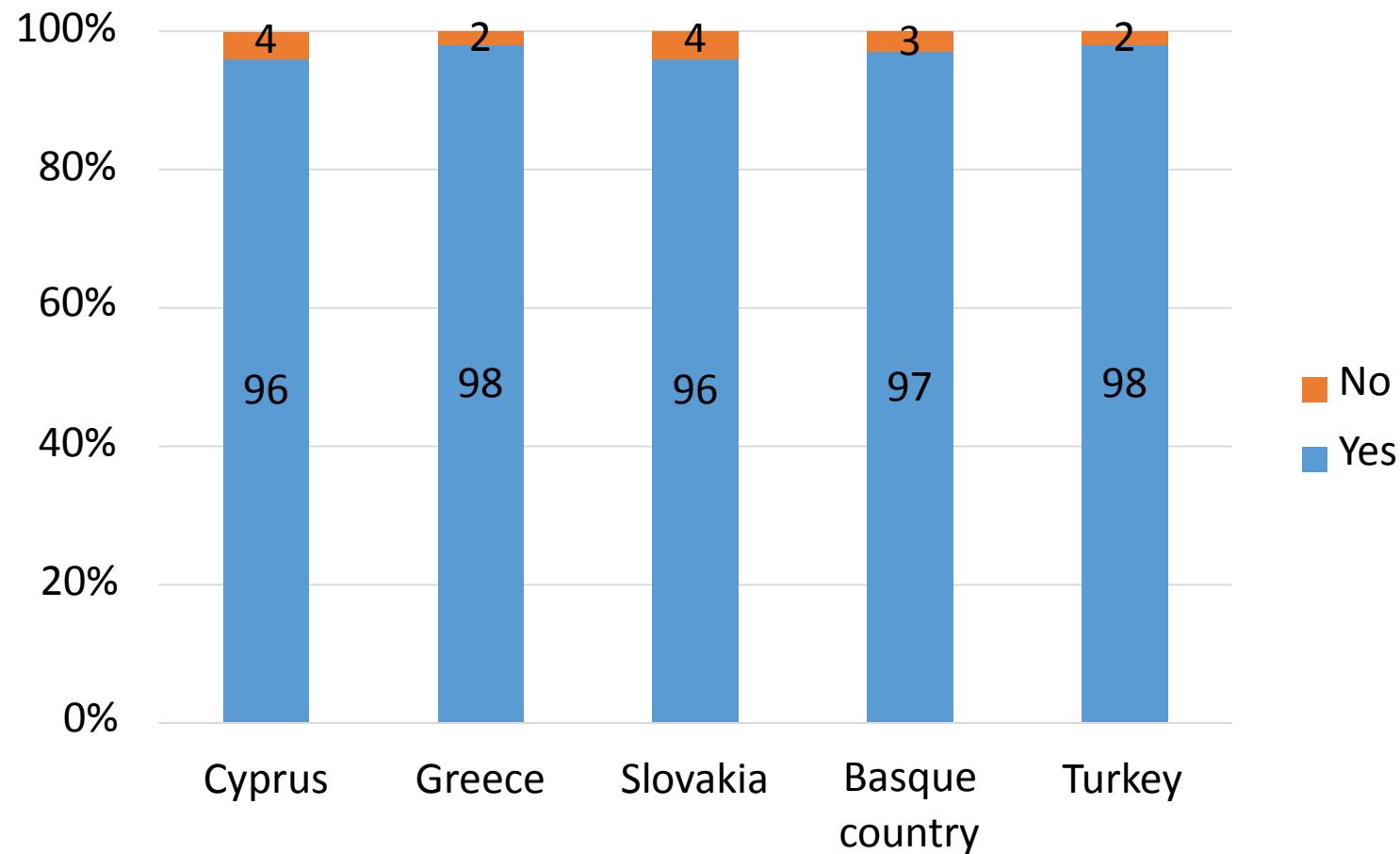
10. How much water a day do you drink?



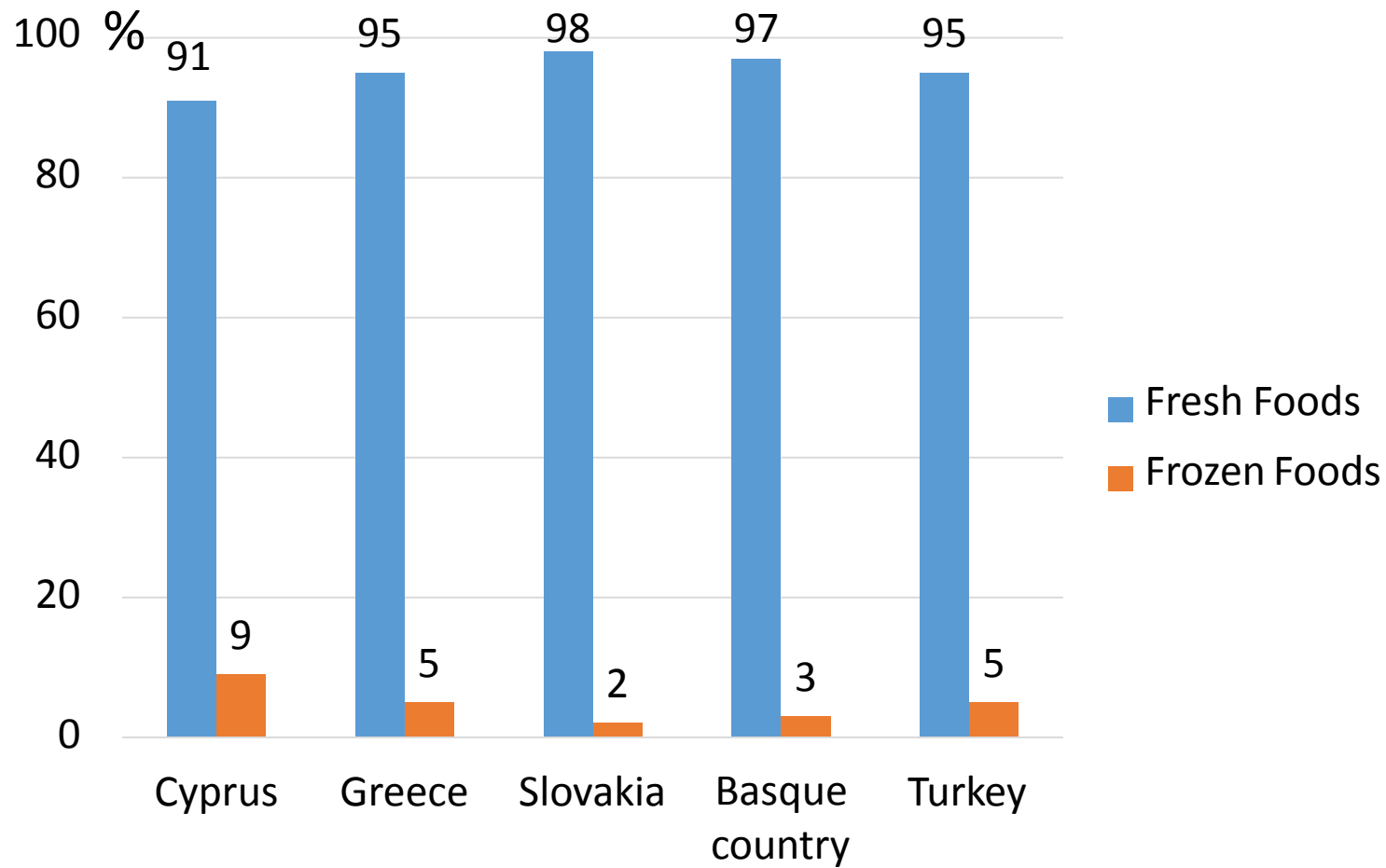
11. How many glasses of tea or coffee do you drink in a day?

	Tea						Coffee				
	0	1-2	3 - 5	6 - 7	8 or more		0	1-2	3 - 5	6 - 7	8 or more
Cyprus	48%	35%	13%	4%	0%		87%	13%	0%	0%	0%
Greece	70%	23%	5%	2%	0%		50%	42%	7%	1%	1%
Slovakia	22%	59%	16%	2%	0%		55%	39%	5%	0%	0%
Basque country	5%	94%	1%	0%	0%		0%	94%	6%	0%	0%
Turkey	16%	62%	18%	2%	2%		65%	33%	2%	0%	1%

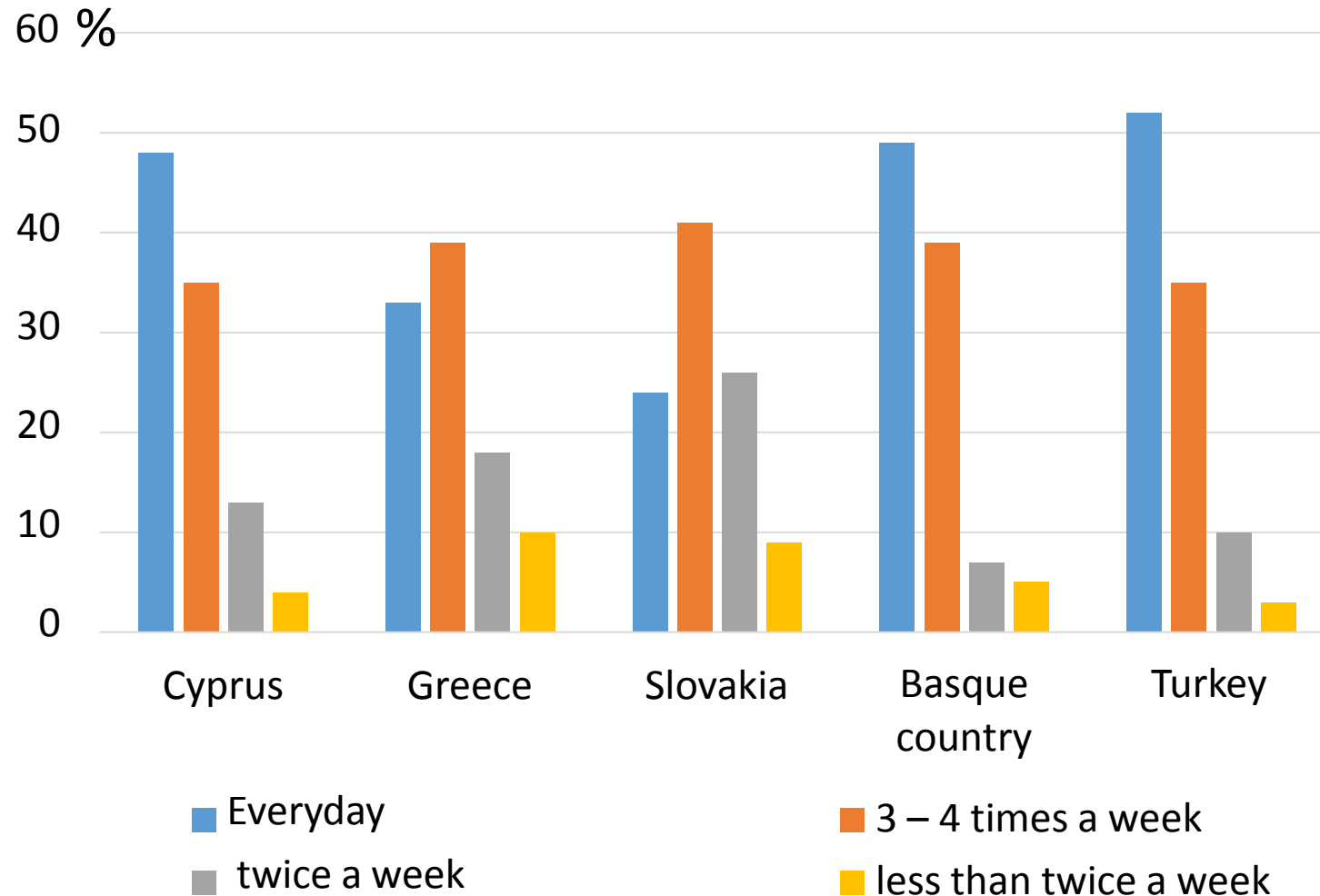
12. Do you think that healthy food is important for your overall health?



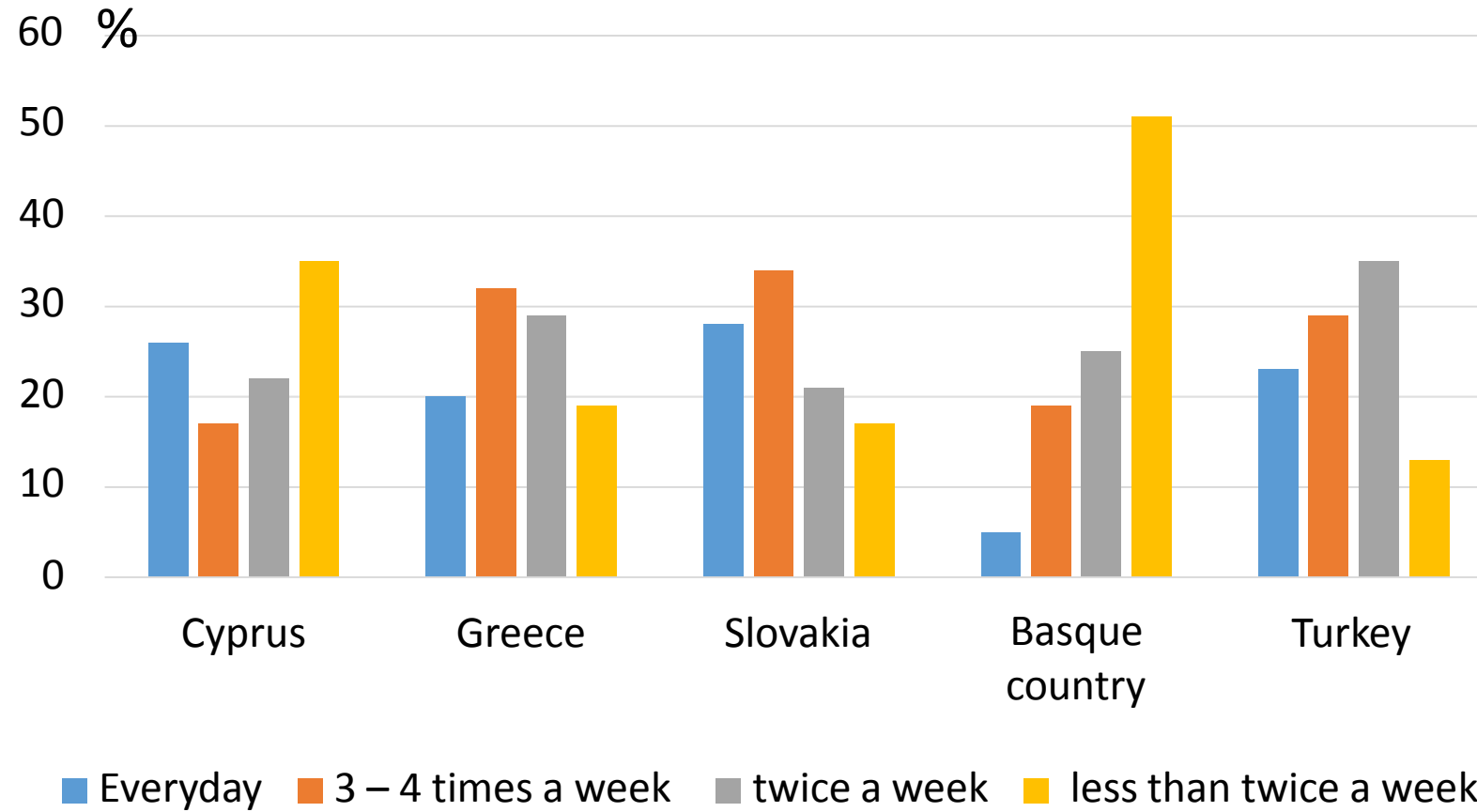
13. Which one do you prefer? Fresh food or frozen food?



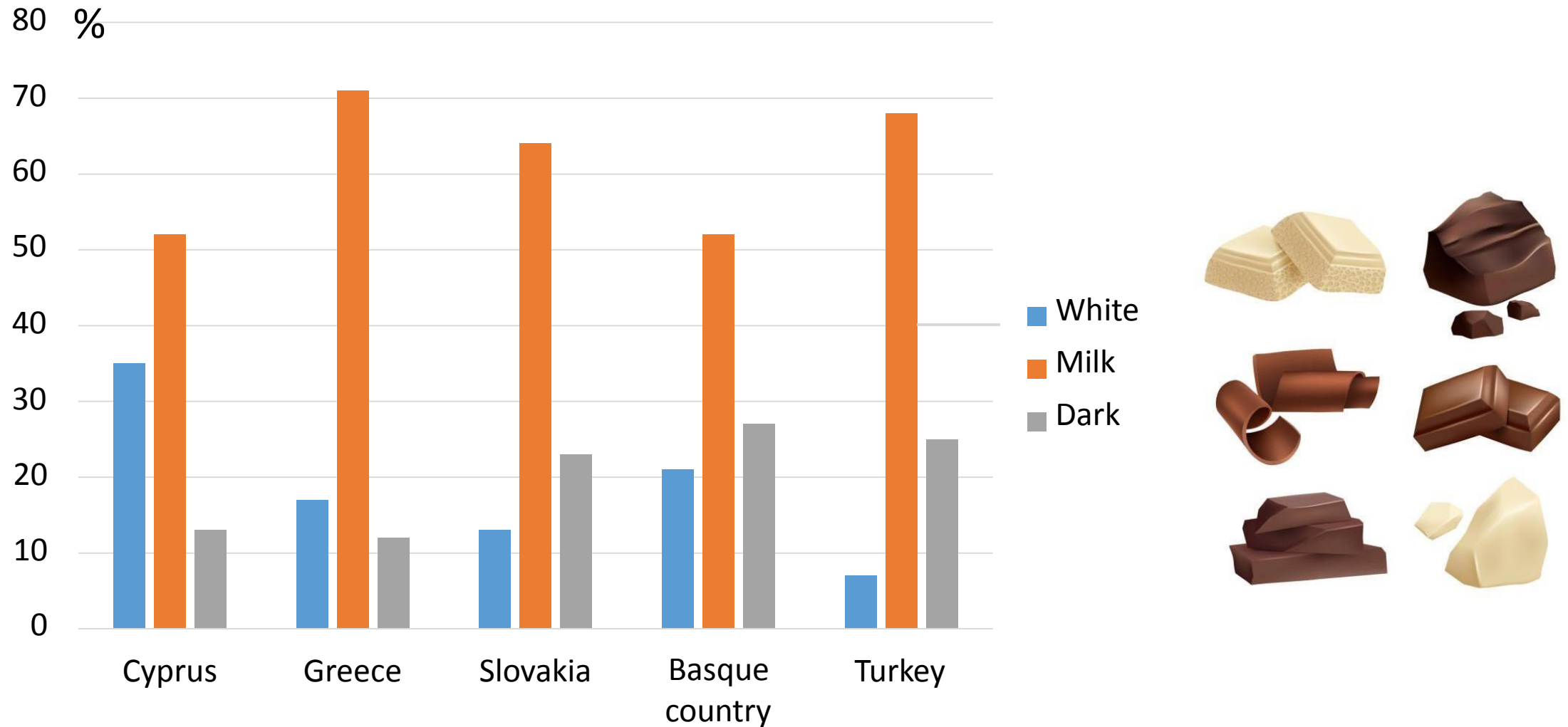
14. How many times a week do you eat fruit and vegetables?



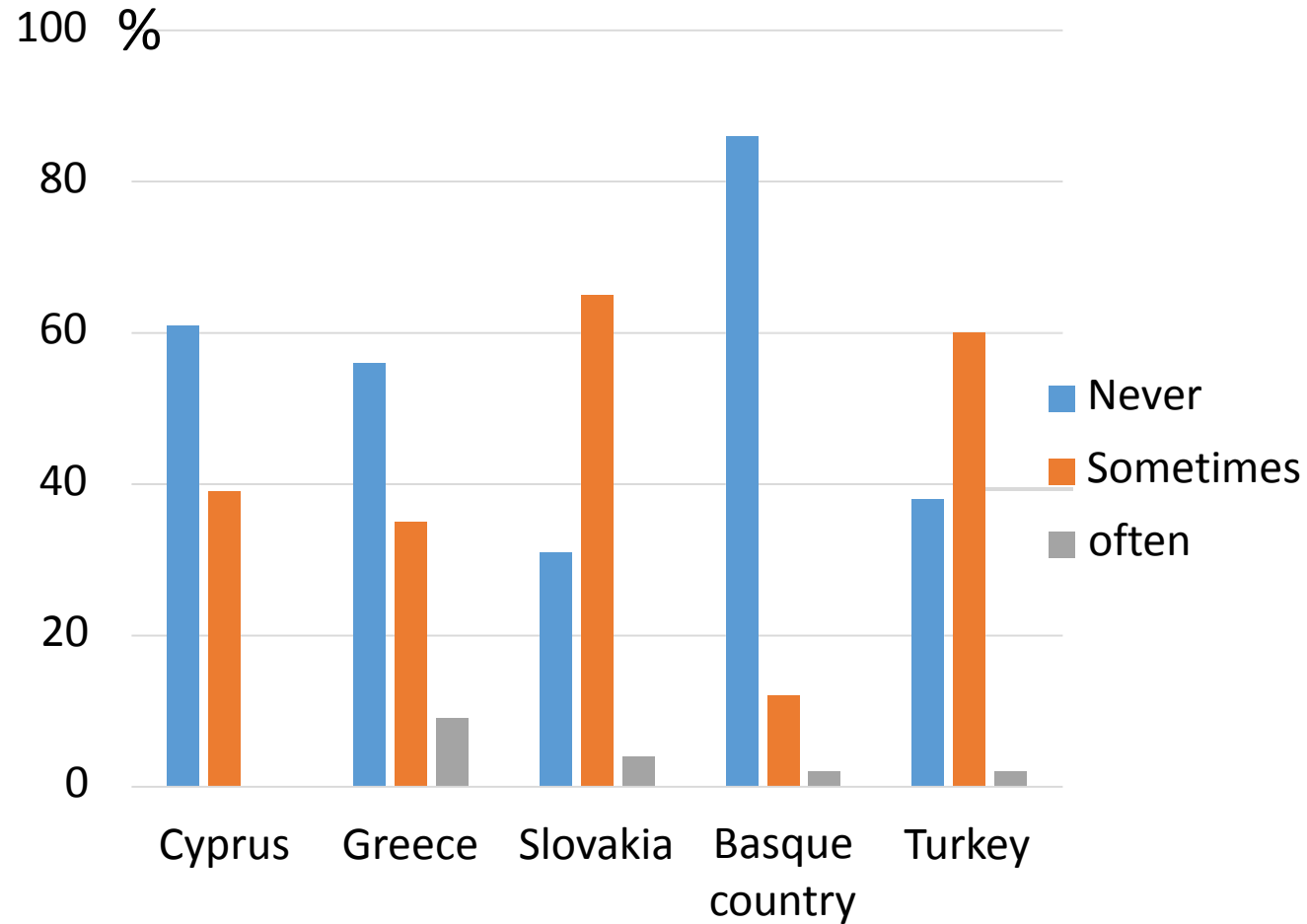
15. How often do you eat sweets or chocolate?



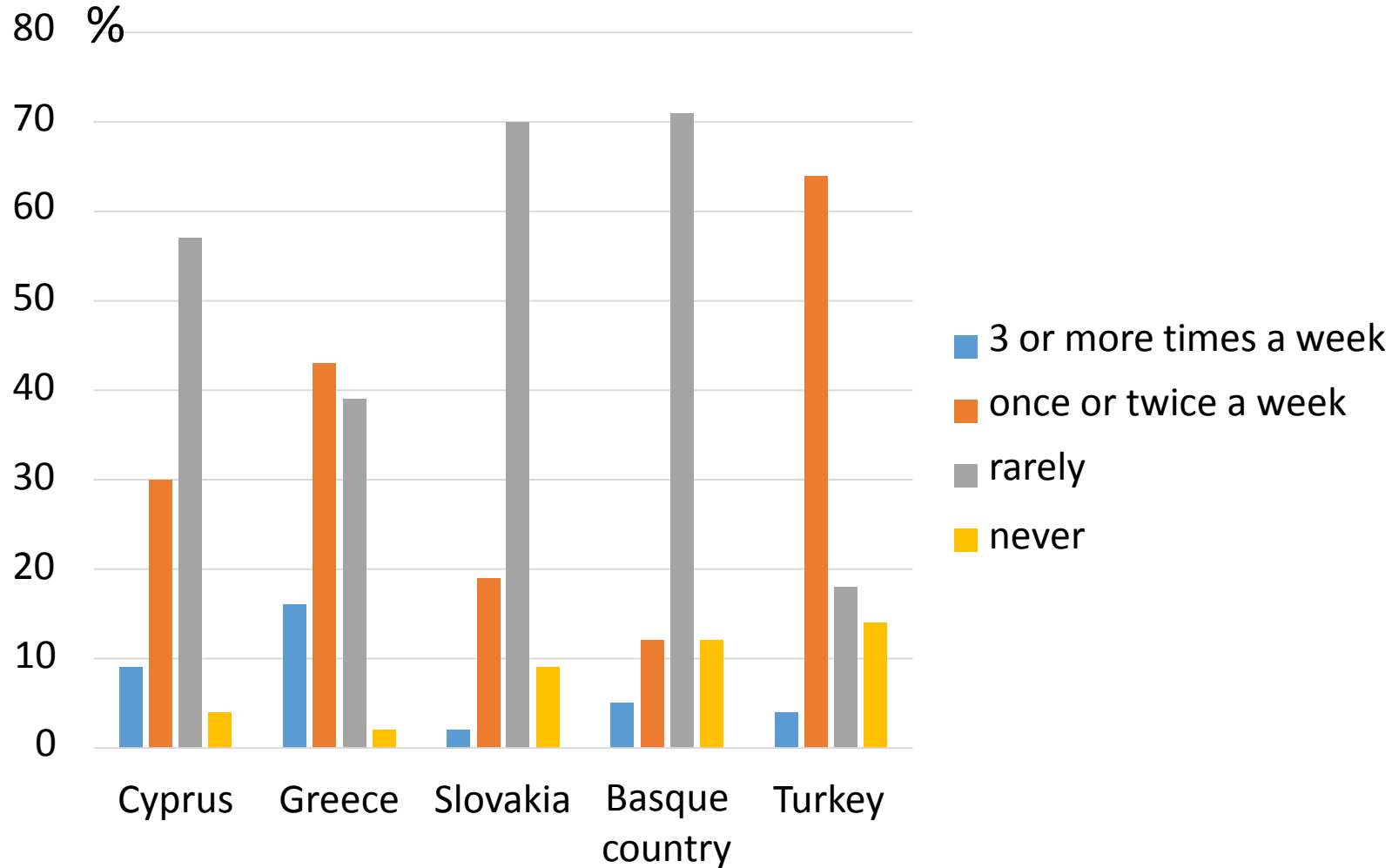
16. What kind of chocolate do you prefer ?



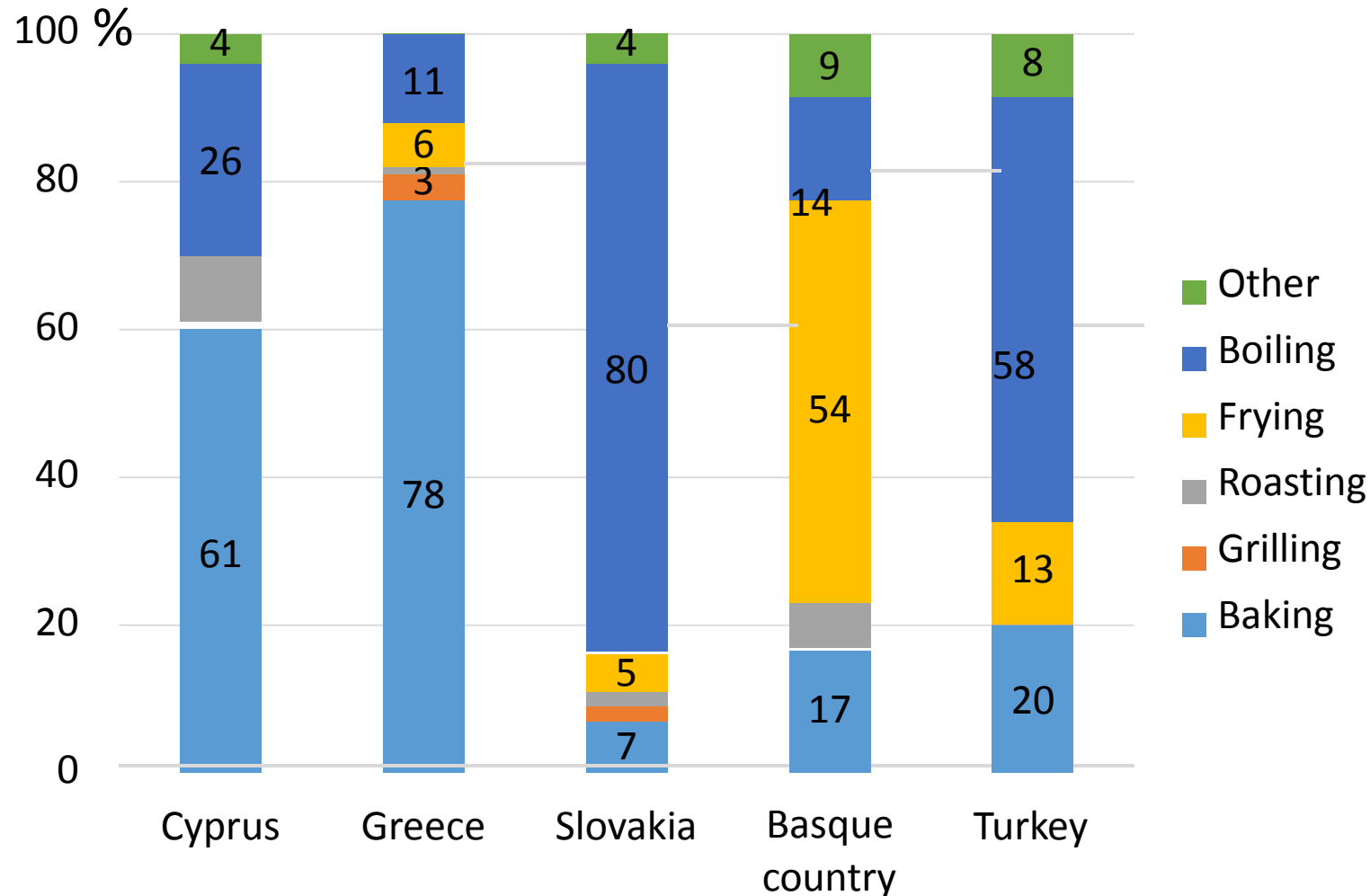
17. Do you replace your dish by sweets or chocolate?



18. How often do you eat fast food?



19. What is the most common cooking way in your house?



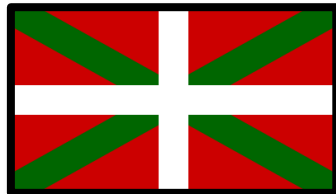
Interesting facts



The respondents usually eat 2 or 3 times a day, while in other countries students mostly eat 4 or 5 times a day.



Students usually eat dinner after 9 p.m and they usually do not drink coffee nor tea.



The most common cooking way is frying, while in other countries it is mostly baking.



Most students do not drink coffee, but they drink 2 or less glasses of a tea in a day.



The breakfast is the main meal of a day, in other countries the main meal is lunch.

Advice for a cookery e-book

- **Cyprus** – **breakfast recipe** (breakfast is the main dish)
- **Greece** – **fish recipe** (students eat fish every day)
- **Turkey** - **traditional Turkish recipe** (as they usually have traditional cooked dinners)
- **Slovakia** – **pasta recipe** (favourite very much and frequently cooked)
- **Basque country** - **fried meal recipe**

Links to questionnaires in national languages

Cyprus	<u>https://goo.gl/forms/GMFBCX133QBnIrlL2</u>
Greece	<u>https://goo.gl/forms/Q4gd2k8BkPBHnMLF3</u>
Slovakia	<u>https://goo.gl/forms/hRq7FTRg1pHhauWT2</u>
Basque country	<u>https://goo.gl/forms/amD9n6dAhSxEcXg32</u>
Turkey	<u>https://goo.gl/forms/6zuetHBqY8j5HCLj2</u>

Creating and evaluating the questionnaire



Partner in charge

Secondary medical school, Kosice, Slovakia

assisted by

Yahya Kemal Beyath School, Turkey

