



# Present Eating Habits

## Questionnaire

Please answer the following questions, regarding your eating habits at home or at school that may relate to your health. Your completed survey will be completely confidential. No one will see your responses.

### **Are you?**

- male
- female

### **How old are you?**

- 10 – 12
- 13 – 15
- 16 – 20

### **1. How many times a day do you eat?**

- a) 2 – 3
- b) 4 – 5
- c) 6 - more

### **2. Which is your main meal of the day?**

- a) breakfast
- b) lunch
- c) dinner

### **3. Do you have breakfast every morning?**

- a) yes
- b) no

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

- a) yes
- b) no

### **5. Are you Vegetarian?**

- a) Yes
- b) No

### **6. What do you usually eat for lunch?**

- a) meat
- b) vegetables or salad
- c) pasta
- d) fish
- e) sweet meals
- f) fast food (hamburger, pizza, etc.)



**7. Where do you usually have your lunch?**

- a) in the school canteen
- b) in the dormitory canteen
- c) at home
- d) out (restaurant, shopping center, etc.)

**8. What kind of dinner do you usually have?**

- a) cold (uncooked)
- b) warm (cooked)

**9. What time do you usually eat your dinner?**

- a) before 6 pm
- b) 7 - 8 pm
- c) 8 – 9 pm
- d) 9 – 10 pm
- e) after 10 pm

**10. How much water a day do you drink?**

- a) less than 1l
- b) 1l – 2l
- c) 2l – more

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

- a) 2 or less
- b) 3-5
- c) 5-7
- d) 8 or more

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

- a) yes
- b) no

**13. Which one do you prefer ? Fresh Foods or Frozen Foods?**

- a) Fresh Foods
- b) Frozen Foods

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

- a) everyday
- b) 3 – 4 times a week
- c) twice a week
- d) less than twice a week



**15. Do you eat sweets or chocolate every day?**

- a) everyday
- b) 3 – 4 times a week
- c) twice a week
- d) less than twice a week

**16. What kind of chocolate do you prefer ?**

- a) white
- b) milk
- c) dark

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

- a) never
- b) sometimes
- c) often

**18. How often do you eat fast food?**

- a) 3 or more times a week
- b) once or twice a week
- c) rarely
- d) never

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

- a) Baking
- b) Grilling
- c) Roasting
- d) Frying
- e) Boiling
- f) Other (.....)

**20. Do you pay attention to ingredients in the foods which you buy ?**

- a) always
- b) sometimes
- c) rarely
- d) never