

For a Life without Junk Food

Questionnaire 2

Age:

Female

Male

How tall are you?

What is your weight?

1. "Breakfast is the most important meal of the day." Do you agree?

- a) Yes
- b) Probably
- c) No

2. Do you eat bread?

- a) Yes, usually dark-bread
- b) Yes, usually white bread
- c) No, I don't eat bread.

3. How many meals do you have every day?

- a) Between 3 and 5
- b) Between 2 and 4
- c) 2

4. How many glasses of water do you drink during a day?

- a) Between 6 and 8
- b) Between 4 and 6
- c) Under 4

5. Do you agree with the saying "an egg equals an ox"?

- a) Yes
- b) Probaby
- c) No

6. How often do you eat fish?

- a) Weekly
- b) Sometimes
- c) Never .

7. What do you prefer as dessert?

- a) Fruits
- b) Biscuits
- c) Cakes

8. How much coffee/tea do you drink during a day?

- a) I don't drink coffee /tea
- b) A cup
- c) 2-3 cups

9. Do you usually eat fruits?

- a) In the morning
- b) After lunch, 2-3 hours later
- c) In the evening, after dinner.

10. Could you replace sugar?

- a) Yes, with honey
- b) Yes, with sweetener
- c) No

11. What would you prefer for your lunch break?

- a) A banana
- b) A chocolate
- c) A sandwich

12. If you were to choose between eating fast-food and home-made food, what would you choose?

- a) Only home-made food
- b) Sometimes I would eat fast-food
- c) Only fast-food

EATING HABITS

(13) Meals consumed every day:

Tick the option that occurs more frequently during a week.

Breakfast

- Toast, milk/juice
- Cereal
- Pastry
- I don't have breakfast

Lunch

- Fast Food
- Home-cooked meal
- Snack

Dinner

- Fast Food
- Home-cooked meal
- Snack

(14) Circle **one** of the two foods that you think is better for your health:

- (a) Orange or Cookies
- (b) Whole wheat bread or White bread
- (c) Cornflakes or Pastry

(15) Circle **one** of the two foods that you eat most often:

- (a) Water, fruit juices
- Soda (i.e. coke, sprite etc)
- (b) Chocolate, crisps
- Fruit
- (c) Baked potato
- French Fries
- (d) Milk
- Fast Food
- (e) Fish, Chicken
- Beef, Lamb

(16) Do you have any **snacks** between meals?

Yes

No

(17) If **yes**, how many times per day?

Once

Twice

Three times

More

(18) Do you always have breakfast at home before going to school?

Always

Never

Sometimes

(19) Do you buy any food and/or drinks from the canteen?

Yes

No

(20) If yes, tick the **two** more frequent ones:

- Pastry
- Fruit
- Juice
- Salad
- Sandwich
- Chocolate/Crisps

21) On average , how many hours' do you sleep a day?

6 - 8 hours

8 - 10 hours

10 - more

22) Have you been involved with the Comenius project?

Yes

No

23) Has the Comenius project had any influence on your activity levels?

Yes

No

24) Has the Comenius project had any influence on your eating habits?

Yes

No

25) Do you think our Comenius Project is....

Good

Bad

26) With our Comenius project,

I feel healthy

unhealthy

PHYSICAL ACTIVITY

(27) Do you exercise regularly during your free time?

Yes

No

(26) Would you rather watch tv than play sports?

Yes No Sometimes

27) Do you practise any sport outside school lessons

Yes No

28) If yes, which sport do you practise?

.....

29) How many times a week do you practise it?

Once Twice

Three times More

30) Do you think you have enough sports with the PE lessons at school?

Yes No

Do your parents practise any sport?

Yes No

31) If yes, which sport?

.....

32) How many times a week?

Once

Twice

Three times

More

33) Do you eat energizing food (carbohydrates, such as pasta, rice, potatoes...) before practising sport or doing any type of exercise

Yes

Just before the activity

No

34) Do you eat fruit (a banana, for example) while practising sport or doing any type of exercise?

Yes No

35) Do you warm up before doing sport to tone up your muscles?

Yes No