

# FOOD HABITS

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The questionnaire for 50 people related to our school (students, teachers and parents). It was carried out at the beginning of the second year of the project – in September 2018.

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## 1. How often do you eat out?

- a) every day b) 1-2 times a week c) several times per month d) less than once a month



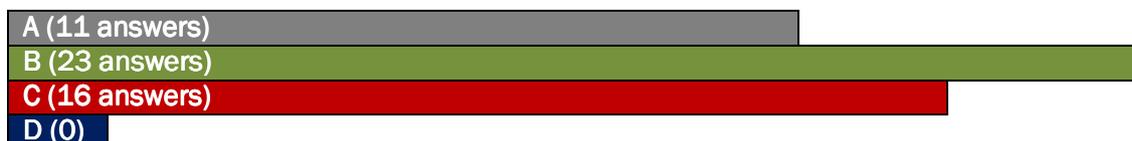
## 2. Do you have your meals at fixed times?

- a) YES b) NO



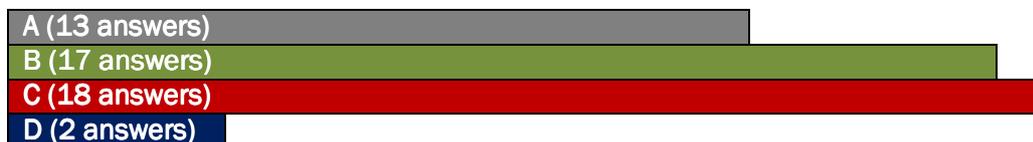
## 3. How often do you eat fresh fruit and vegetables?

- a) every day b) a few times per week c) once a week d) less than once a week



## 4. How often do you eat fast food?

- a) more than once a week b) once a week c) less than twice a month d) never



## 5. How often do you eat sweets?

- a) every day b) less than 3 days a week c) less than 2 weeks a month d) never



**6. Do you drink energetic drinks?**

- a) YES b) NO

A (21 answers)

B (29 answers)

**7. Have you ever been on a diet?**

- a) YES b) NO

A (18 answers)

B (32 answers)

**If 'YES' – what was the reason for going on the diet?**

- a) health problems b) it was trendy c) I wasn't satisfied with my appearance

A (11 answers)

B (5 answers)

C (2)

**8. Do you think your current daily diet is adequate to your age and needs?**

- a) YES b) NO

A (23 answers)

B (27 answers)

**9. How many meals do you eat a day?**

- a) one b) two c) three d) four and more

A (7 answers)

B (13 answers)

C (20 answers)

D (10 answers)

**10. Do you eat meat?**

- a) YES b) NO

A (31 answers)

B (19 answers)