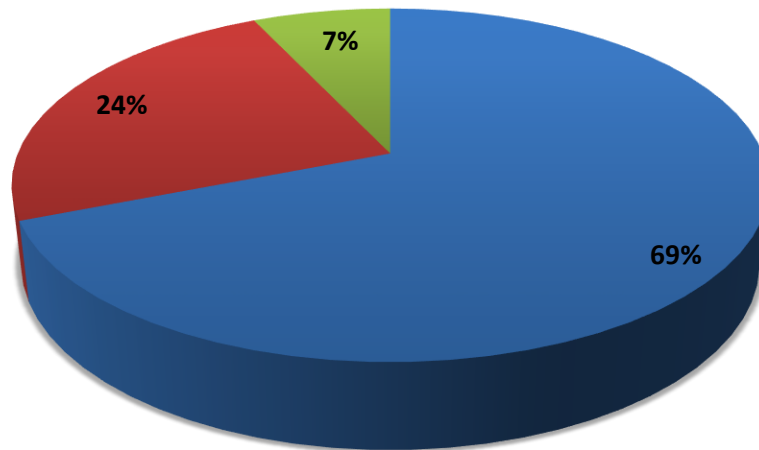


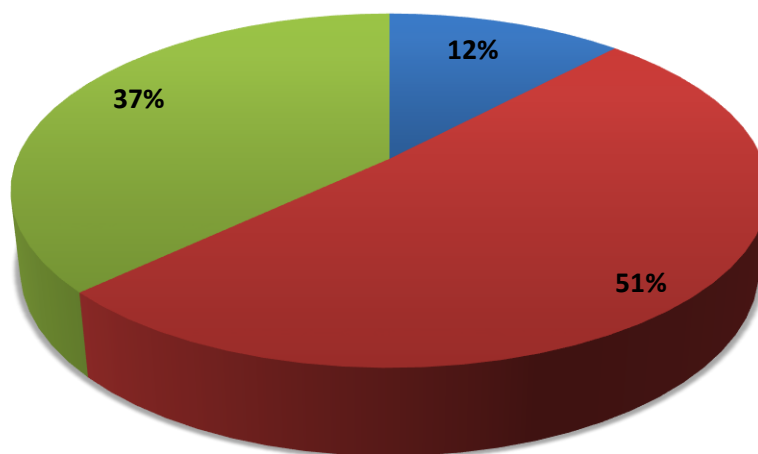
COMENIUS PROJECT: EATING HABITS QUESTIONNAIRE

1. *Do you eat breakfast regularly?*



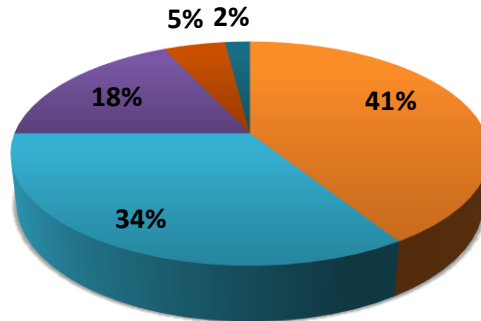
■ Yes ■ Not regulary ■ I do not eat breakfast

2. *Do you eat late (after 9 pm) ?*



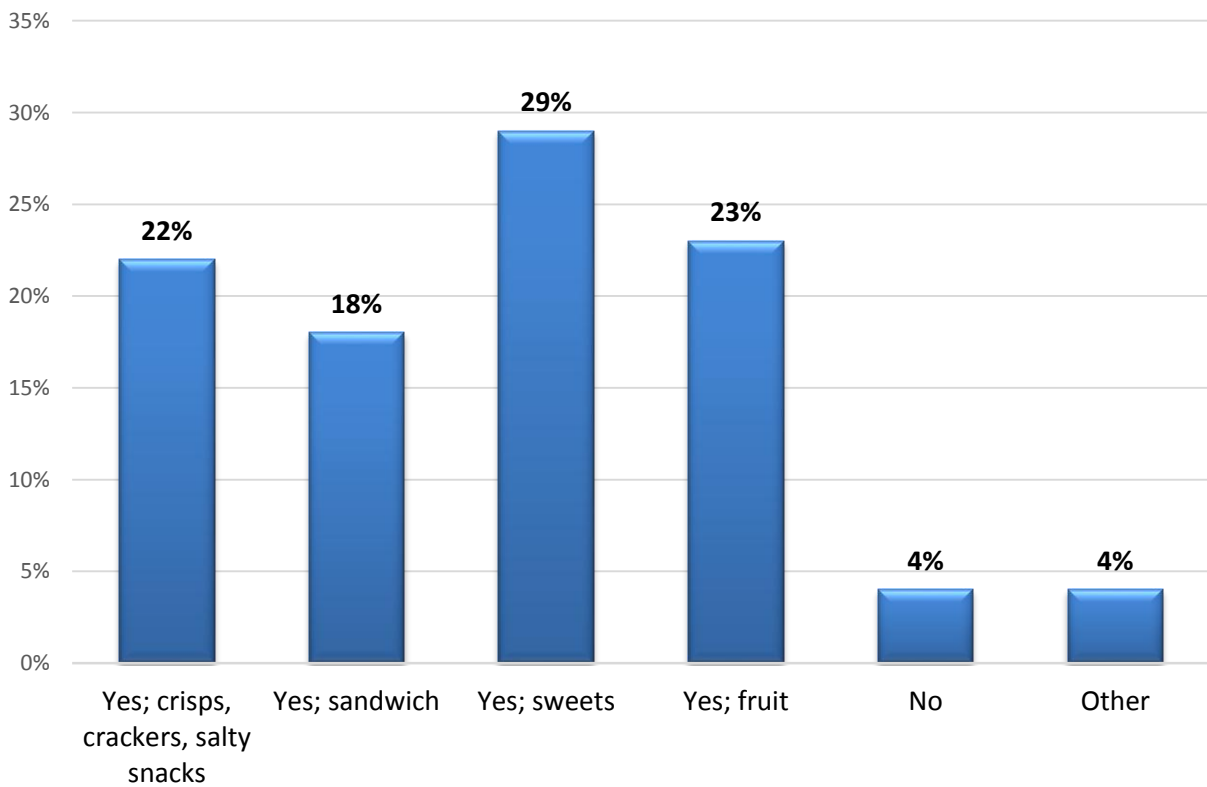
■ Yes, often ■ Sometimes ■ I never eat after 9 pm

3. Do you eat five times a day
(breakfast, snack, lunch, afternoon snack, dinner)?

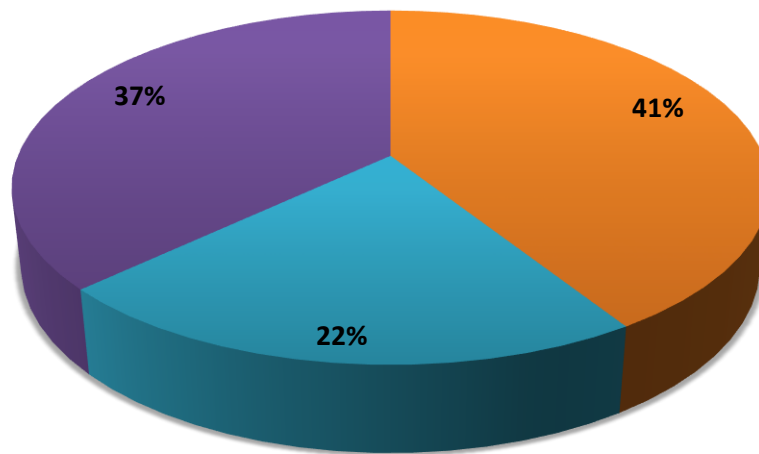


- Yes, five times per day
- Four meals: snack at school, lunch, afternoon snack and dinner
- Three meals: breakfast or snack at school, lunch, dinner
- Two meals: lunch and dinner
- Other

4. Do you eat snacks and what are they usually?

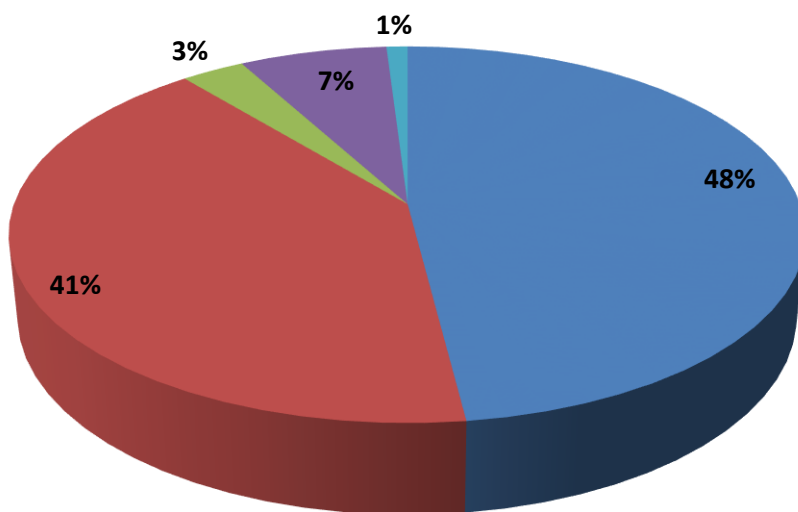


5. Do you think you eat properly (are your eating habits healthy)?



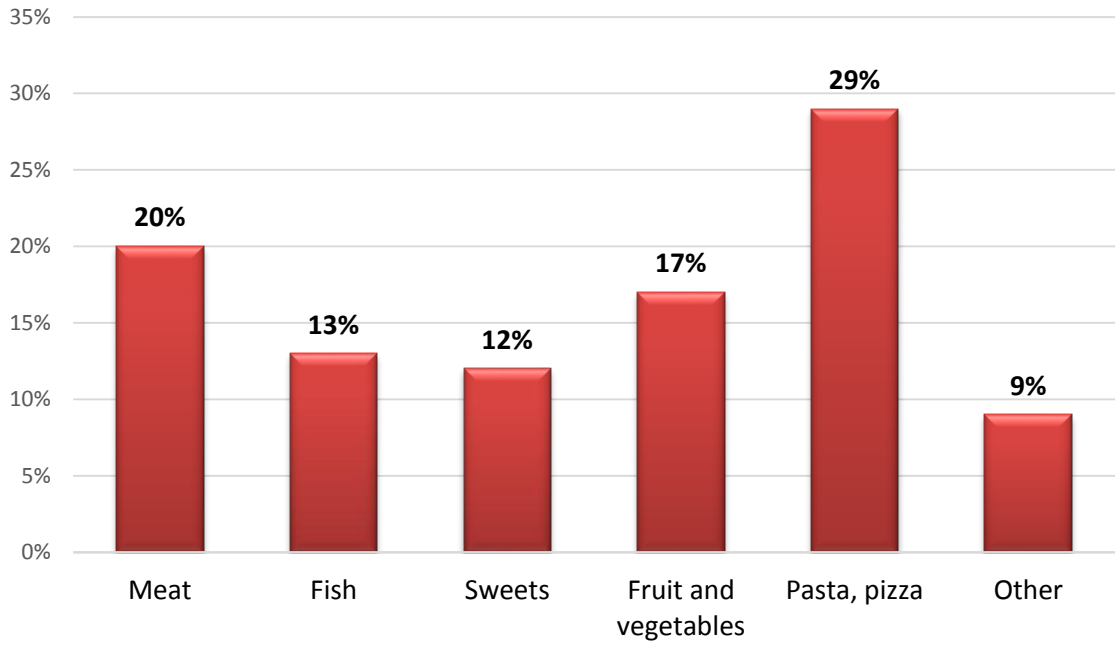
Yes No Sometimes

6. What is a healthy diet?

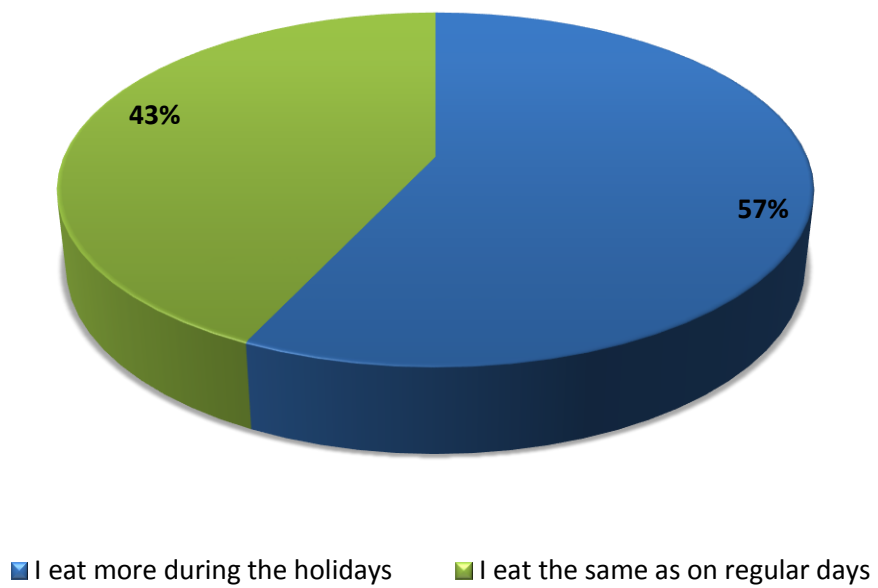


Eating fruits and vegetables, drinking lots of water
Eating different sorts of foods but in moderate quantities
Eating a lot of meat and meat derivate
Eating more milk and dairy products, pasta
Other

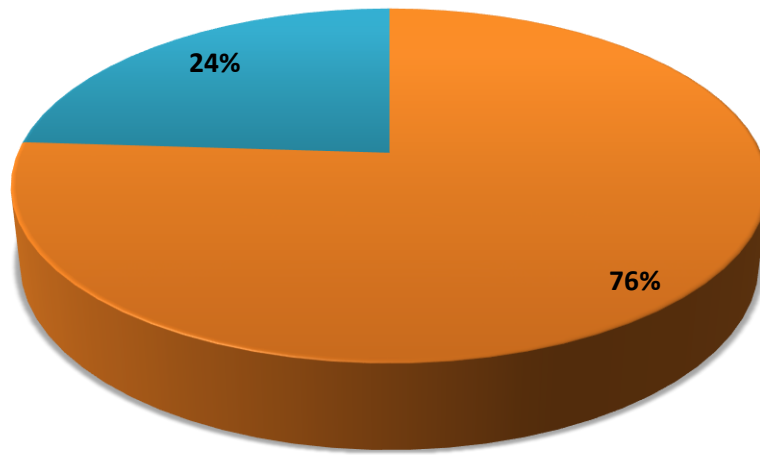
7. What is your favourite food?



8. How do holidays influence your eating habits ?

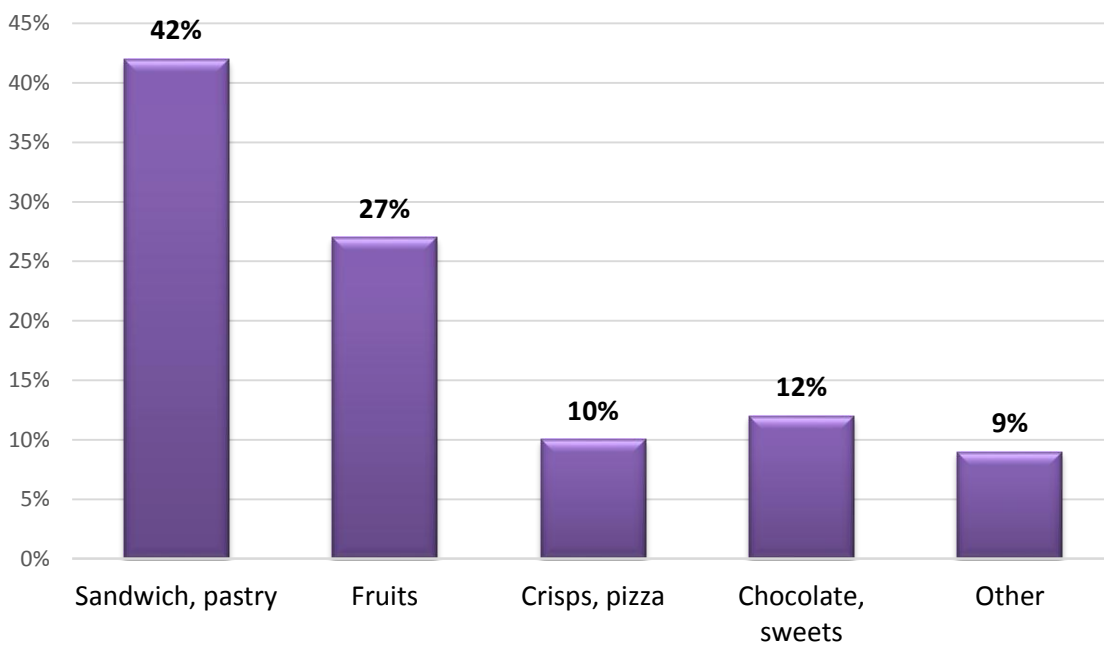


9. Do you practice any sports?

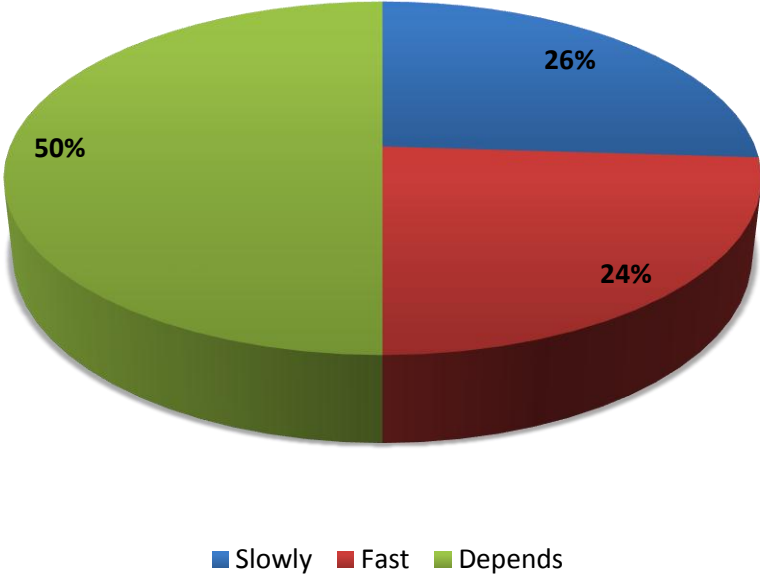


Yes No

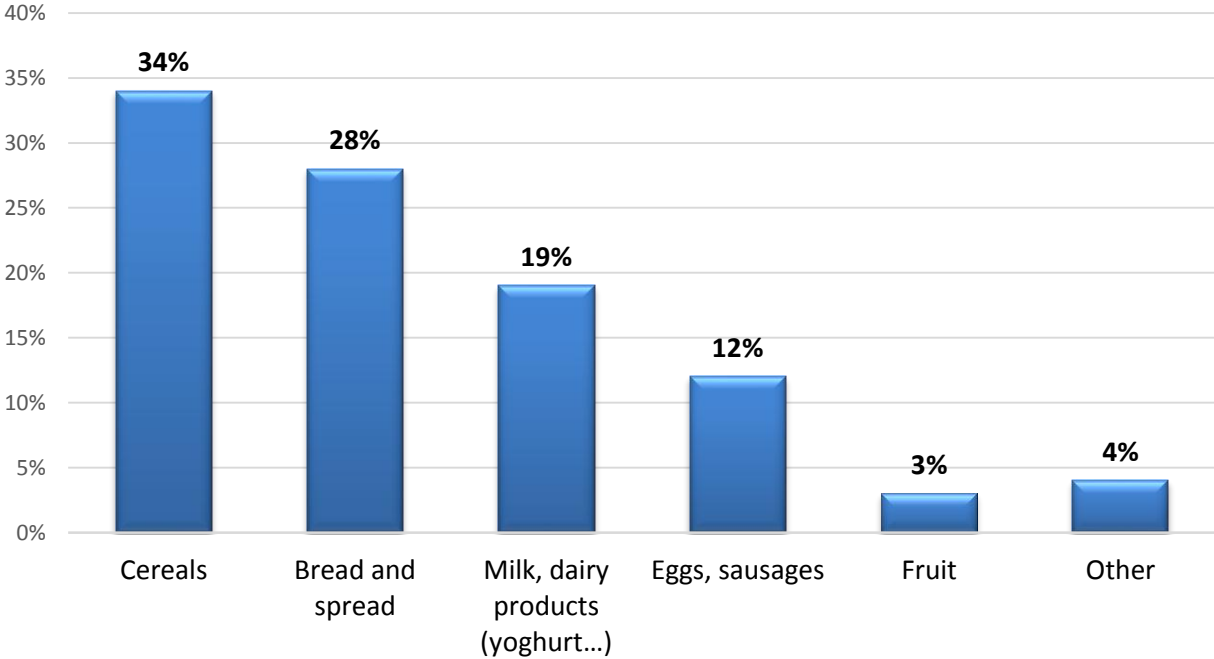
10. What do you usually eat as a snack at school?



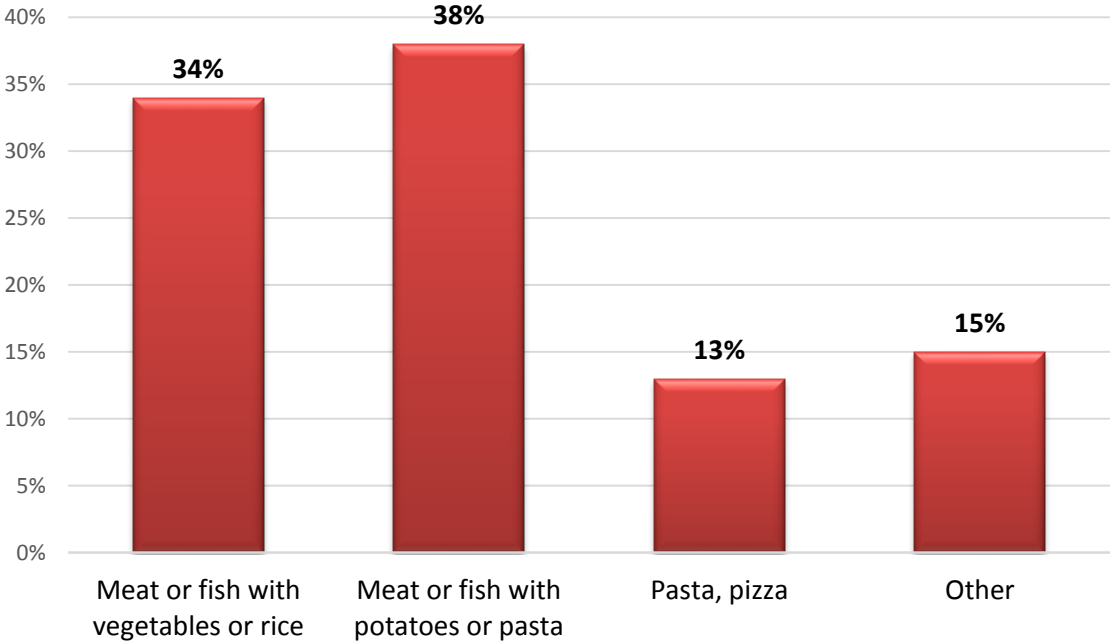
11. Do you eat slowly or fast?



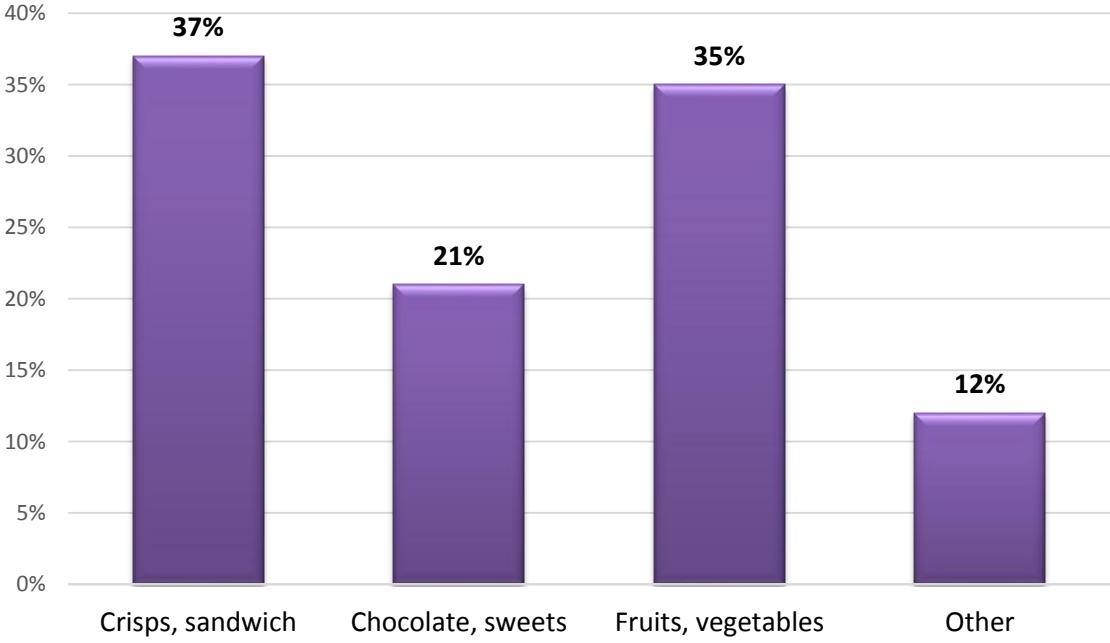
12. What do you usually eat for breakfast?



13. What do you usually eat for lunch?



14. What do you usually eat as a snack?



15. What do you usually eat for dinner?

