

16. How often do you have lunch at weekends?

- a) once
- b) twice

17. How often do you have dinner at weekends?

- a) once
- b) twice

18. At least once a day I have (you can circle more than one answer):

- a) fruit
- b) sweets
- c) vegetables
- d) non-alcoholic drinks (e.g. coke)

19. I usually drink (you can circle more than one answer):

- a) tap water
- b) bottled flavour-free water
- c) bottled flavoured water
- d) non-alcoholic fizzy drinks
- e) fruit juices

20. Every day I drink:

- a) up to 0.5l of liquids
- b) up to 1l of liquids
- c) up to 1.5l of liquids
- d) up to 2l of liquids
- e) more than 2l of liquids

21. I usually buy :

- a) all types of food
- b) semi-organic food
- c) organic food

22. Are you on a diet?

- a) yes
- b) no, but I should be
- c) no, I need to put on weight
- d) no, my weight is just fine

THANK YOU FOR YOUR COOPERATION..

Super Supper– You are what you eat Comenius European project.

ABOUT THE QUESTIONNAIRE

This questionnaire is compiled from a variety of questionnaires available and is based on the analysis of answers.

I referred to the following sources:

E. Strgar, N. Scagnetti, V. Pucelj. 2006: *HBSC Slovenija 2002. Z zdravjem povezano vedenje v šolskem obdobju. Poročilo o raziskavi*. Ljubljana : IVZ. ISBN 961-6202-78-2.

M. Šormaz, K. Tenze. 1990: *Mnenja in stališča do telesnokulturnih dejavnosti ter stališča do uživanja alkohola na populaciji srednješolcev. Diplomsko delo*. Ljubljana : Fakulteta za šport.



Education and Culture DG

Lifelong Learning Programme

Questionnaire on eating habits and exercising

This questionnaire is part of the Comenius Super Supper–You are what you eat European project.

It is anonymous.

Circle the answers or write your answers.

Be honest.

1. Year of birth. _____

2. Sex: a) Male b) Female

3. I live in: a) Slovenia
b) Belgium
c) Spain
d) Italy
e) Hungary

4. I live:
a) in the countryside
b) in a small town
c) in a big town
d) in the capital of a state or a province

5. My height is: _____cm.

6. My weight is: _____kg.

7. I believe I am:
a) much too thin
b) a bit thin
c) the right build
d) a bit overweight
e) too overweight

8. Due to a disease I have problems with physical activities:

a) yes /which problems? _____
b) no

9. Did you do any sports in elementary school?

a) yes /which? _____
b) no

10. How often do you do sports after school?

a) never
b) only during the holidays
c) occasionally, 2 to 3 times a month
d) once a week
e) two or 3 times a week
f) 4 to 6 times a week
g) every day

11. How many meals a day do you have during the school week (Monday to Friday/Saturday)?

a) one meal
b) two meals
c) 3 meals
d) 4 meals
e) 5 meals

12. How often do you have breakfast during the school week?

a) never
b) once
c) twice
d) 3 times
e) 4 times
f) 5 times or more

13. How often do you have lunch during the school week?

a) never
b) once
c) twice
d) 3 times
e) 4 times
f) 5 times or more

14. How often do you have dinner during the school week?

a) never
b) once
c) twice
d) 3 times
e) 4 times
f) 5 times or more

15. How often do you have breakfast at weekends?

a) once
b) twice

