

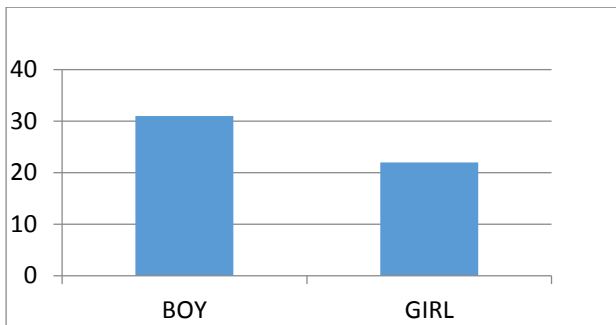
**About you...**

**What grade are you in?**

<b>4</b>	<b>5</b>	<b>6</b>
		53

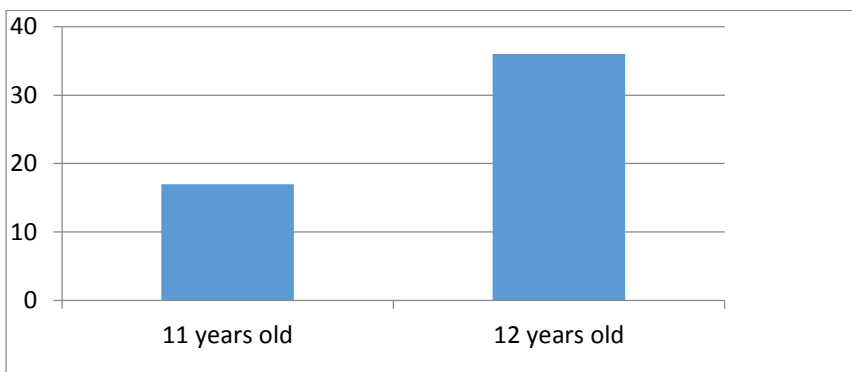
**Are you a boy or a girl?**

<b>BOY</b>	<b>GIRL</b>
31	22



**How old are you?**

<b>11 years old</b>	<b>12 years old</b>
17	36

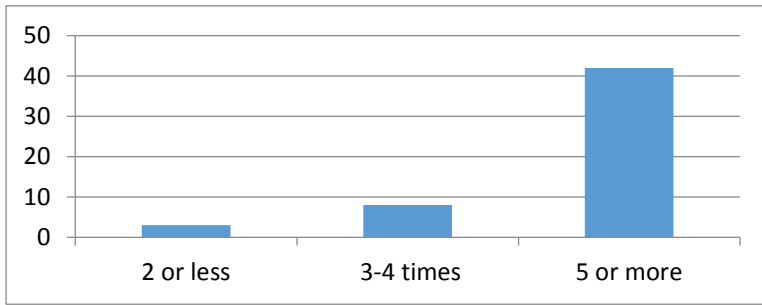


**VEGETABLES**

**How many times a week do you eat vegetables?**

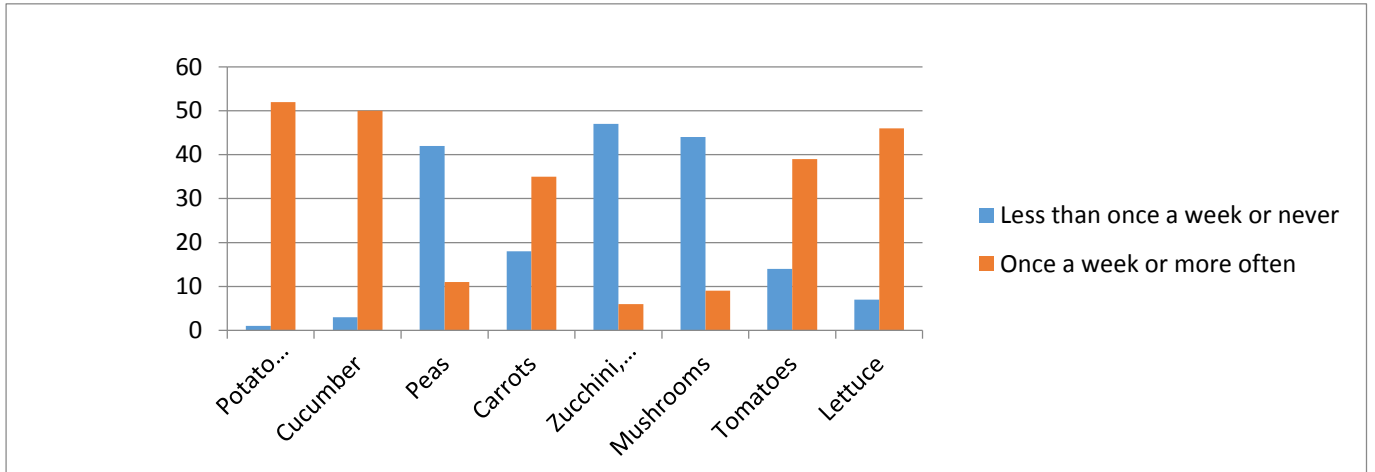
**Exclude hot chips.**

<b>2 or less</b>	<b>3-4 times</b>	<b>5 or more</b>
3	8	42



**HOW MANY TIMES A WEEK DO YOU USUALLY EAT SERVING OF THESE VEGETABLES**

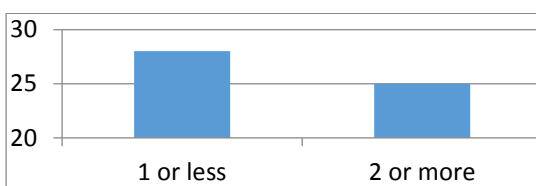
	Less than once a week or never	Once a week or more often
Potato (boiled, mashed, baked)	1	52
Cucumber	3	50
Peas	42	11
Carrots	18	35
Zucchini, eggplant	47	6
Mushrooms	44	9
Tomatoes	14	39
Lettuce	7	46



**FRUIT**

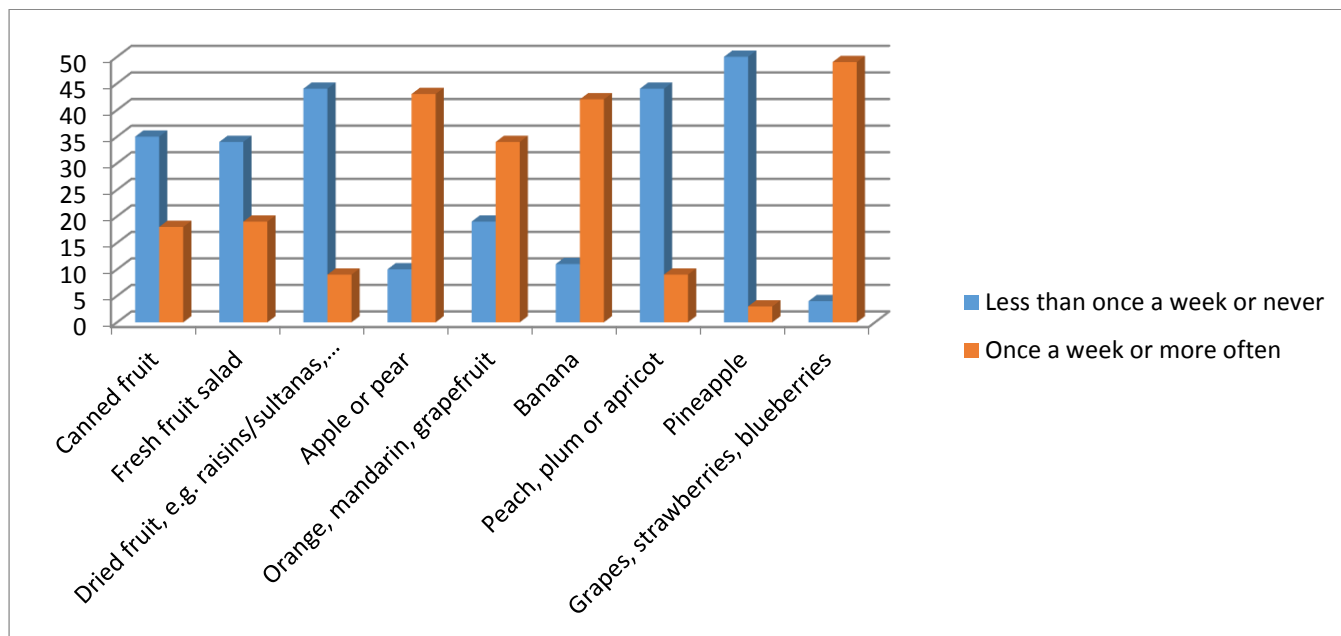
**How many pieces of fruit do you usually eat per day?**

1 or less	2 or more
28	25



### How many times a week do you usually eat serving of these fruits?

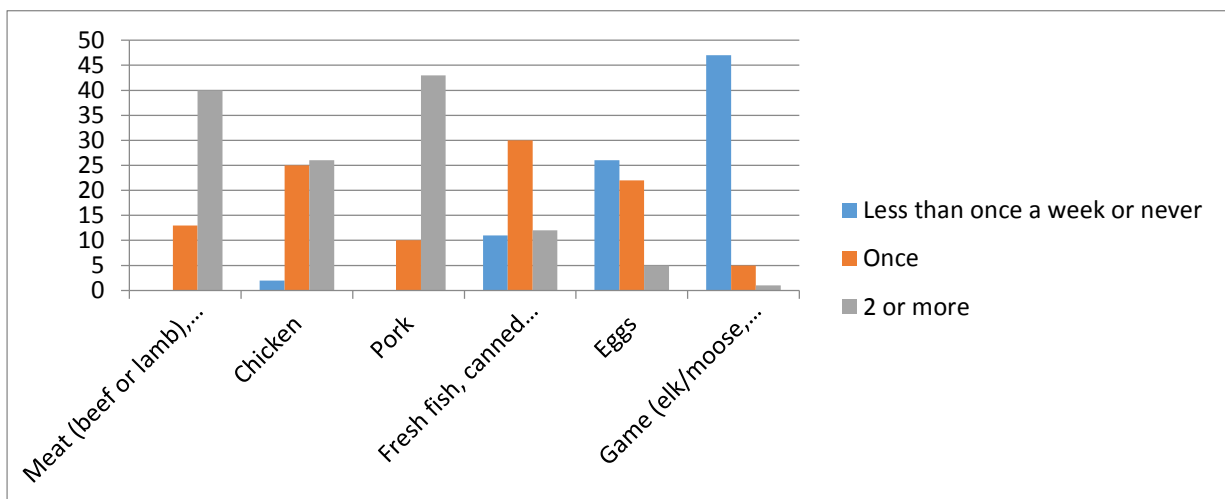
	Less than once a week or never	Once a week or more often
Canned fruit	35	18
Fresh fruit salad	34	19
Dried fruit, e.g. raisins/sultanas, dried apricots	44	9
Apple or pear	10	43
Orange, mandarin, grapefruit	19	34
Banana	11	42
Peach, plum or apricot	44	9
Pineapple	50	3
Grapes, strawberries, blueberries	4	49



## PROTEIN FOODS – MEAT/FISH/CHICKEN

**HOW MANY TIMES A WEEK DO YOU USUALLY EAT A SERVING OF THESE PROTEIN FOODS?**

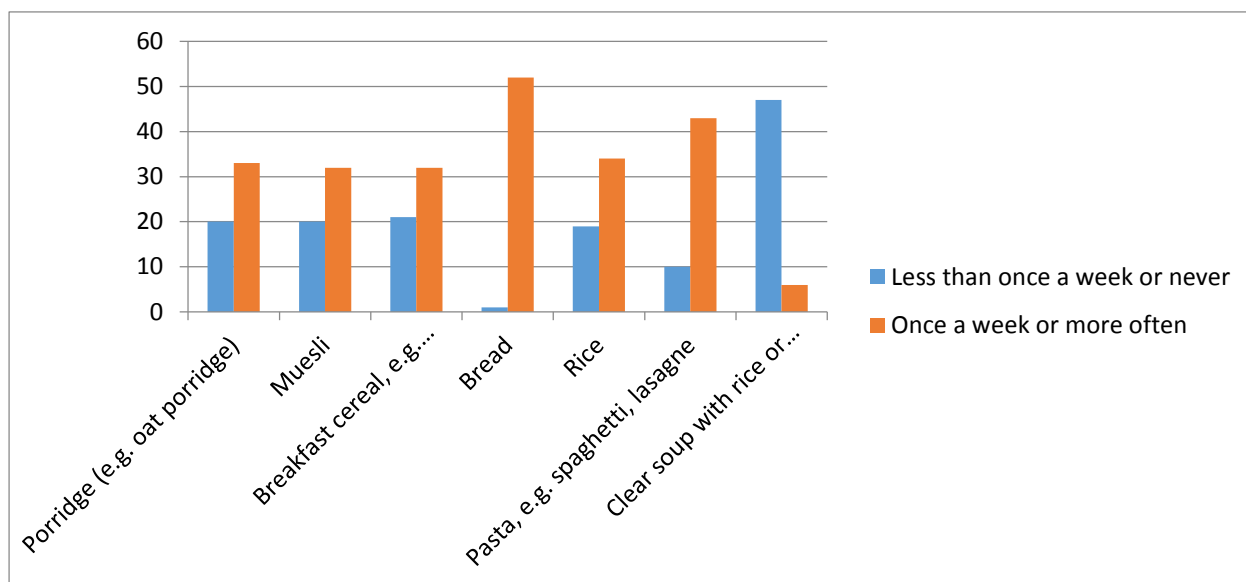
	Less than once a week or never	Once	2 or more
Meat (beef or lamb), e.g. roast, steak	0	13	40
Chicken	2	25	26
Pork	0	10	43
Fresh fish, canned tuna, salmon, seafood	11	30	12
Eggs	26	22	5
Game (elk/moose, reindeer, hare, etc.) or Fowl (grouse or water fowl)	47	5	1



## GRAINS

**HOW MANY TIMES A WEEK DO YOU USUALLY EAT  
A SERVING/BOWL/Slice OF THESE GRAINS?**

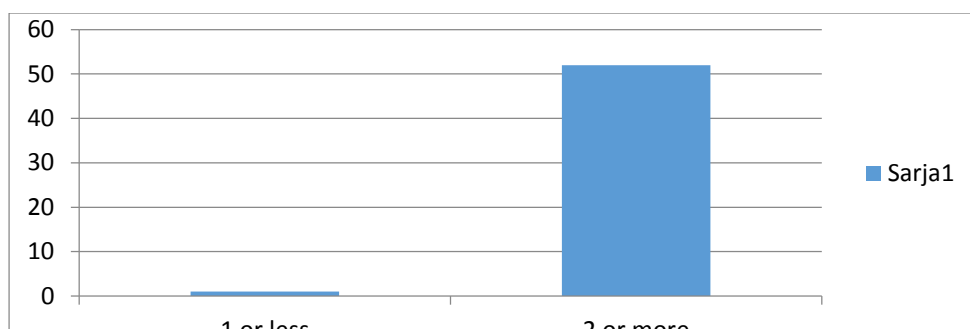
	Less than once a week or never	Once a week or more often
Porridge (e.g. oat porridge)	20	33
Muesli	20	32
Breakfast cereal, e.g. Cornflakes	21	32
Bread	1	52
Rice	19	34
Pasta, e.g. spaghetti, lasagne	10	43
Clear soup with rice or noodles	47	6



**- DAIRY**

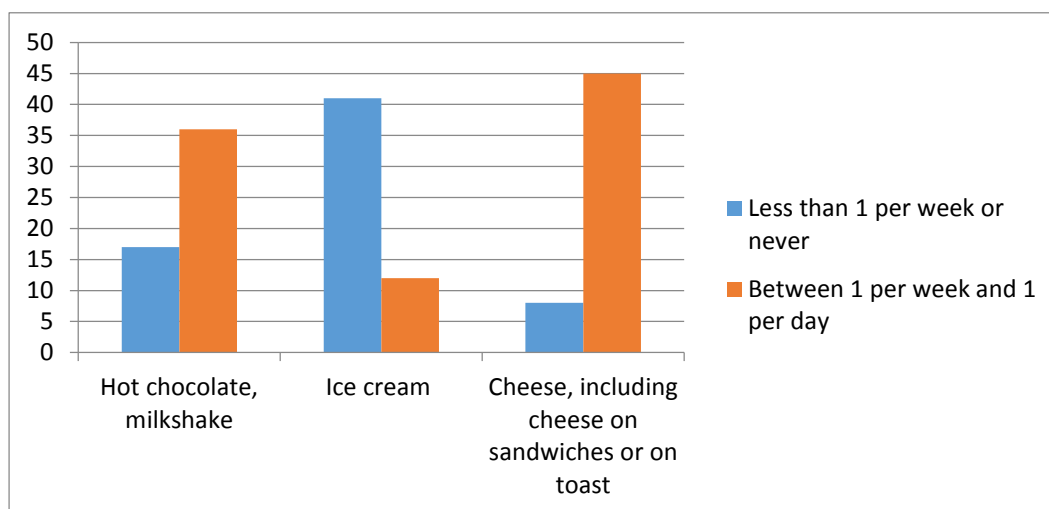
**How many times a day you have a glass of milk, yogurt or a slice of cheese?**

1 or less	2 or more
1	52



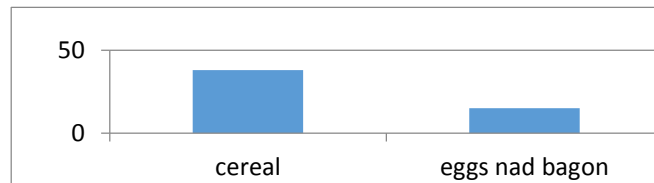
**HOW MANY TIMES DO YOU USUALLY EAT/DRINK A SERVING/GLASS/Slice OF THESE DAIRY FOODS?**

	Less than 1 per week or never	Between 1 per week and 1 per day
Hot chocolate, milkshake	17	36
Ice cream	41	12
Cheese, including cheese on sandwiches or on toast	8	45

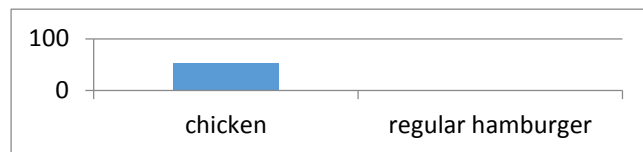


Please CIRCLE  
 ONE of the  
 two foods  
 that you think  
 is better for  
 your health

cereal	eggs nad bagon
38	15



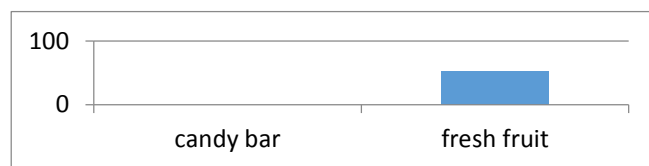
chicken	regular hamburger
53	0



French fries	green salad
0	53



candy bar	fresh fruit
0	53



fruit juice	drinks
50	3

