



**COMENIUS MULTILATERAL PROJECT**

**“ACTIVE, SPORTIVE, HEALTHY, EUROPEAN YOUTH TEAM”**

<http://activesporteamcomenius.jimdo.com/>

*How healthy is your diet?*

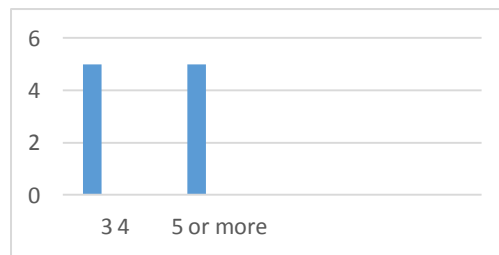
**What grade are you in? 5<sup>a</sup>**

**Are you a boy or a girl? boys 3 girls 7 How old are you? 10 years old**

**- VEGETABLES**

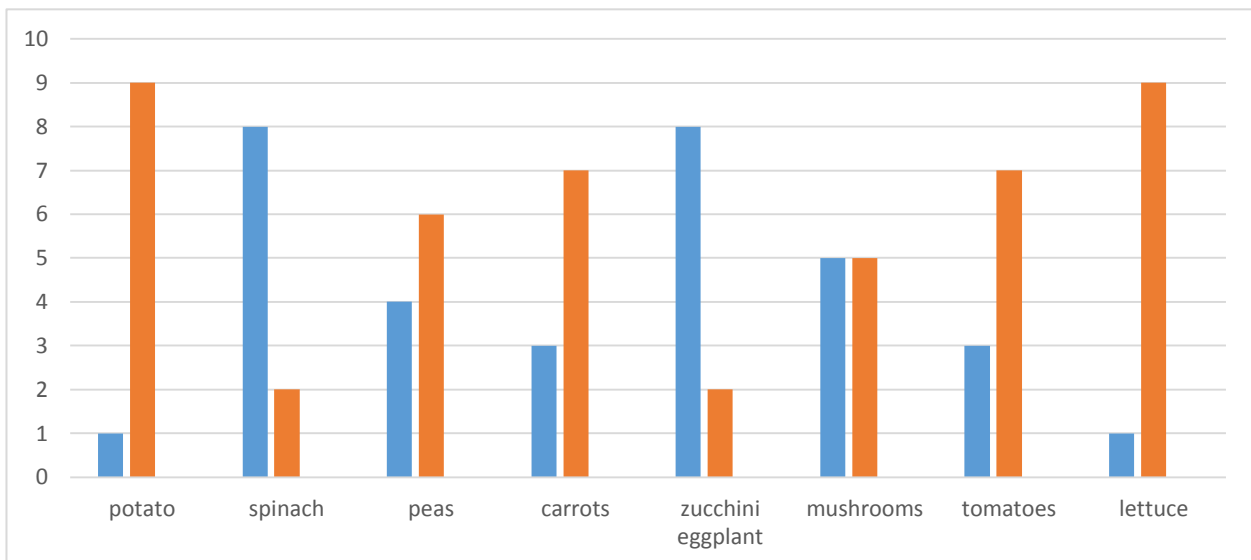
How many times a week do you eat vegetables? Exclude hot chips.

2 or less  3/4  5 or more



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

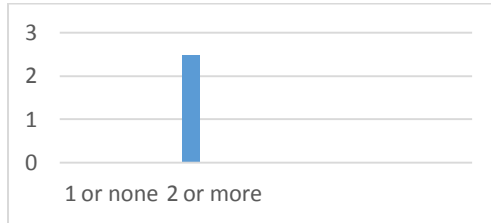
Less than once a week or never  Once a week or more often



**- FRUIT**

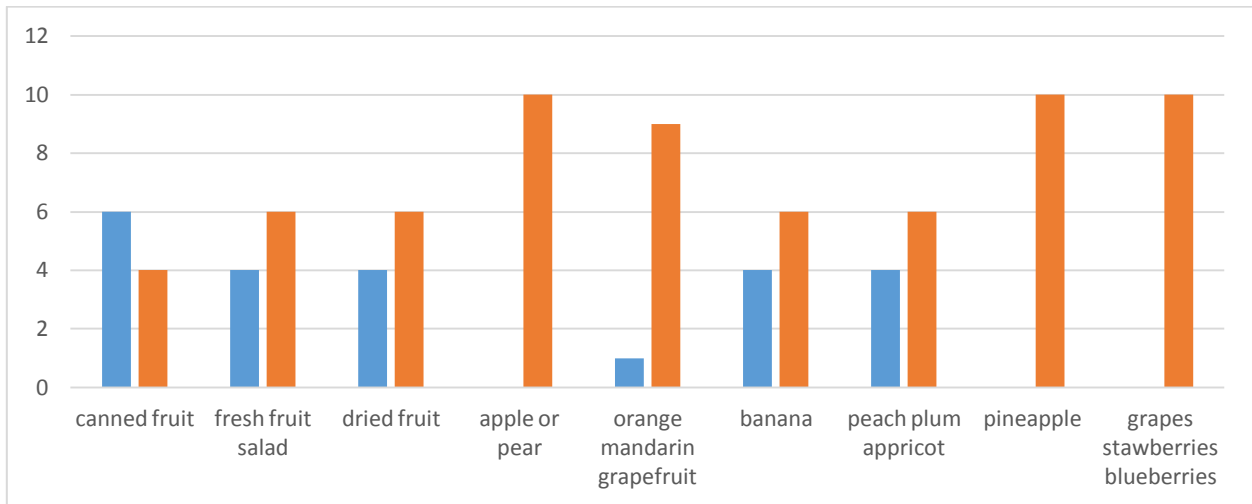
**How many pieces of fruit do you usually eat per day?**

1 or less 0      2 or more 10



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

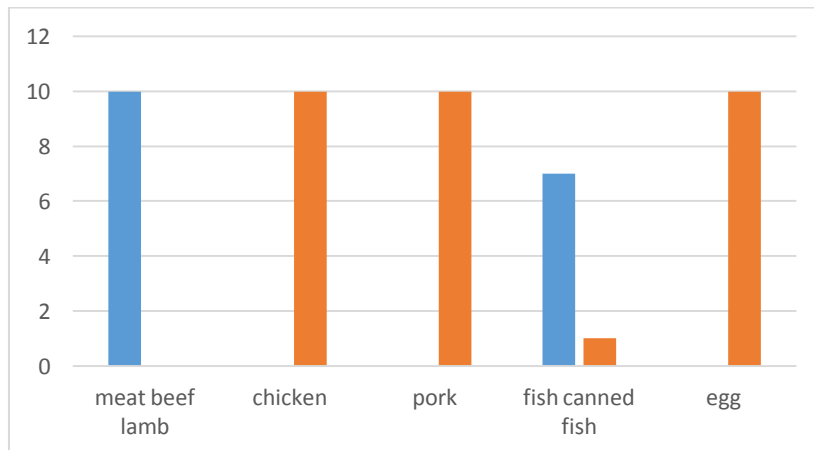
Less than once a week or never       Once a week or more often



**- PROTEIN FOODS – MEAT/FISH/CHICKEN**

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

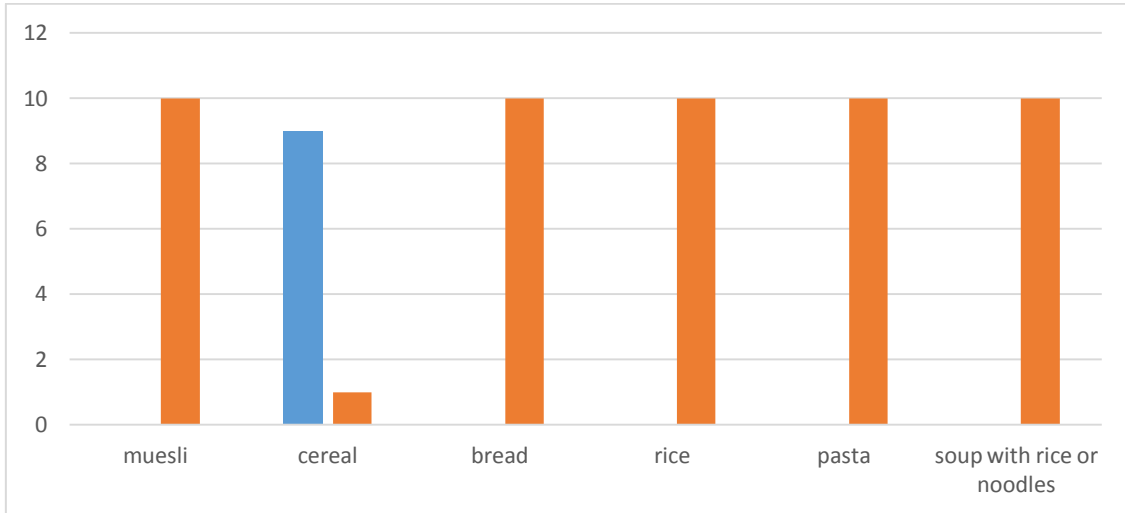
Less than once a week or never       Once       2 or more



**- GRAINS**

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

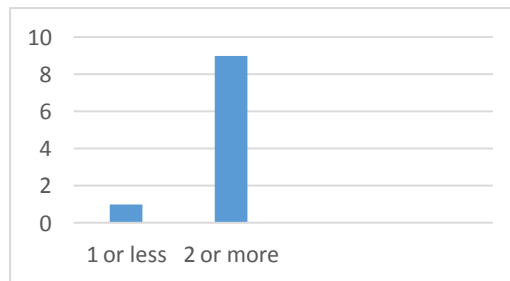
Less than once a week or never  Once a week or more often



**- DAIRY**

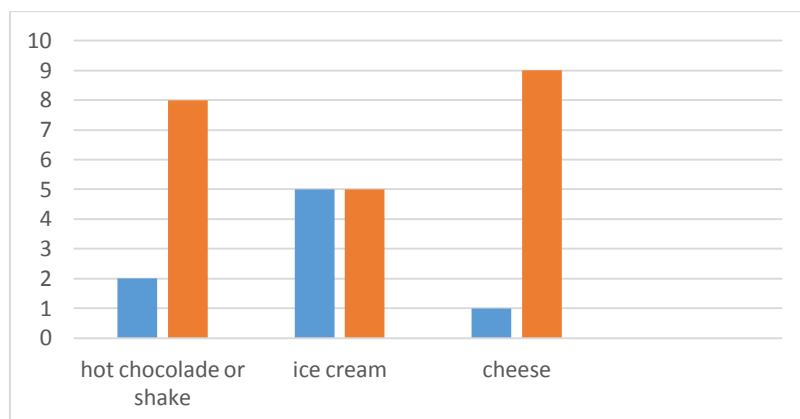
**How many times a day you have a glass of milk, yogurt or a slice of cheese?**

1 or less  2 or more



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

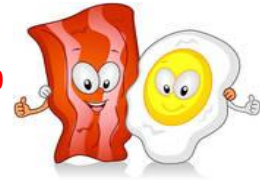
Less than 1 per week or never  Between 1 per week and 1 per day



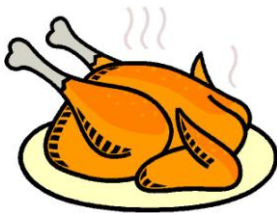
Please CIRCLE ONE of the two foods that you think is better for your health



a. cereal 0



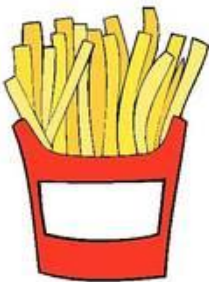
b. eggs and bacon 0



a. chicken 0



b. regular hamburger 0



a. French fries 0

b. green salad 7



a. candy bar 0

b. fresh fruit 10



a. fruit juice 6

b. drinks 0





**COMENIUS MULTILATERAL PROJECT**

**“ACTIVE, SPORTIVE, HEALTHY, EUROPEAN YOUTH TEAM”**

<http://activesporteamcomenius.jimdo.com/>

*How healthy is your diet?*

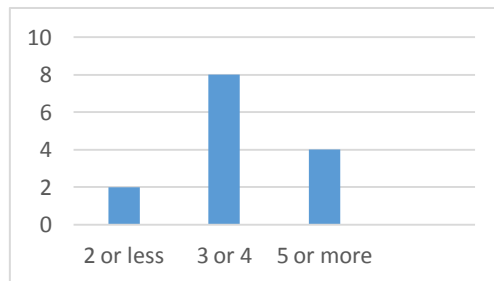
**What grade are you in? 7<sup>th</sup> grade**

**Are you a boy or a girl? boys 8 girls 6      How old are you? 13 years old**

**- VEGETABLES**

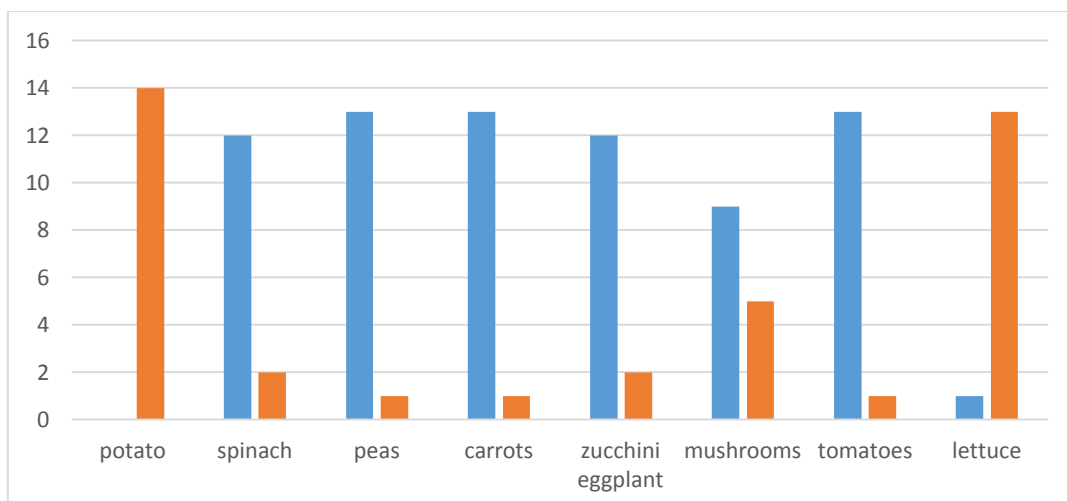
How many times a week do you eat vegetables? Exclude hot chips.

2 or less       3/4       5 or more



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

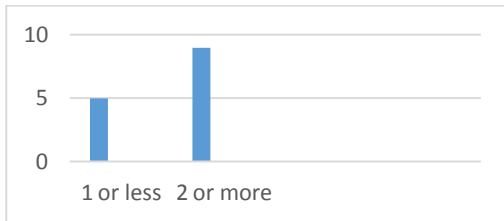
Less than once a week or never       Once a week or more often



**- FRUIT**

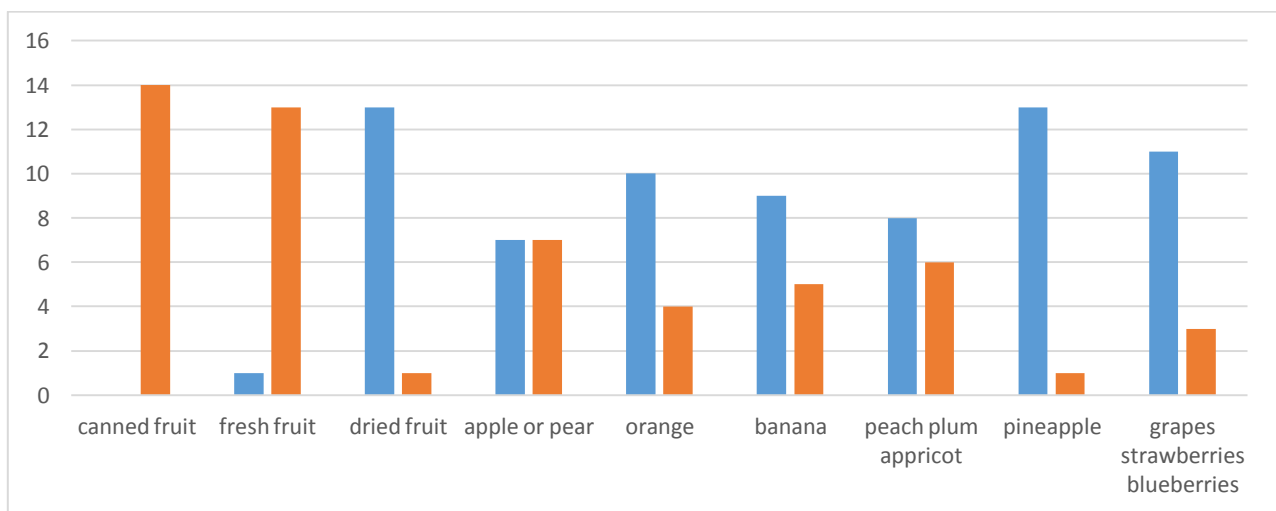
**How many pieces of fruit do you usually eat per day?**

1 or less  2 or more



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

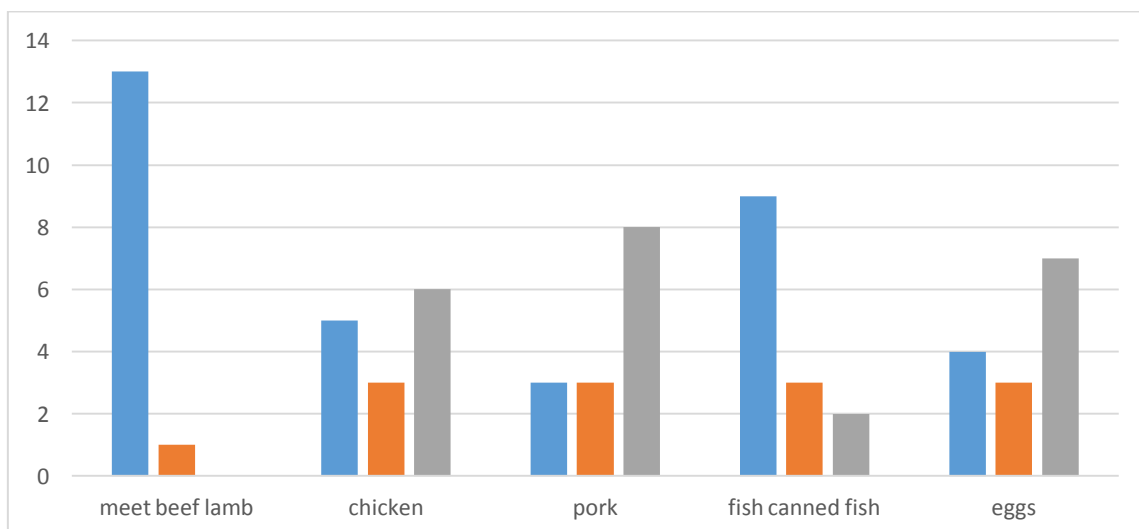
Less than once a week or never  Once a week or more often



**- PROTEIN FOODS – MEAT/FISH/CHICKEN**

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

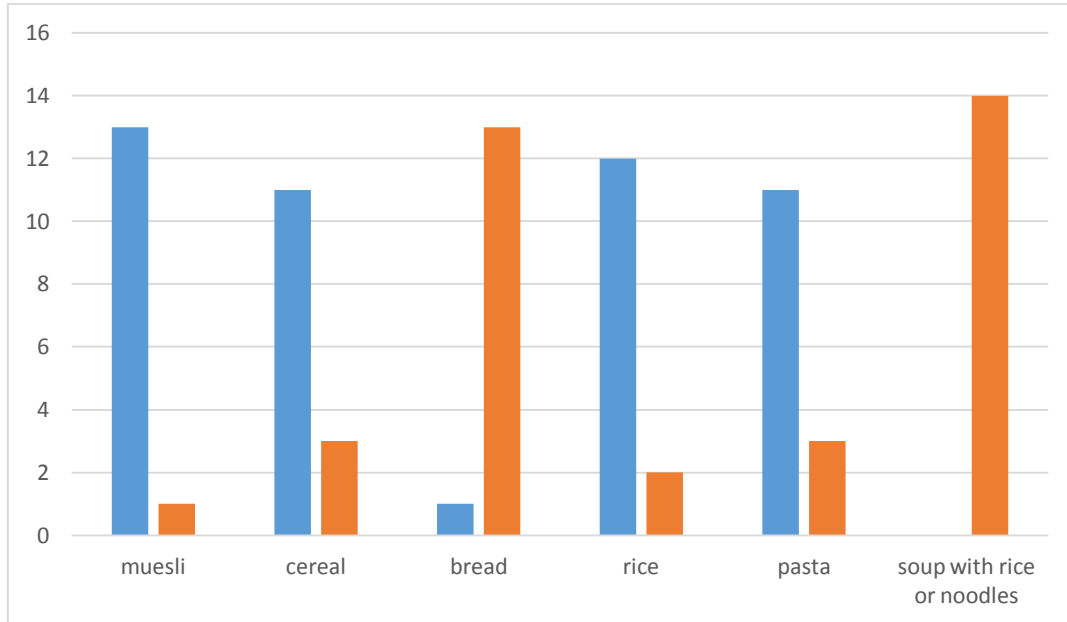
Less than once a week or never  Once  2 or more



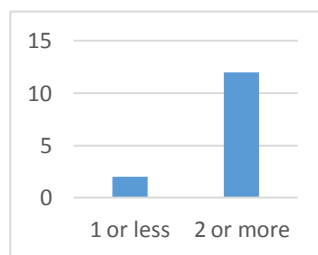
**- GRAINS**

**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



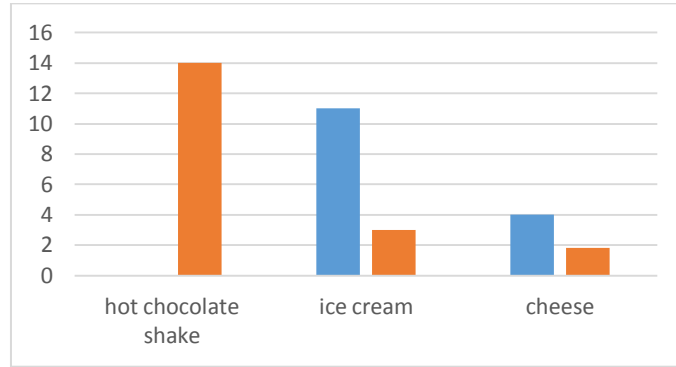
**- DAIRY**



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

**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



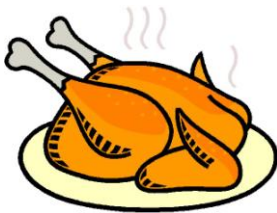
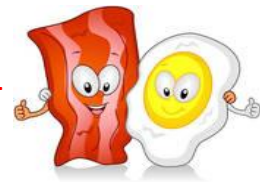
Please CIRCLE ONE of the two foods that you think is better for your health



a. cereal **1**

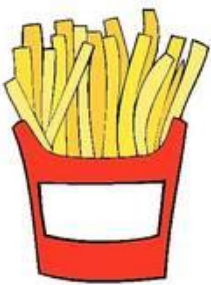
5

b. eggs and bacon **1**



a. chicken **1**

b. regular hamburger **1**



a. French fries **0**

b. green salad **9**



a. candy bar **1**

b. fresh fruit **12**





a. fruit juice **5**

b. drinks **0**



**COMENIUS MULTILATERAL PROJECT**

**“ACTIVE, SPORTIVE, HEALTHY, EUROPEAN YOUTH TEAM”**

<http://activesporteamcomenius.jimdo.com/>

*How healthy is your diet?*

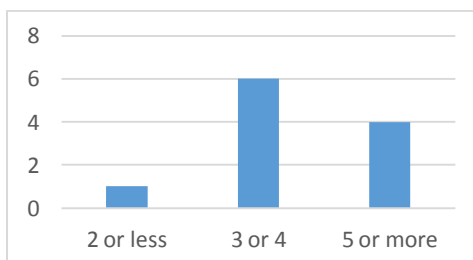
**What grade are you in? 8<sup>th</sup> grade**

**Are you a boy or a girl? boys 3 girls 8 How old are you? 14 years old**

**- VEGETABLES**

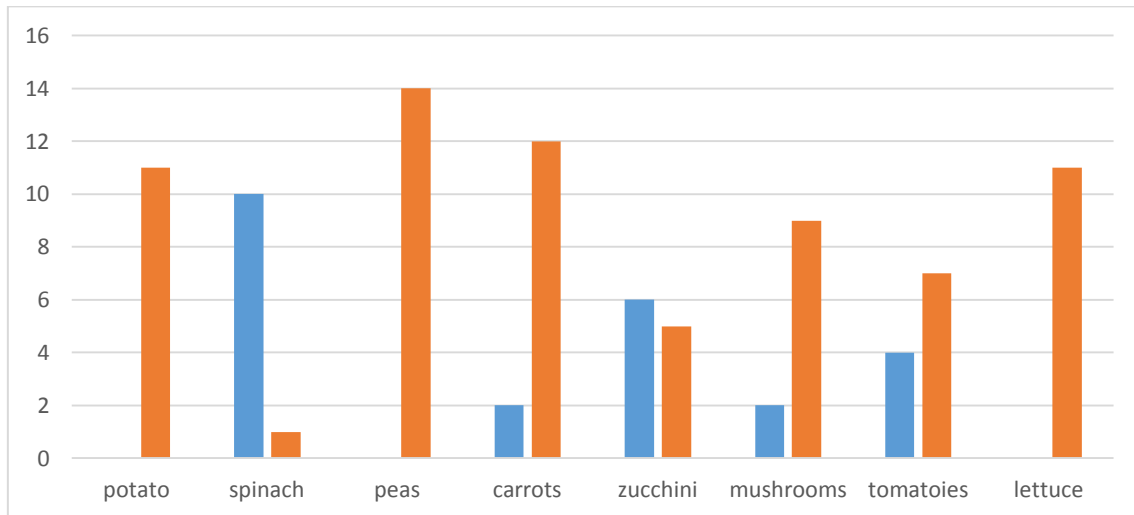
How many times a week do you eat vegetables? Exclude hot chips.

2 or less  3/4  5 or more



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

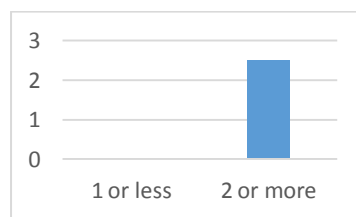
Less than once a week or never  Once a week or more often



**- FRUIT**

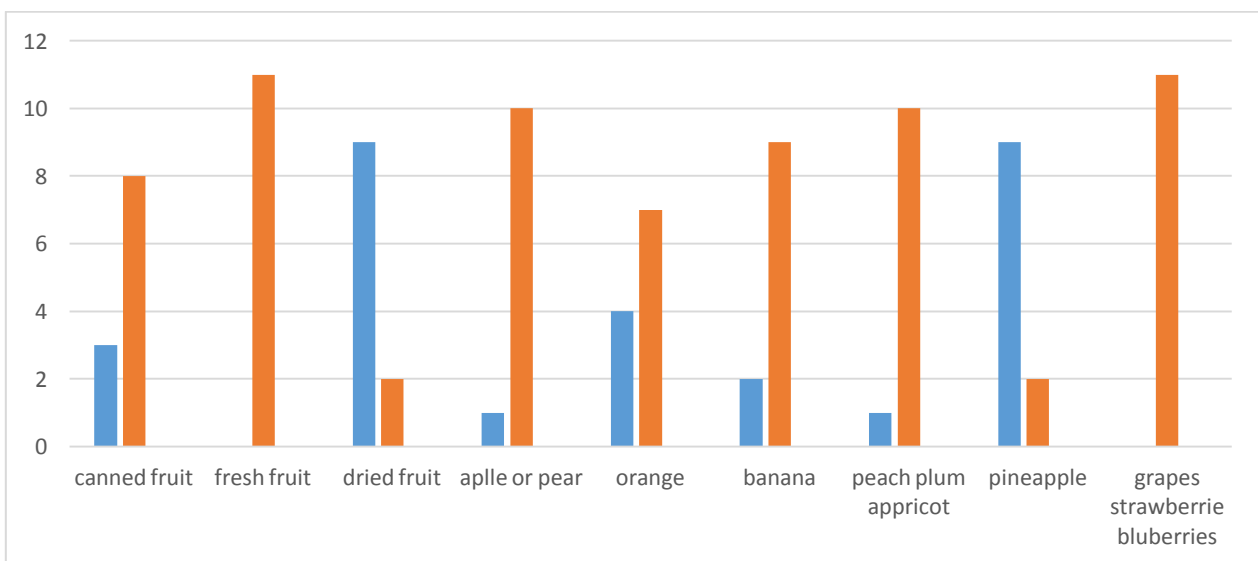
**How many pieces of fruit do you usually eat per day?**

1 or less     2 or more



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

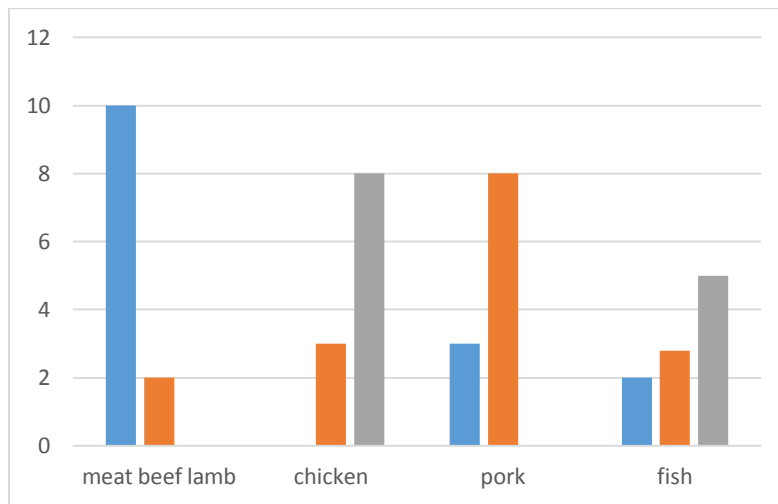
Less than once a week or never     Once a week or more often



**- PROTEIN FOODS – MEAT/FISH/CHICKEN**

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

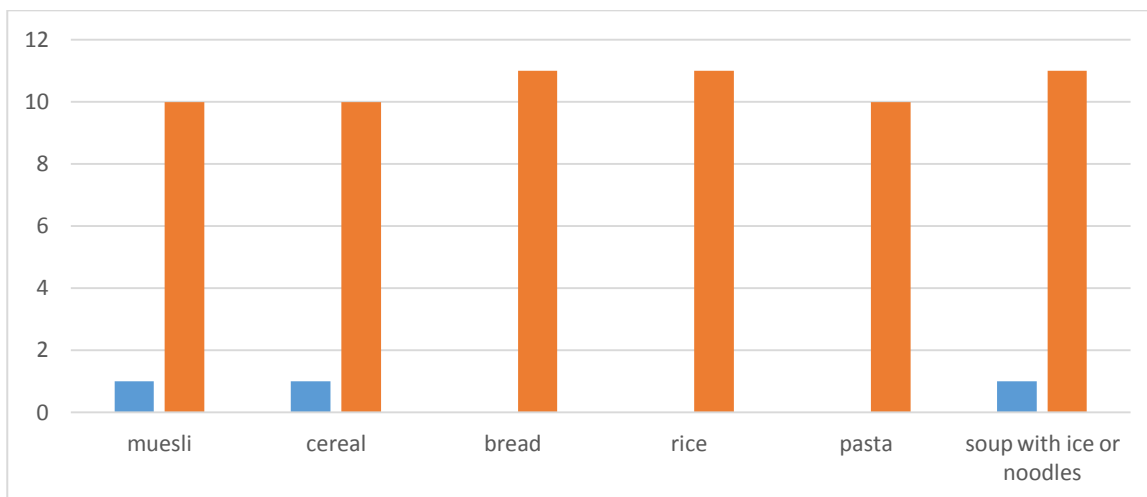
Less than once a week or never     Once     2 or more



**- GRAINS**

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

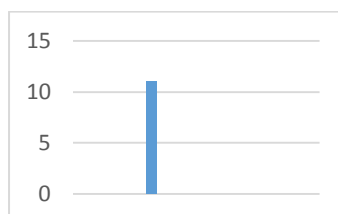
Less than once a week or never    Once a week or more often



**- DAIRY**

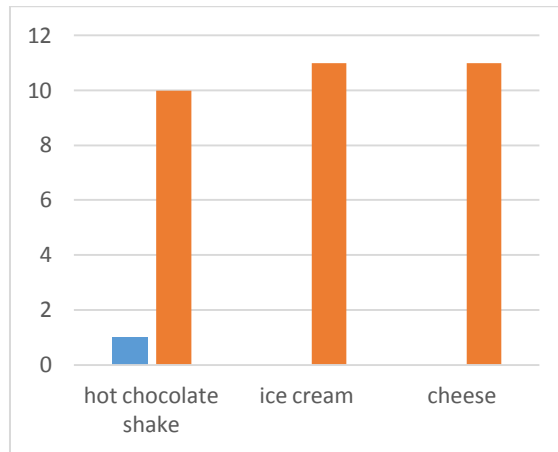
**How many times a day you have a glass of milk, yogurt or a slice of cheese?**

1 or less    2 or more



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

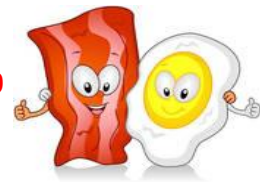
Less than 1 per week or never  Between 1 per week and 1 per day



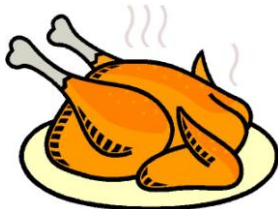
Please CIRCLE ONE of the two foods that you think is better for your health



a. cereal **1**

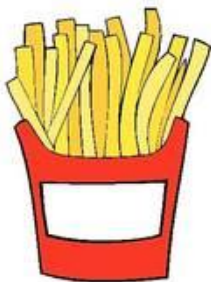


b. eggs and bacon **0**



a. chicken **2**

b. regular hamburger **2**



a. French fries **0**

b. green salad **8**



a. candy bar **0**

b. fresh fruit **10**





a. fruit juice **1**

b. drinks **0**

