

ISTITUTO COMPRENSIVO “MASACCIO” – Florence
DIREZIONE DIDATTICA “G. FALCONE” – Carini



QUESTIONNAIRE/SURVEY

COMENIUS MULTILATERAL PROJECT
“ACTIVE, SPORTIVE, HEALTHY,
EUROPEAN YOUTH TEAM”

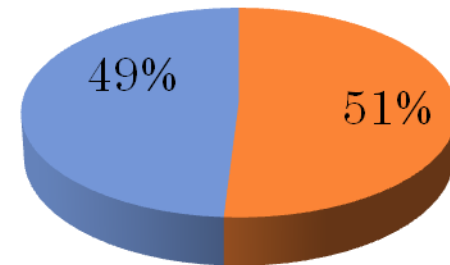
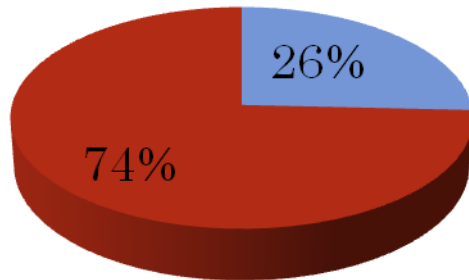
How healthy is your diet?

HOW HEALTHY IS YOUR DIET?

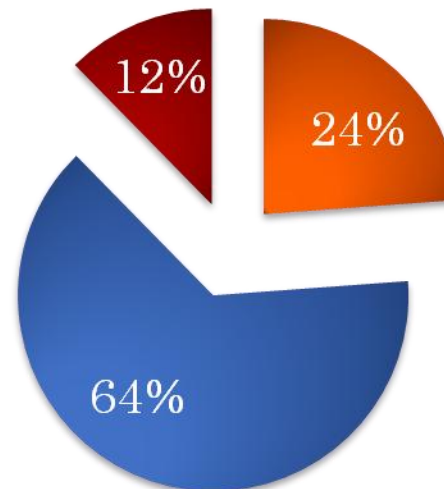
Female Male

Classroom

4th 5th



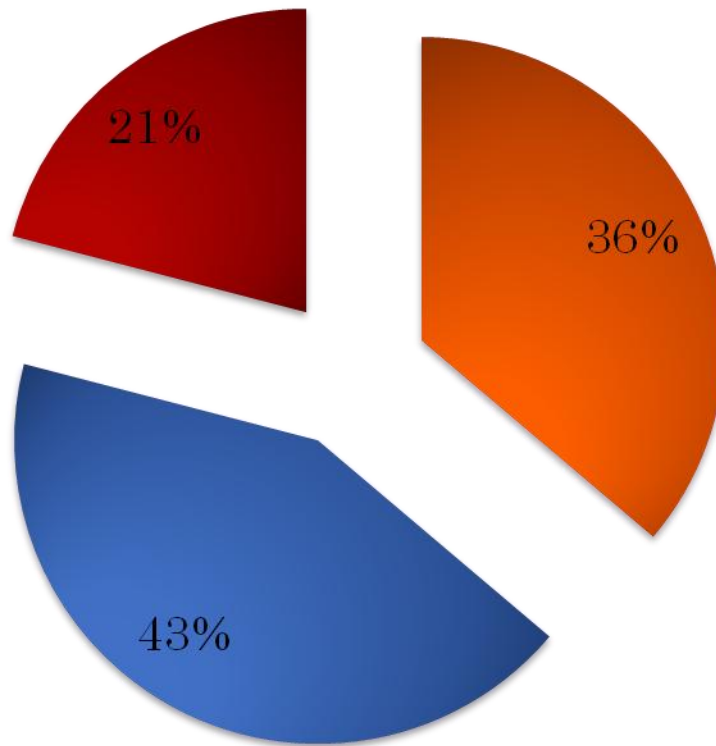
9 years old 10 years old 11 years old



- VEGETABLES

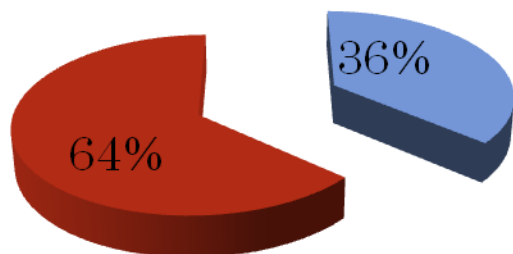
HOW MANY TIMES A WEEK DO YOU EAT VEGETABLES? EXCLUDE HOT CHIPS

■ 2 or less ■ 3 or 4 ■ 5 or more ■



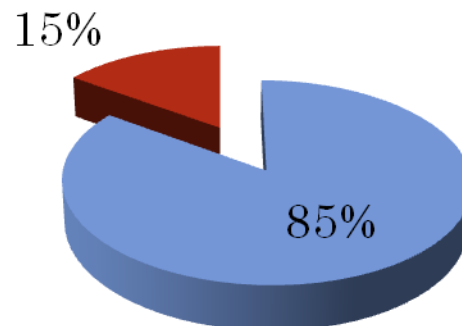
Potatoes

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



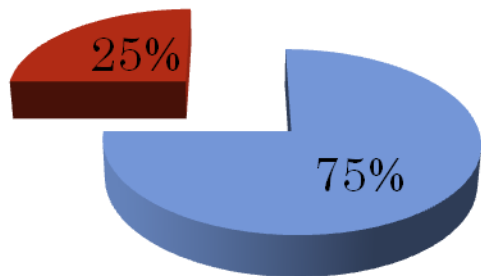
Spinach

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



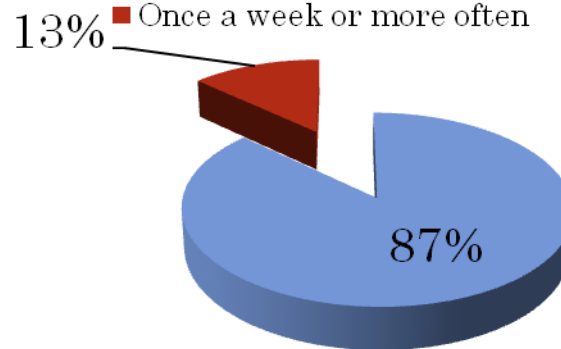
Peas

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



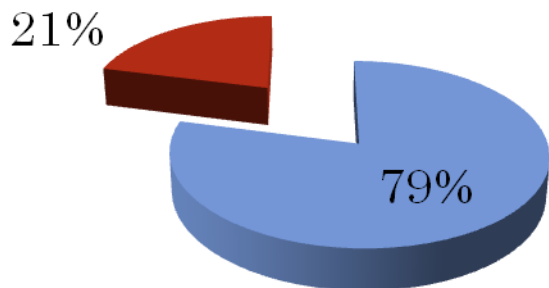
Carrots

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



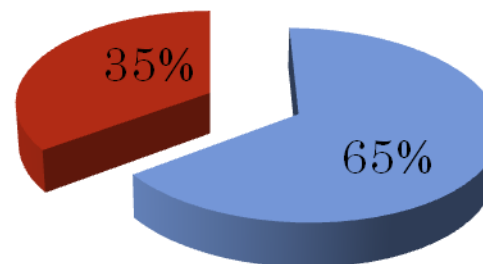
Zucchini, eggplant

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



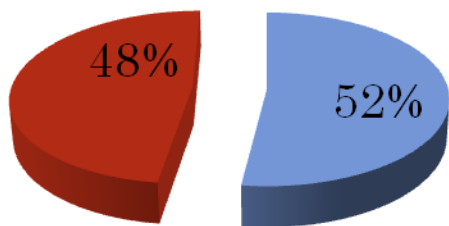
Mushroom

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



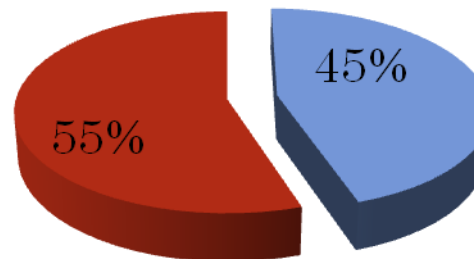
Tomatoes

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



Lettuce

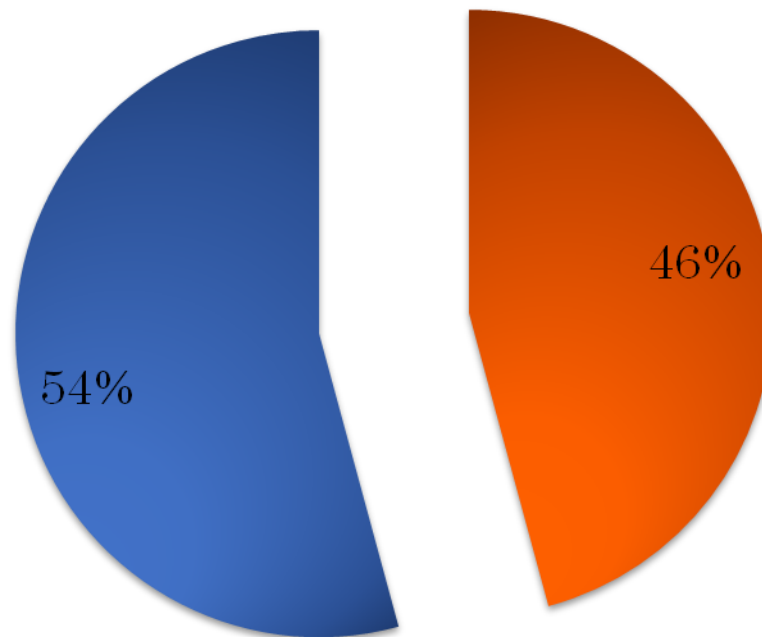
- Less than once a week or never
- Once a week or more often



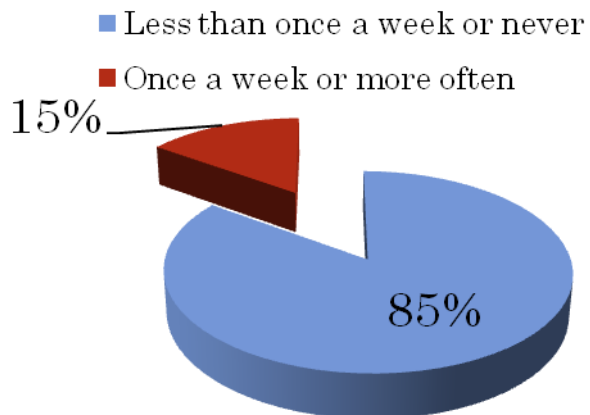
- FRUIT

HOW MANY PIECES OF FRUIT DO YOU USUALLY EAT PER DAY?

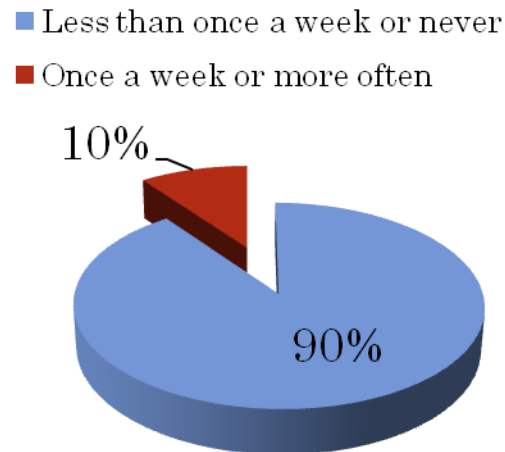
■ 1 or less ■ 2 or more ■



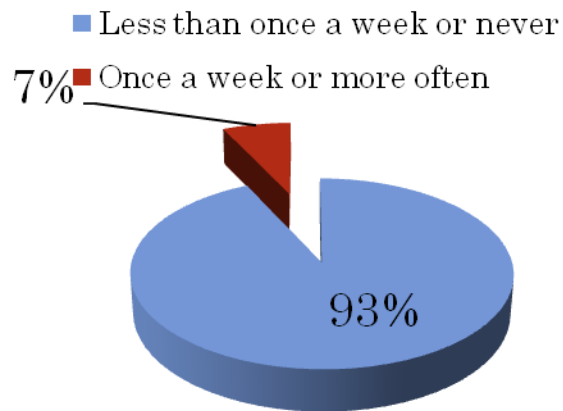
Canned fruit



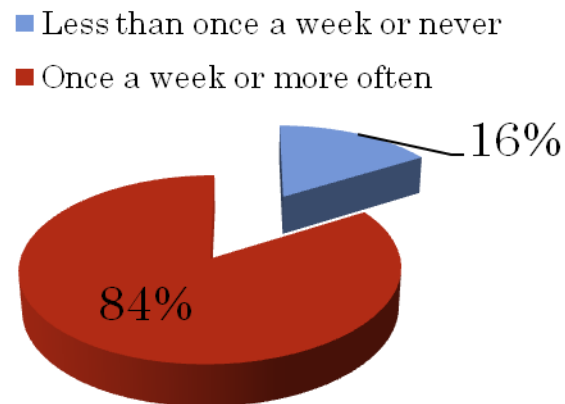
Fresh fruit salad



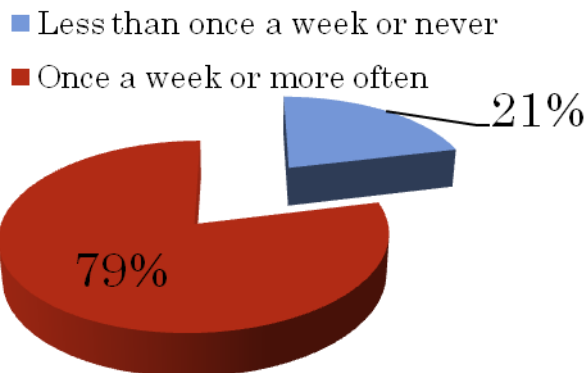
Dried fruit



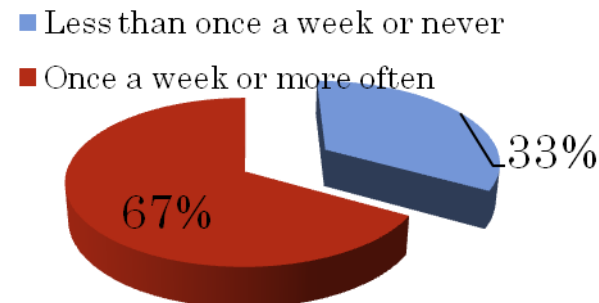
Apple or pear



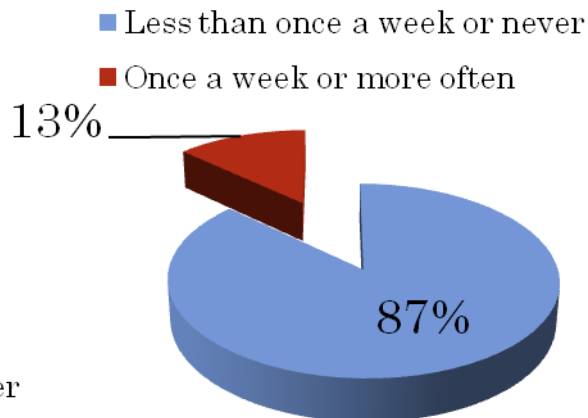
Orange, mandarin



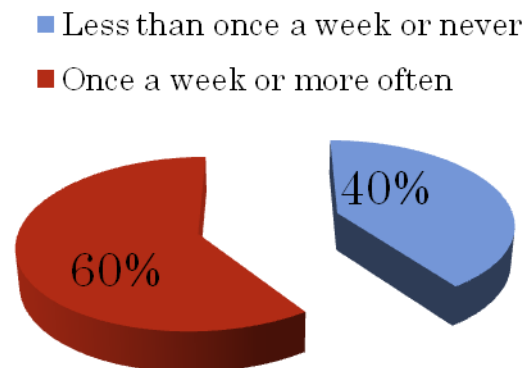
Banana



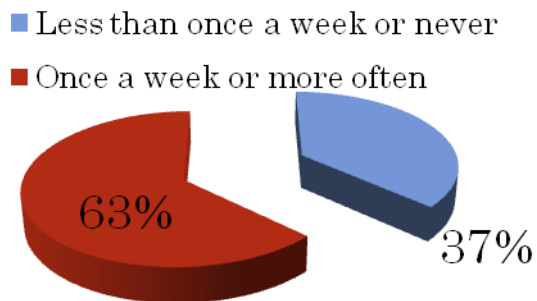
Pineapple



Grapes, strawberries



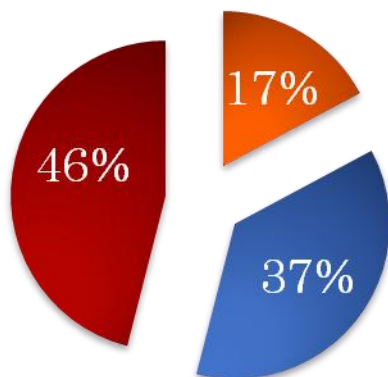
Peach, plum



PROTEIN FOODS – MEAT/FISH/CHICKEN

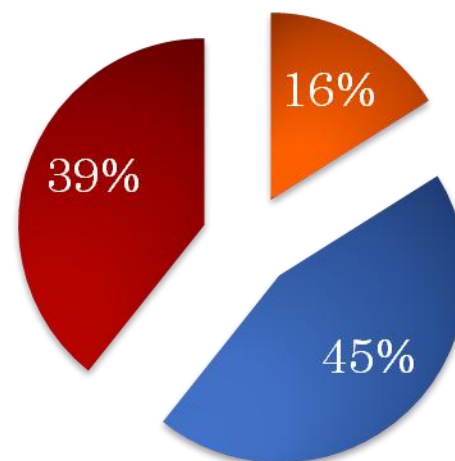
Meat

- Less than once a week or never
- once
- 2 or more



Chicken

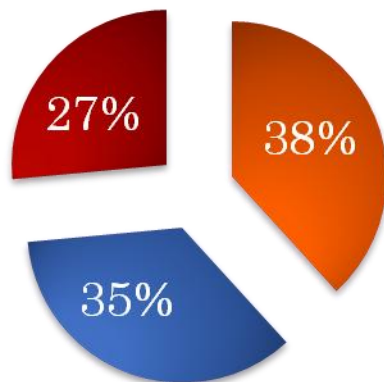
- Less than once a week or never
- once
- 2 or more



PROTEIN FOODS – MEAT/FISH/CHICKEN

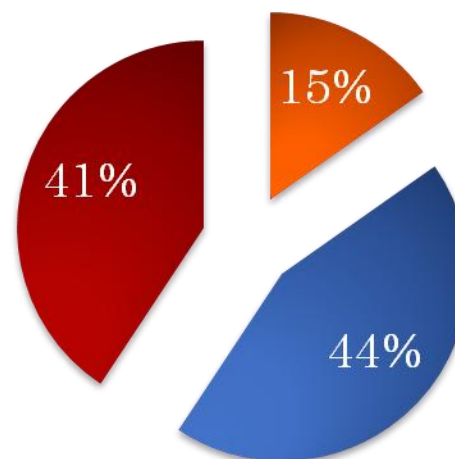
Pork

- Less than once a week or never
- once
- 2 or more



Fresh fish, salmon, sea food

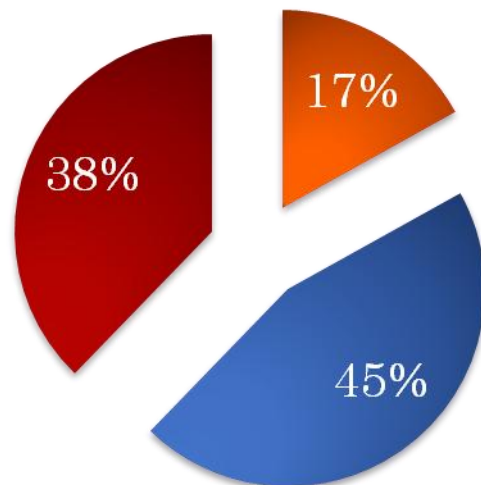
- Less than once a week or never
- once
- 2 or more



PROTEIN FOODS – MEAT/FISH/CHICKEN

Eggs

- Less than once a week or never
- once
- 2 or more

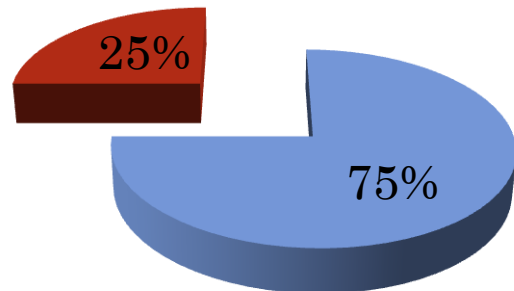


- GRAINS

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

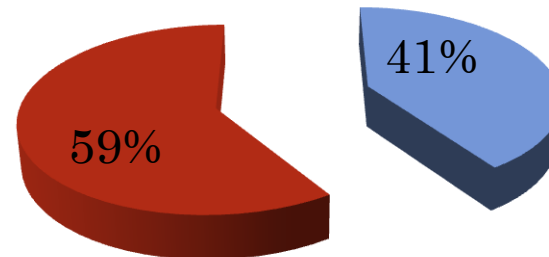
Muesli

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



Braekfast cereal

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

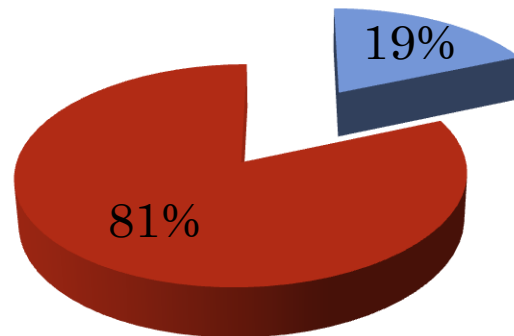


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HOW MANY TIMES A WEEK DO YOU USUALLY EAT A SERVING OF THESE GRAINS?

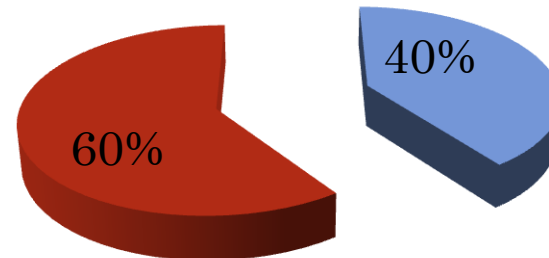
Bread

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



Rice

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

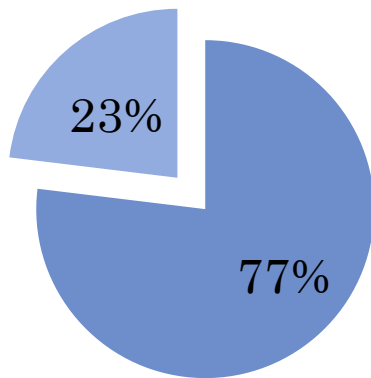


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HOW MANY TIMES A WEEK DO YOU USUALLY EAT A SERVING OF THESE GRAINS?

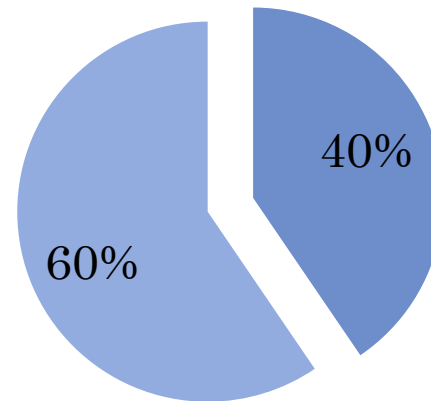
Chocolate, milkshake

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



Icecream

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

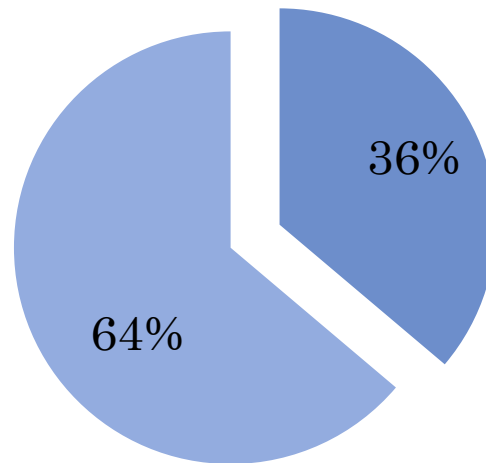


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HOW MANY TIMES A WEEK DO YOU USUALLY EAT A SERVING OF THESE GRAINS?

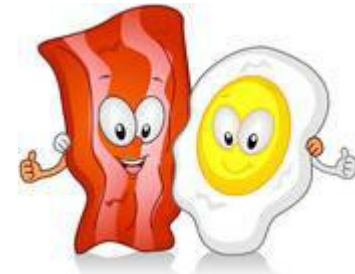
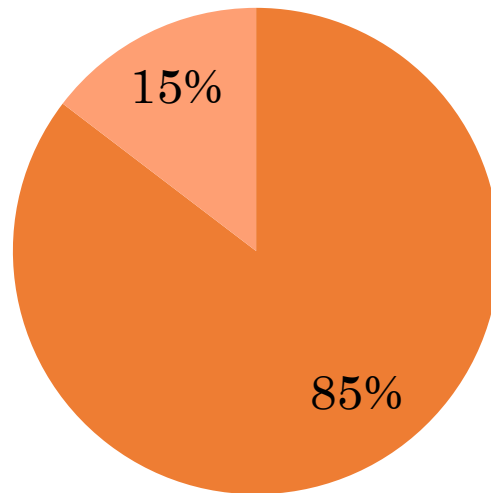
Cheese, including cheese on sandwiches or on toast

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



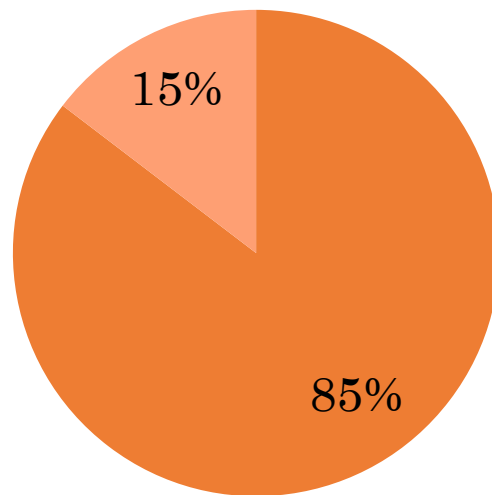
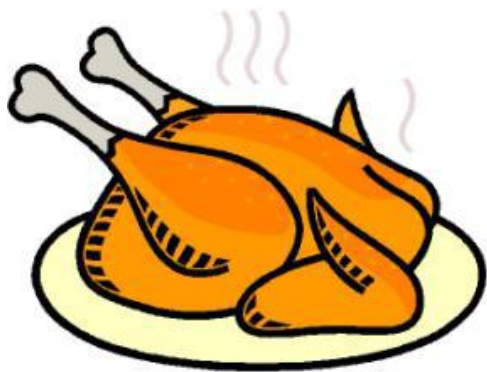
FOODS THAT YOU THINK IS BETTER FOR YOUR HEALTH

■ CEREAL ■ EGGS & BACON



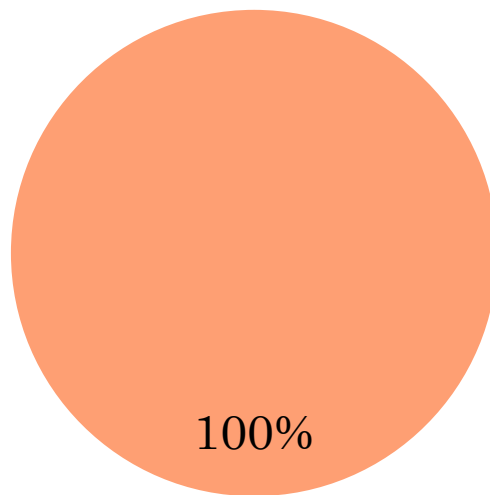
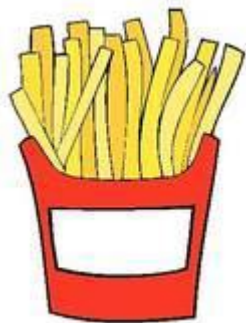
FOODS THAT YOU THINK IS BETTER FOR YOUR HEALTH

■ CHIKEN ■ HAMBURGER



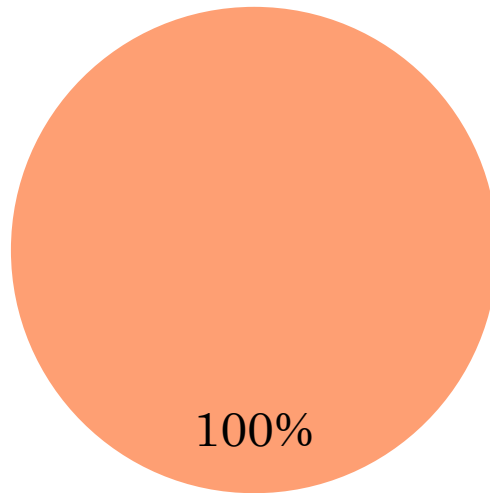
FOODS THAT YOU THINK IS BETTER FOR YOUR HEALTH

■ FRENCH FRIES ■ GREEN SALAD



FOODS THAT YOU THINK IS BETTER FOR YOUR HEALTH

■ CANDY BAR ■ FRESH FRUIT



FOODS THAT YOU THINK IS BETTER FOR YOUR HEALTH

■ FRUIT JUICE ■ DRINKS

