



**PROIECT MULTILATERAL COMENIUS
2013 – 2015**

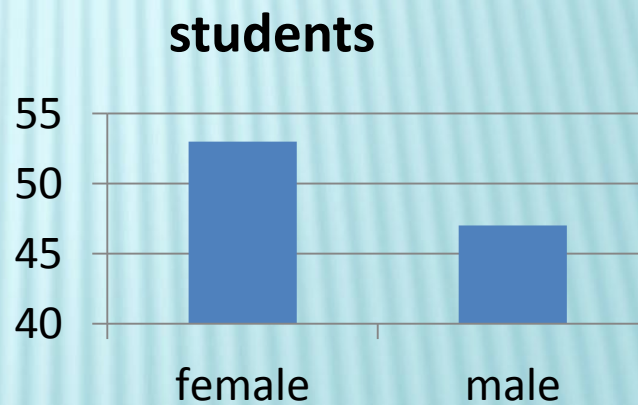
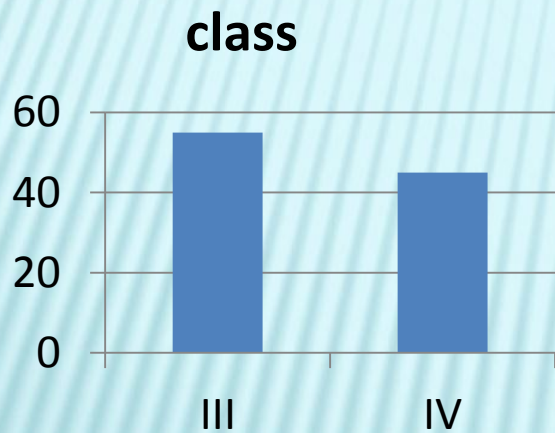
ACTIVE, SPORTIVE, HEALTHY, EUROPEAN YOUTH TEAM

**SCOALA GIMNAZIALA “ECATERINA TEODOROIU” BRAILA
ROMANIA**

**CHESTIONAR / SURVEY - 2014
HOW HEALTHY IS YOUR DIET?**

ABOUT YOU

class	total	girls	boys
3 a - III	55	30	25
4 a - IV	45	23	22



VEGETABLES

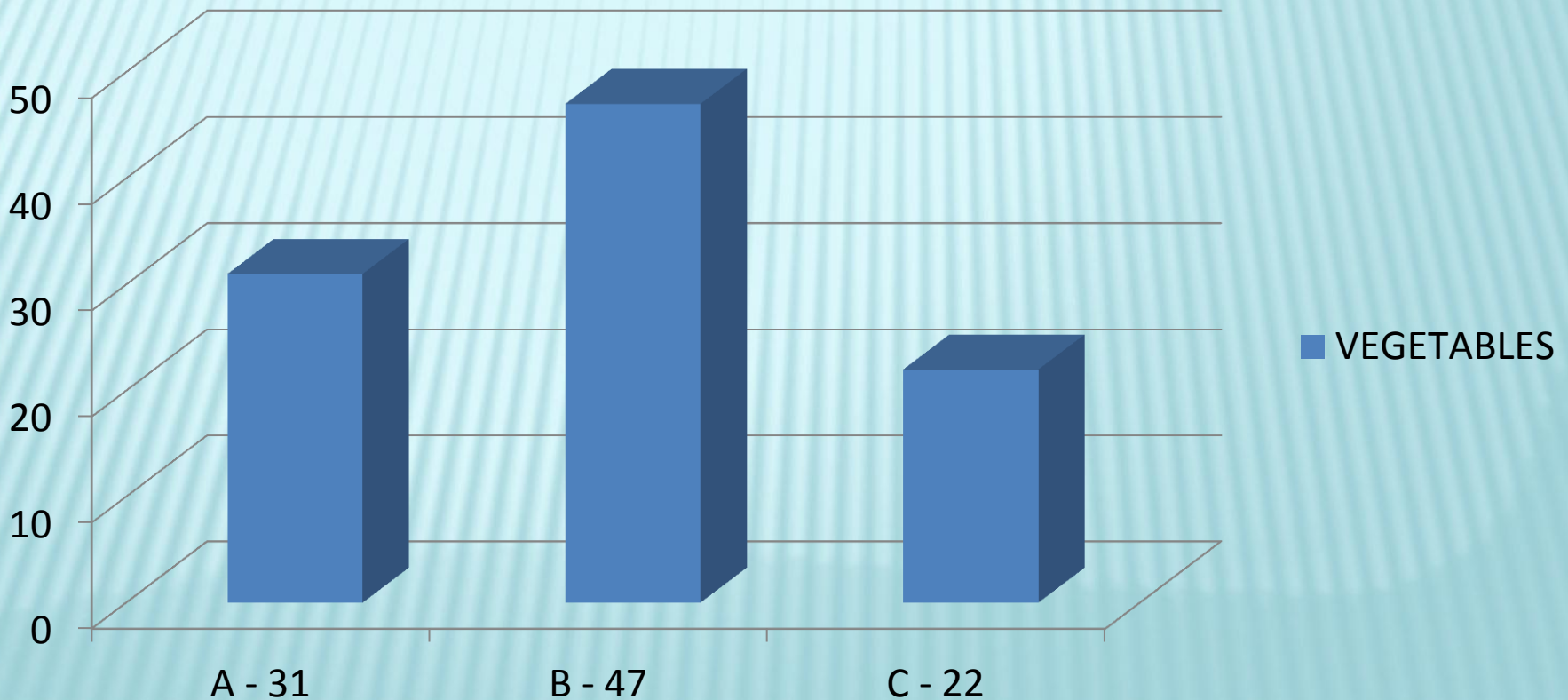
HOW MANY TIMES A WEEK DO YOU EAT VEGETABLES? EXCLUDE HOT CHIPS.

A - 2 OR LESS

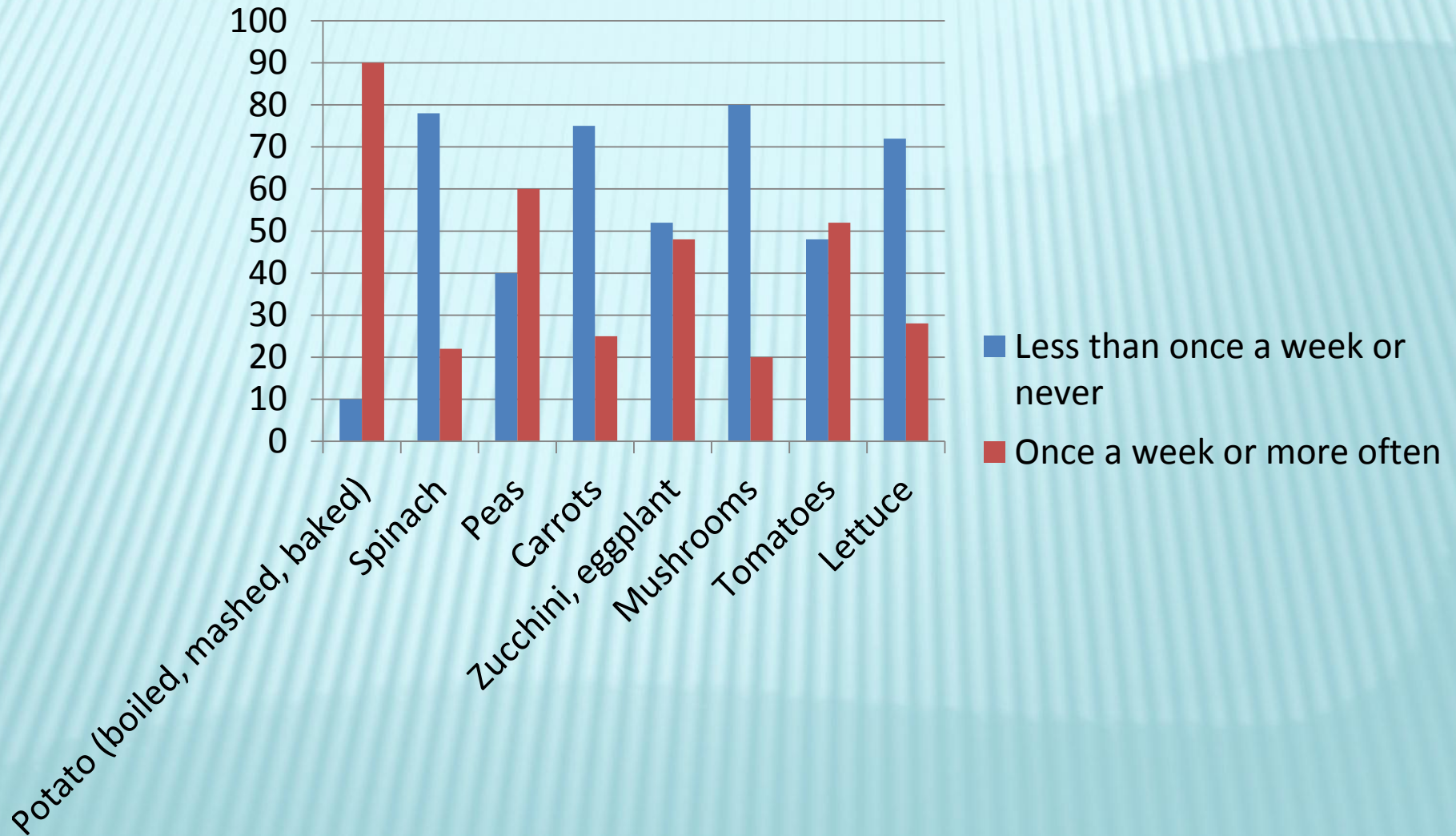
B - 3/4

C - 5 OR MORE

VEGETABLES



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

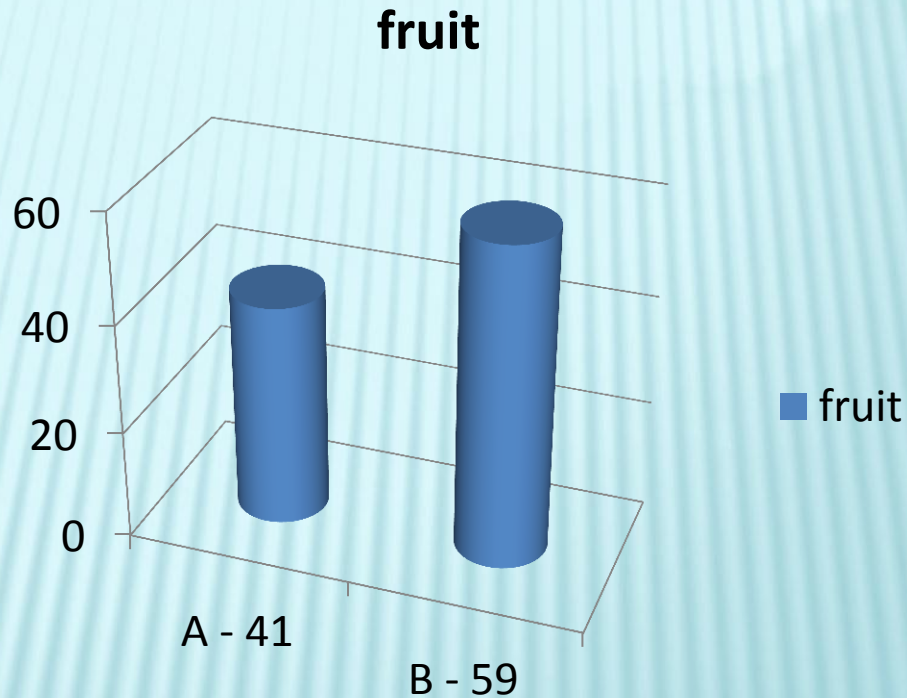


FRUIT

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

A - 1 OR LESS

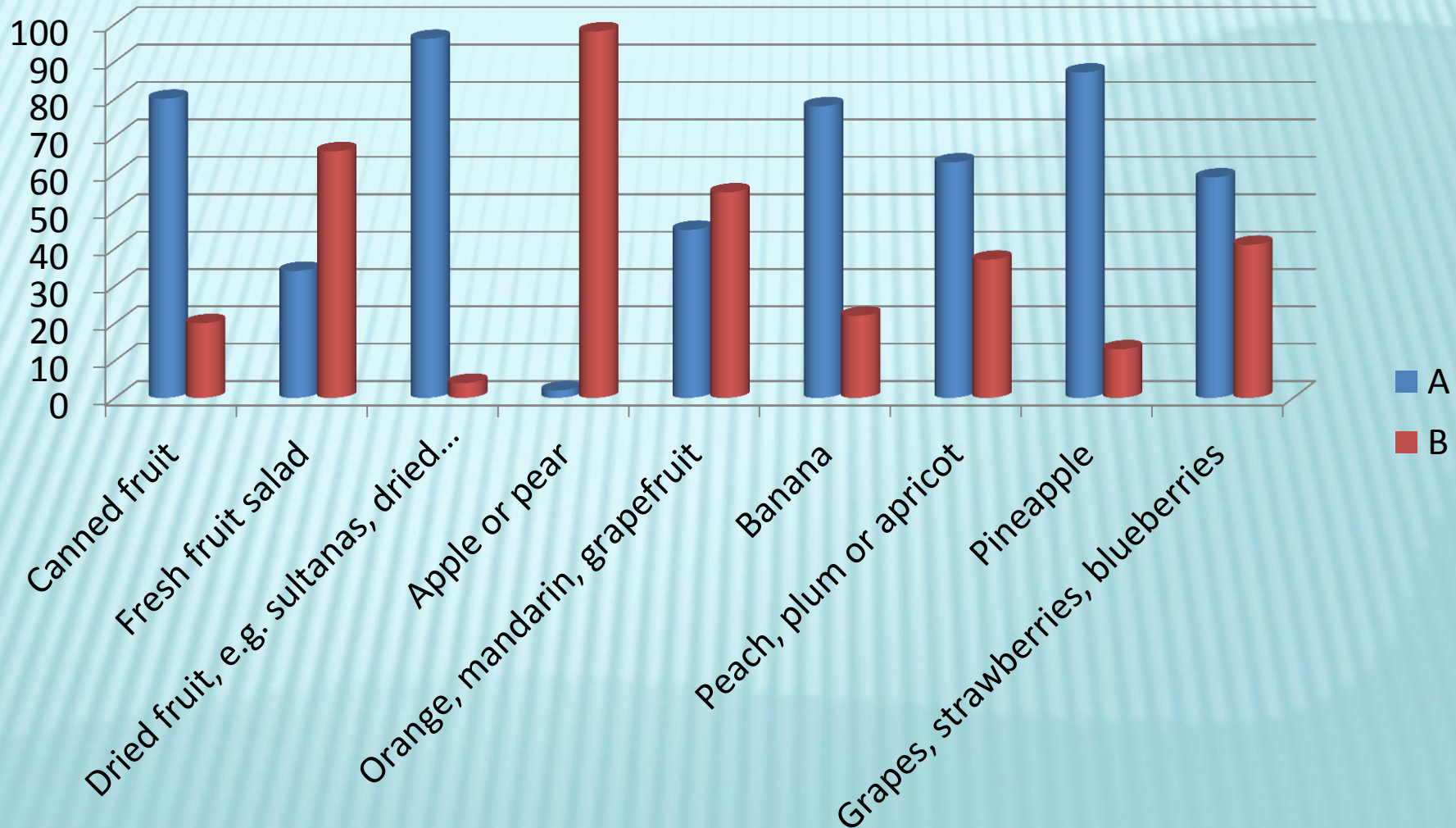
B - 2 OR MORE



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

A - LESS THAN ONCE A WEEK OR NEVER

B - ONCE A WEEK OR MORE OFTEN



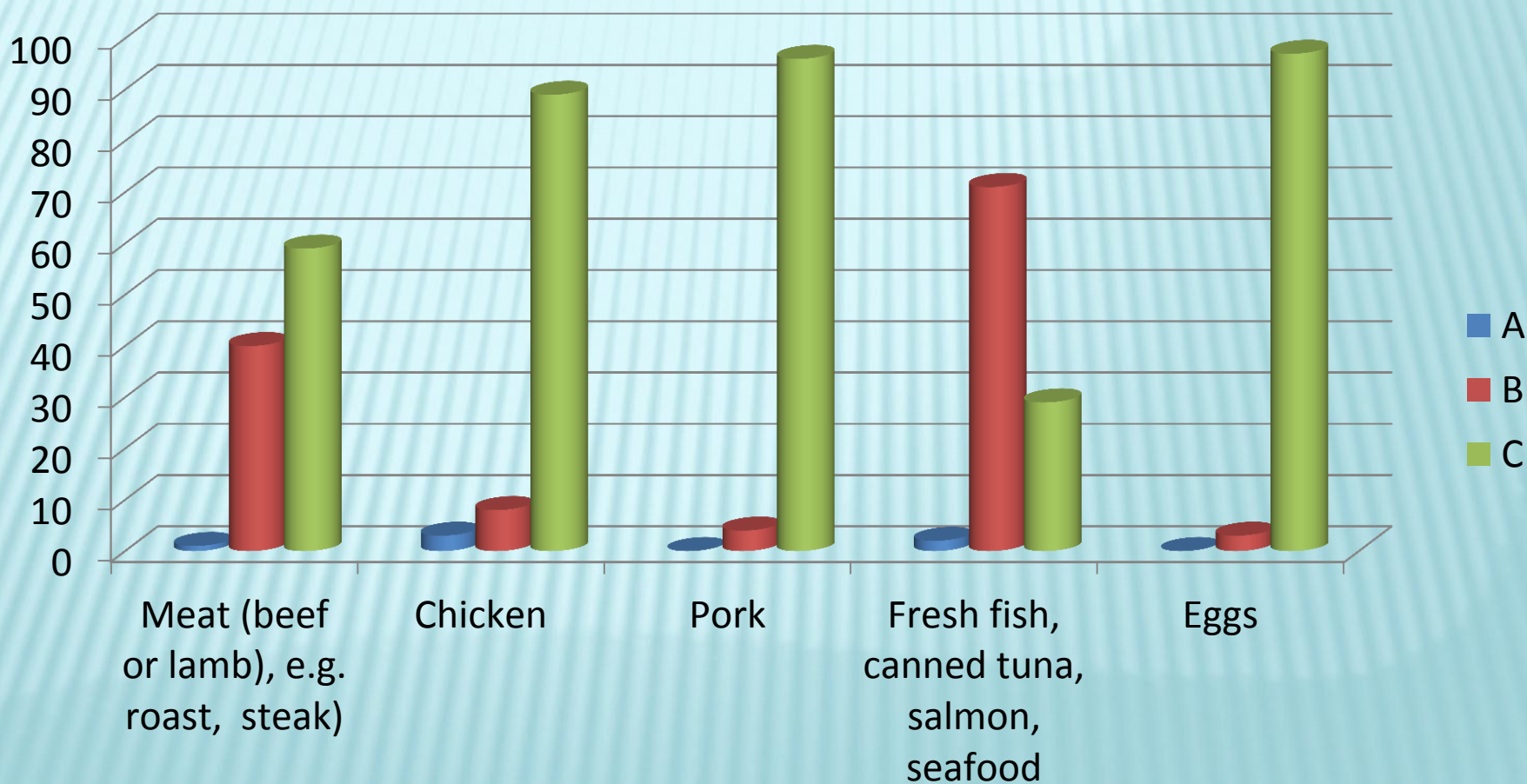
PROTEIN FOODS – MEAT/FISH/CHICKEN

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

A - LESS THAN ONCE A WEEK OR NEVER

B – ONCE

C - 2 OR MORE

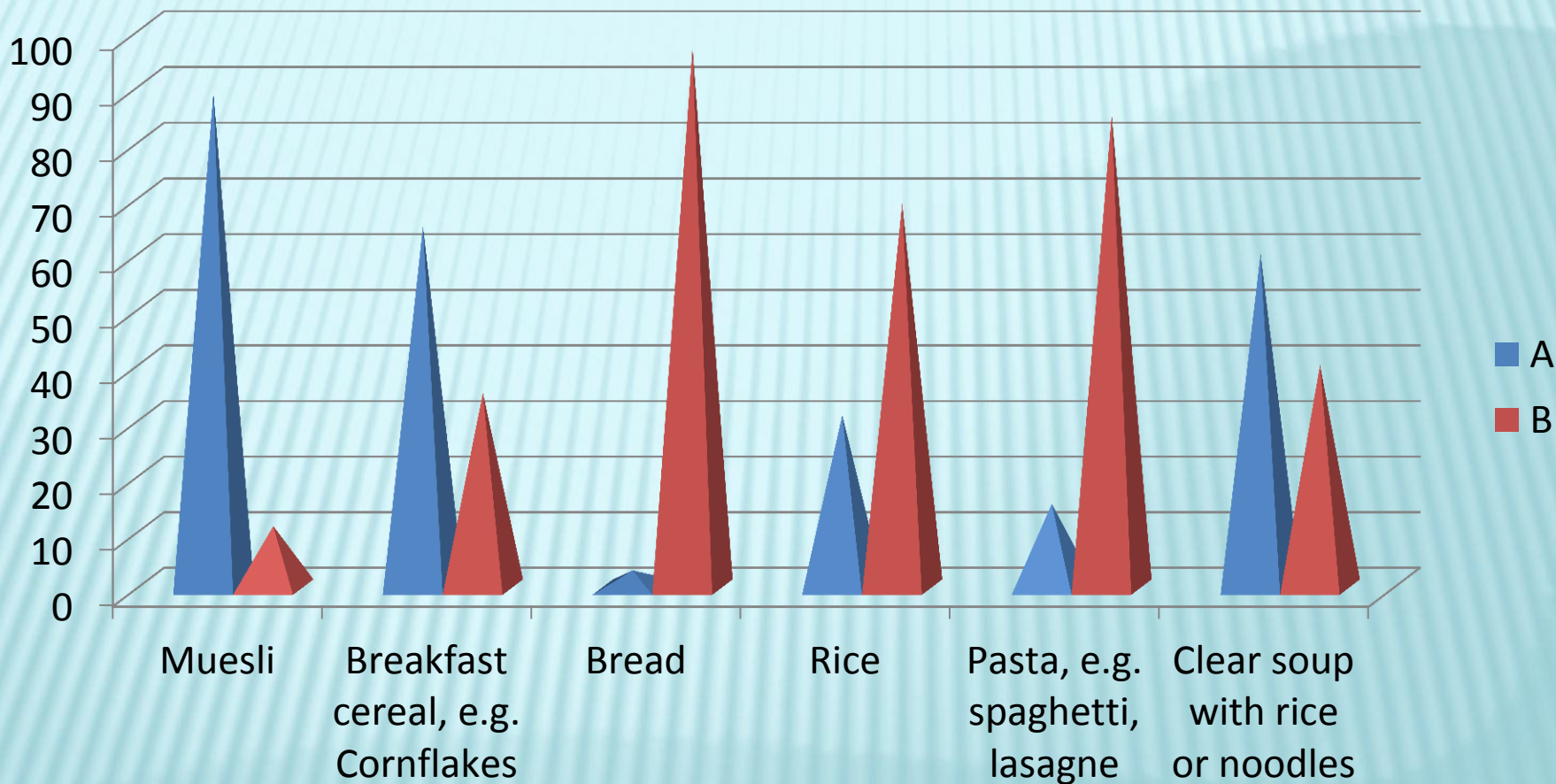


GRAINS

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

A - LESS THAN ONCE A WEEK OR NEVER

B - ONCE A WEEK OR MORE OFTEN



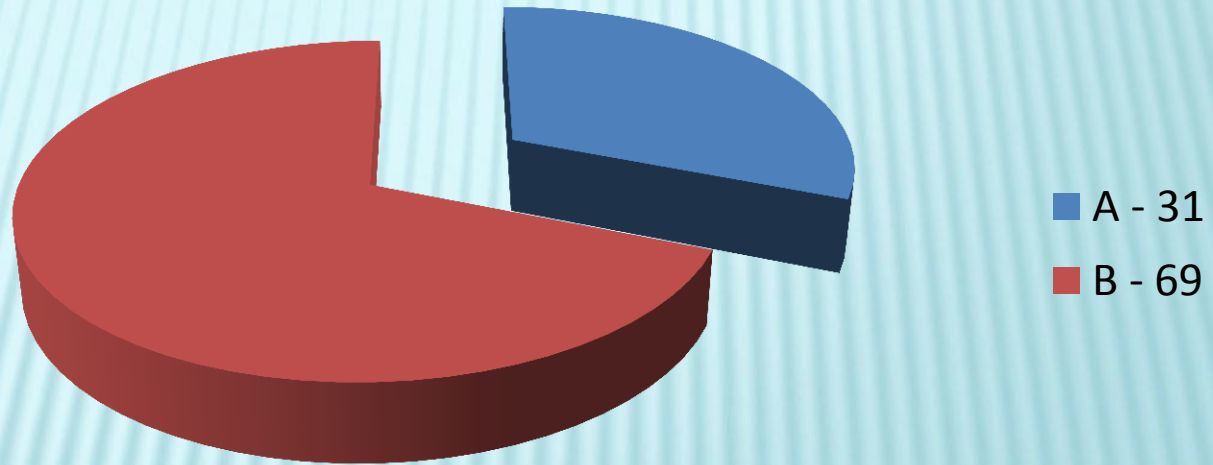
DAIRY

HOW MANY TIMES A DAY YOU HAVE A GLASS OF MILK, YOGURT
OR A SLICE OF CHEESE?

A - 1 OR LESS

B - 2 OR MORE

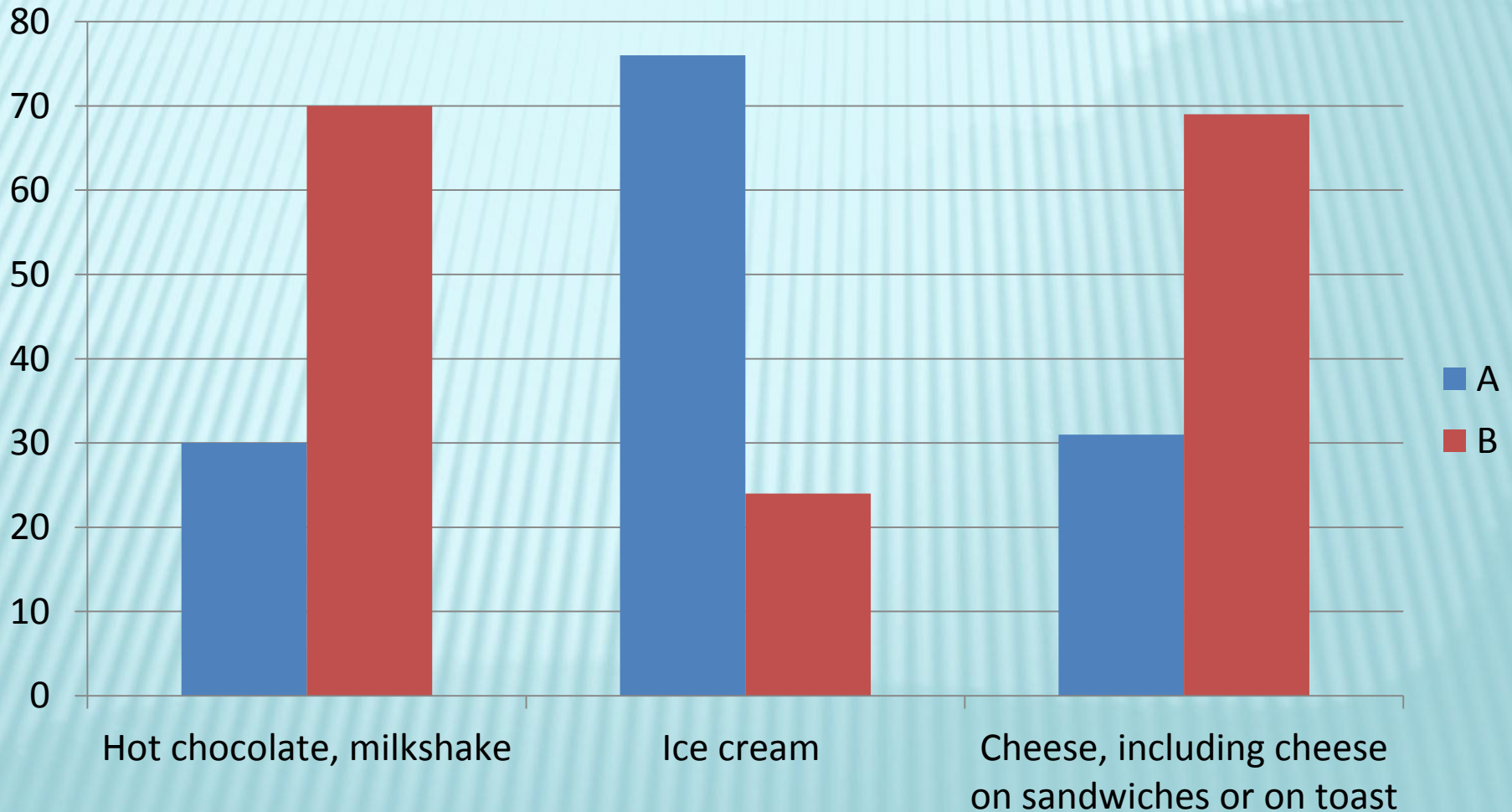
milk, yogurt or a slice of cheese



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

A - LESS THAN 1 PER WEEK OR NEVER

B - BETWEEN 1 PER WEEK AND 1 PER DAY



PLEASE CIRCLE ONE OF THE TWO FOODS THAT YOU THINK IS BETTER FOR YOUR HEALTH

