

**COMENIUS MULTILATERAL PROJECT**

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

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

*How healthy is your diet?*

*Questionnaire/Survey*

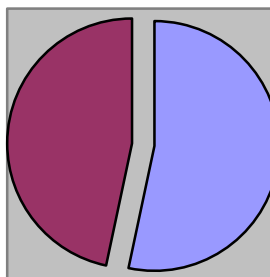
**About you...**

**What grade are you in?**

<b>5</b>	<b>6</b>	<b>7</b>
<b>60</b>		

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

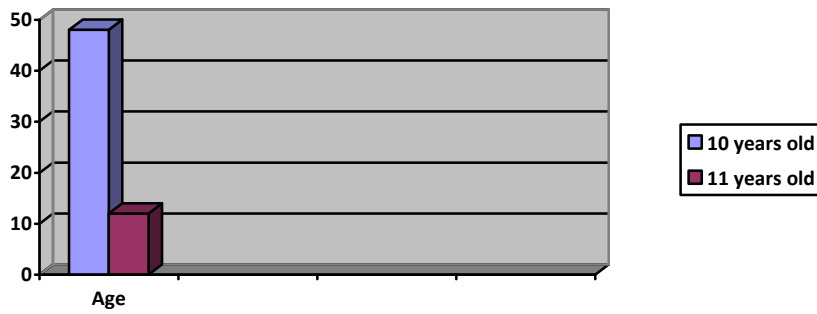
<b>Boy</b>	<b>Girl</b>
<b>32</b>	<b>28</b>



■ Boy  
 ■ Girl

How old are you? \_\_\_\_ years old

10 years old	11 years old
48	12

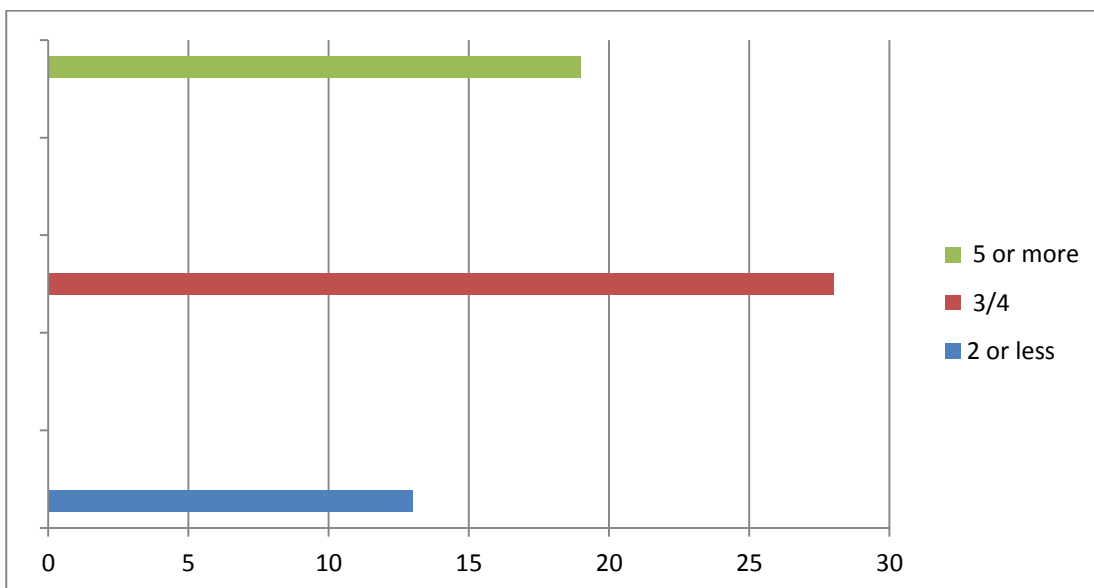


**- VEGETABLES**

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

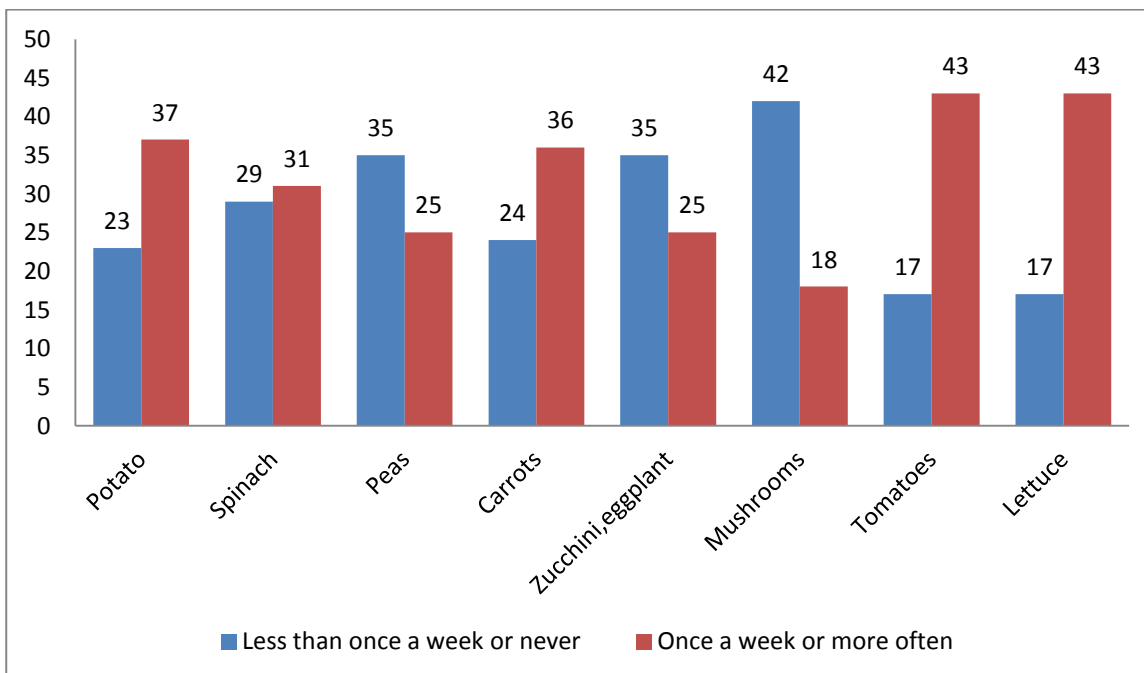
2 or less     3/4     5 or more

2 or less	3/4	5 or more
13	28	19



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

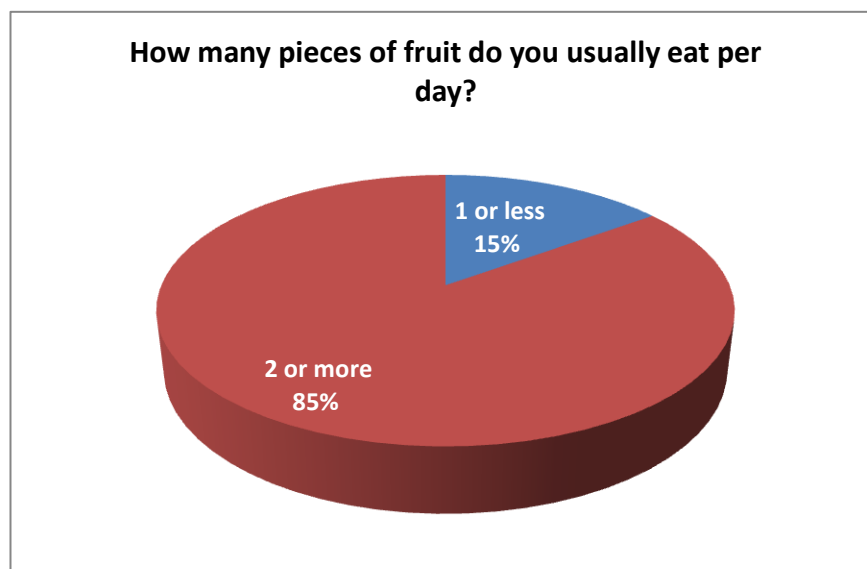
	Less than once a week or never	Once a week or more often
Potato (boiled, mashed, baked)	23	37
Spinach	29	31
Peas	35	25
Carrots	24	36
Zucchini, eggplant	35	25
Mushrooms	42	18
Tomatoes	17	43
Lettuce	17	43



## - FRUIT

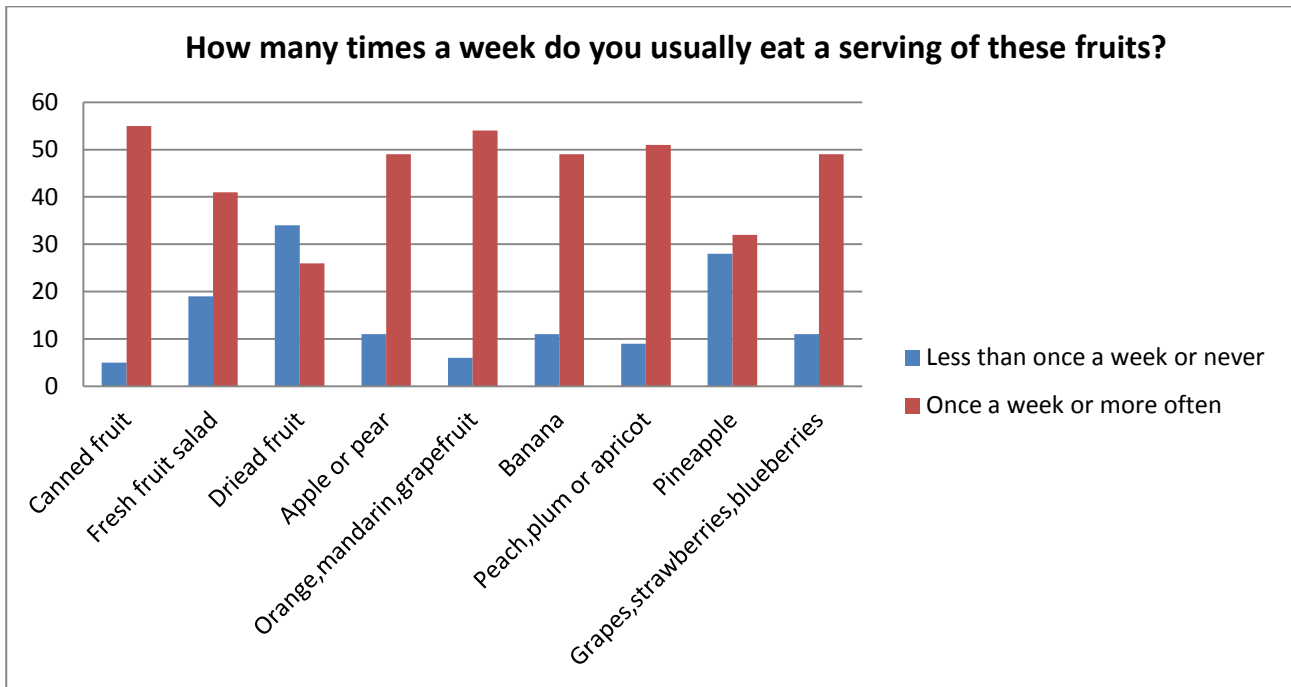
How many pieces of fruit do you usually eat per day?

<i>1 or less</i>	<i>2 or more</i>
<b>9</b>	<b>51</b>



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

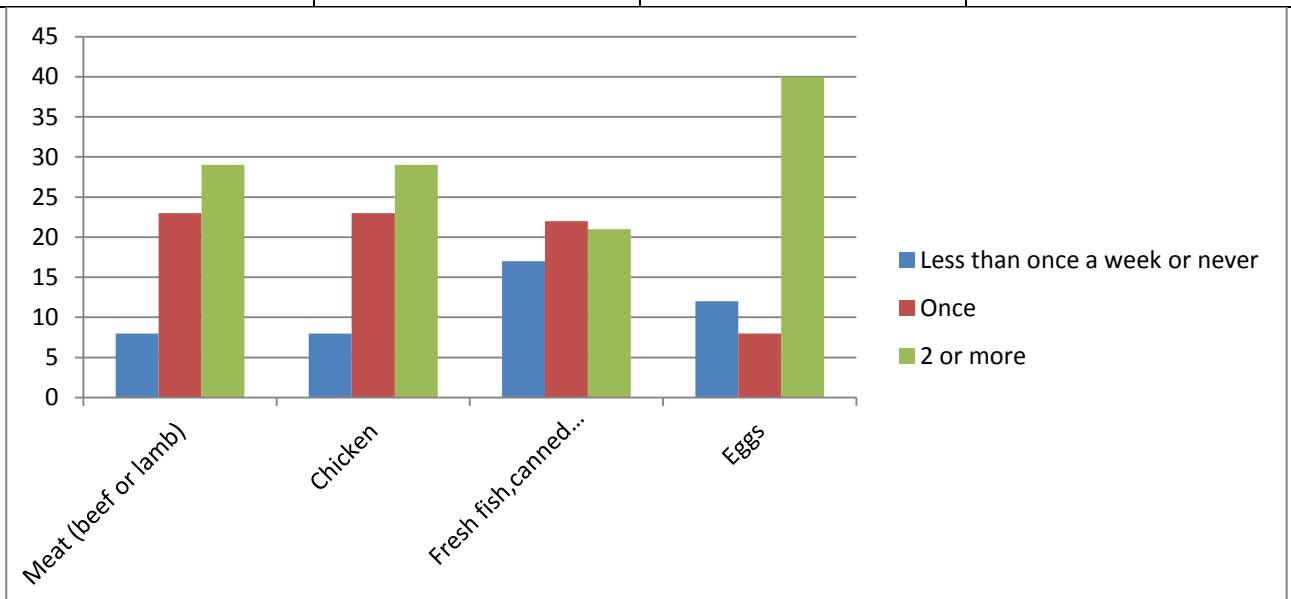
	<i>Less than once a week or never</i>	<i>Once a week or more often</i>
<i>Canned fruit</i>	<b>5</b>	<b>55</b>
<i>Fresh fruit salad</i>	<b>19</b>	<b>41</b>
<i>Dried fruit eg. sultanas, dried apricots..</i>	<b>34</b>	<b>26</b>
<i>Apple or pear</i>	<b>11</b>	<b>49</b>
<i>Orange, mandarin, grapefruit</i>	<b>6</b>	<b>54</b>
<i>Banana</i>	<b>11</b>	<b>49</b>
<i>Peach, plum or apricot</i>	<b>9</b>	<b>51</b>
<i>Pineapple</i>	<b>28</b>	<b>32</b>
<i>Grapes, strawberries, blueberries</i>	<b>11</b>	<b>49</b>



## - PROTEIN FOODS – MEAT/FISH/CHICKEN

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

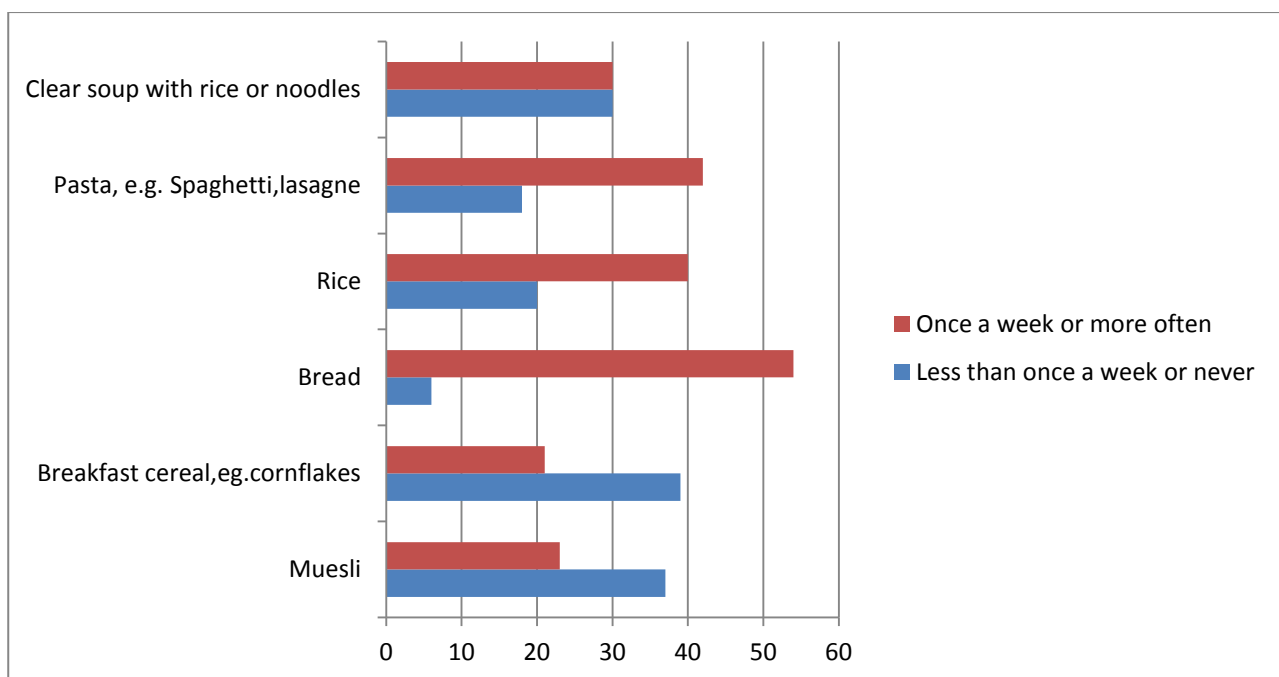
	<i>Less than once a week or never</i>	<i>Once</i>	<i>2 or more</i>
<i>Meat (beef or lamb), e.g. roast, steak</i>	<b>8</b>	<b>23</b>	<b>29</b>
<i>Chicken</i>	<b>8</b>	<b>23</b>	<b>29</b>
<i>Fresh fish, canned tuna, salmon, seafood</i>	<b>17</b>	<b>22</b>	<b>21</b>
<i>Eggs</i>	<b>12</b>	<b>8</b>	<b>40</b>



**- GRAINS**

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

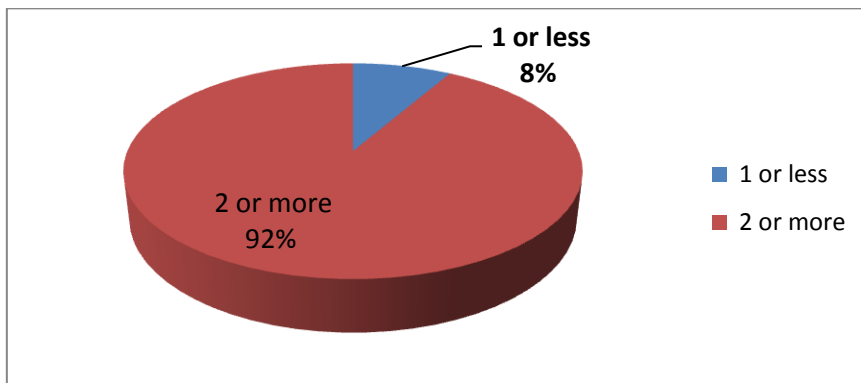
	<i>Less than once a week or never</i>	<i>Once a week or more often</i>
<b>Muesli</b>	<b>37</b>	<b>23</b>
<b>Breakfast cereal, e.g. Cornflakes</b>	<b>39</b>	<b>21</b>
<b>Bread</b>	<b>6</b>	<b>54</b>
<b>Rice</b>	<b>20</b>	<b>40</b>
<b>Pasta, e.g. spaghetti, lasagne</b>	<b>18</b>	<b>42</b>
<b>Clear soup with or noodles</b>	<b>30</b>	<b>30</b>



**- DAIRY**

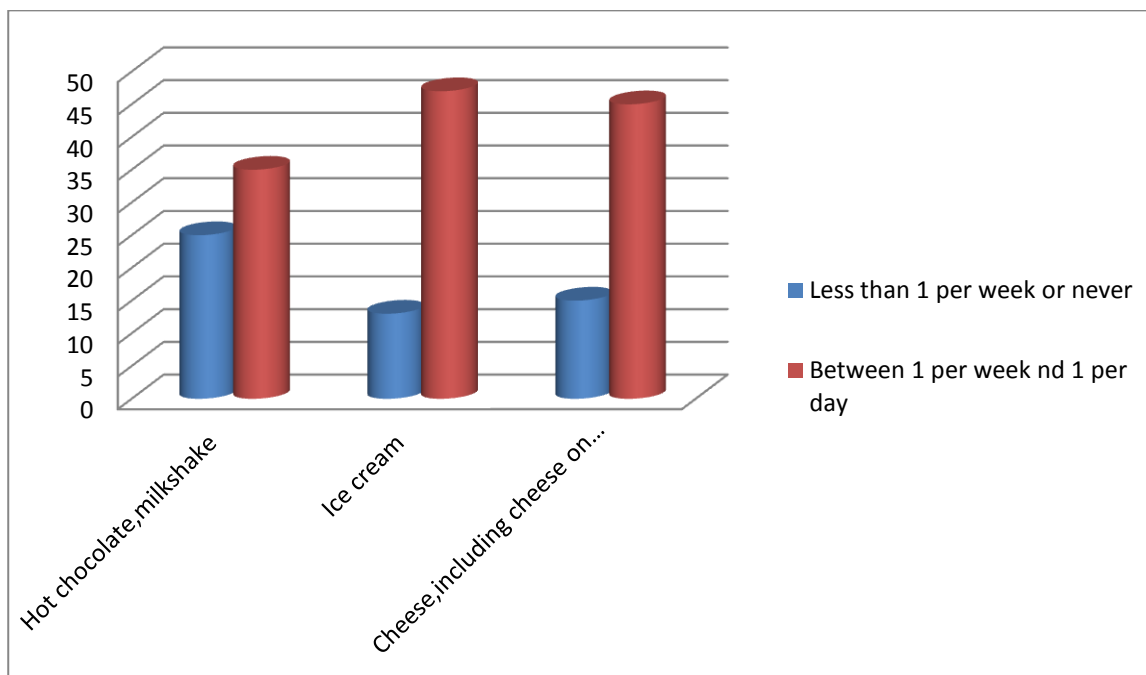
**How many times a day you have a glass of milk, yogurt or a slice of cheese?**

<b>1 or less</b>	<b>2 or more</b>
<b>5</b>	<b>55</b>



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

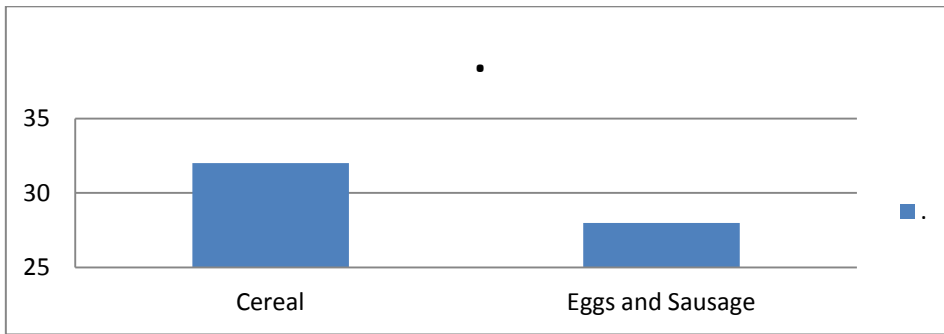
	<i>Less than 1 per week or never</i>	<i>Between 1 per week and 1 per day</i>
<i>Hot chocolate, milkshake</i>	<b>25</b>	<b>35</b>
<i>Ice cream</i>	<b>13</b>	<b>47</b>
<i>Cheese, including cheese on sandwiches or on toast</i>	<b>15</b>	<b>45</b>



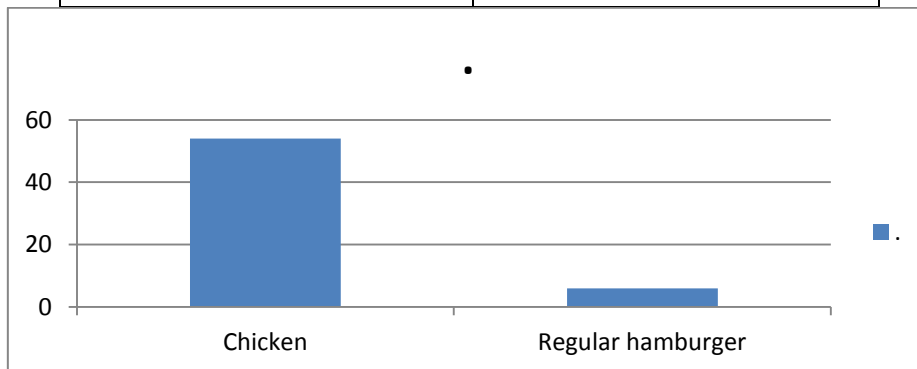
Please CIRCLE ONE of the two foods that you think is better for your health



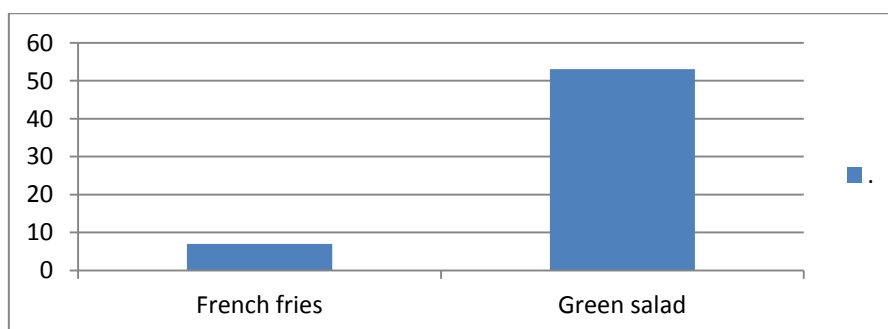
a. cereal	b. eggs and sausage
<b>32</b>	<b>28</b>



a.chicken	b. regular hamburger
<b>54</b>	<b>6</b>



a. French fries	b. green salad
<b>7</b>	<b>53</b>



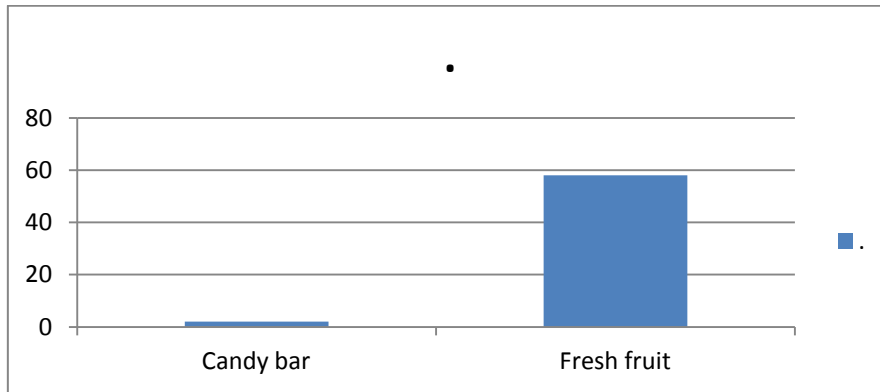




a. candy bar

b. fresh fruit

2	58
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a. fruit juice

b. drinks

59	1
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