

Code:.....

## Questionnaire

*Dear student!*

*Our school is participating in a scientific study on students' dietary habits. Please help us by filling in this questionnaire. There are no right or wrong answers to the questions; the researchers want to know your opinion. Your answers will not be read by anyone other than the researchers. If there are any questions you do not wish to answer, please leave them blank and continue to the next question. You only need to write the code your teacher gave you on the questionnaire. We appreciate your help!*

**1. List three things you like to do best!**

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**2. What are your three favourite meals?**

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**3. What are your three favourite drinks?**

.....

**4. Tick all the statements that are true for you.**

- |  |   |
|--|---|
| <input type="checkbox"/> I have many friends                 | <input type="checkbox"/> I'm often bored            |
| <input type="checkbox"/> I like to do sports                 | <input type="checkbox"/> I'm hard-working           |
| <input type="checkbox"/> I check Facebook often              | <input type="checkbox"/> I like to play on my phone |
| <input type="checkbox"/> I like to be lazy                   | <input type="checkbox"/> I like to study            |
| <input type="checkbox"/> I have goals that I want to achieve | <input type="checkbox"/> Sometimes I feel lonely    |

**5. How should you live healthily?**

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**6. How do you usually have breakfast on a school day?**

- at home, before school
- I buy myself my breakfast on the way to school
- I buy myself my breakfast in the school canteen
- I do not eat breakfast
- other – please name it: .....

**7. When you buy breakfast for yourself, what do you usually buy?**

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**8. What are the two things you buy most often in the school canteen?**

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**9. List three things that come to mind about carbonated soft drinks in general.**

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**10. List three things that come to mind about energy drinks in general.**

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**11. List three things that come to mind about fruit juices in general.**

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**12. Which drink would you prefer if you could choose anything? You can select only one drink!**

- |   |   |
|---|---|
| <input type="checkbox"/> tea                  | <input type="checkbox"/> carbonated soft drink (soda) |
| <input type="checkbox"/> water, mineral water | <input type="checkbox"/> fruit juice                  |
| <input type="checkbox"/> milk                 | <input type="checkbox"/> syrup                        |
| <input type="checkbox"/> energy drink         | <input type="checkbox"/> other – name it: .....       |
| <input type="checkbox"/> chocolate milk       |   |

**13. Why do you prefer this drink?**

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**14. How often do you drink carbonated soft drinks?**

- daily
- more than once a week
- less than once a week
- I do not drink any carbonated soft drinks.

**15. On a day when you drink carbonated soft drinks, how much do you usually drink?**

- 1 glass
- 2 glasses
- 3 or more glasses
- I do not know

**16. How healthy do you think it is to drink carbonated soft drinks?** Grade it as is customary at school: a grade of 1 means drinking carbonated soft drinks is very unhealthy. A rating of 5 means drinking a carbonated soft drink is very healthy. *Circle your answer!*

1 – 2 – 3 – 4 – 5 I cannot decide

**17. Please shortly explain why you think so!**

.....

**18. How often do you drink energy drinks?**

- daily
- more than once a week
- less than once a week
- I do not drink any energy drinks.

**19. If you drink energy drinks, why do you drink them?**

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**20. On a day when you drink energy drinks, how much do you usually drink?**

- 1 can (250 ml)
- 2 cans (500 ml)
- 3 or more cans
- I do not know

**21. How healthy do you think it is to drink energy drinks?** Grade it as is customary at school: a grade of 1 means drinking carbonated soft drinks is very unhealthy. A rating of 5 means drinking a carbonated soft drink is very healthy. *Circle your answer!*

1 – 2 – 3 – 4 – 5 I cannot decide

**22. Please shortly explain why you think so!**

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**23. How often do you drink fruit juices?**

- daily
- more than once a week
- less than once a week
- I do not drink any fruit juices.

**24. On a day when you drink fruit juices, how much do you usually drink?**

- 1 can (250 ml)
- 2 cans (500 ml)
- 3 or more cans
- I do not know

**25. How healthy do you think it is to drink fruit juices?** Grade it as is customary at school: a grade of 1 means drinking carbonated soft drinks is very unhealthy. A rating of 5 means drinking a carbonated soft drink is very healthy. *Circle your answer!*

1 – 2 – 3 – 4 – 5 I cannot decide

**26. Please shortly explain why you think so!**

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**Thank you for your responses!**

The original version of the questionnaire in Hungarian is available: <https://tinyurl.com/ye8vxvcj>