

Questionnaire – Evaluation of the Nutritional Status

Name of the student:

Date of birth:

Educational establishment:

School year: Class: Nº:

Answer as correctly as possible to the following questions. Write the word 'True' on the selected option.

1 – Do it eat breakfast? (select only one answer)

- a) every day
- b) less then 4 times a week
- c) never eat breakfast

2 – Usually I eat and drink at breakfast (select all the correct answers)

- a) bread with butter, ham, cheese
- b) cakes, cookies or other sweetmeats
- c) plain milk or yogurt
- d) chocolate milk, cocoa or coffee

3 – Relatively to lunch and dinner (select only one answer)

- a) always eat soap at least once a day
- b) only eat soap 4 or less times a week

c) never eat soap

Relatively to vegetables and salads (select only one answer)

a) eat salads and/or boiled vegetables every day

b) only eat salads and/or boiled vegetables 4 or less times a week

c) usually never eat salads and/or boiled vegetables

Fish and/or meat (select only one answer)

a) eat fish and/or meat every day

b) eat fish and/or meat at least 4 times a week

c) eat fish and/or meat less than 4 times a week

d) usually don't eat fish nor meat

4 – Fruit (don't consider canned fruit) (select only one answer)

a) eat daily 3 or more pieces of fruit

b) eat at least 1 piece of fruit daily

c) eat 4 or less pieces of fruit per week

d) usually never eat fruit

5 – Candies, desserts, chocolates, pizzas, hamburgers, ice creams (select only one answer)

a) every day I eat 1 of the mentioned foods

b) eat at least 4 times a week one of the mentioned foods

c) eat less than 4 times a week one of the mentioned foods

d) usually don't eat any of the mentioned foods

6 – Soft drinks, capsule juices or tin with or without gas, coca-cola (select only one answer)

a) drink daily one of the mentioned drinks

b) drink more than 4 times a week one of the mentioned drinks

c) drink less than 4 times a week one of the mentioned drinks

d) usually don't drink any of the mentioned drinks

7 – Number of daily meals (select only one answer)

a) I have more than 4 meals a day

b) usually I have 4 meals a day

c) usually I have 3 meals a day

Leisure time

Sports or cultural activities

1- Do you practice any sport activity, besides the Physical Education you have at school?

Yes

No

Which one?

If you do, how many hours a week?

a) 3 or more hours

b) 2 hours

c) less than 2 hours

Do you usually walk more than 30 minutes a day? (select only one answer)

a) Yes

b) No

Daily habits – television or videogames like Game Boy, Playstation, PSP

Daily you watch television and/or play videogames more than 120 minutes (or 2 hours)

Daily you watch television and/or play videogames less than 120 minutes (or 2 hours)