

# Survey on eating habits of youth

We want to research eating habits at young in 4 countries

**Do you eat healthy food?**

- yes
- no

**Do you eat enough carbohydrates?**

- yes
- no

**Do you eat a lot of junk food?**

- yes
- no

**Do you eat enough vegetables and fruit?**

- yes
- no

**Do you agree with a statement that young people don't eat enough healthy food?**

- agree
- disagree

**How often do you eat candies?**

- often
- sometimes
- never

**Are vending machines with food good for school children?**

- yes
- no

**Are automats with sweets good for young?**

- yes
- no

**Do you have breakfast in the morning?**

- yes
- no

**How many meals do you have in one day?**

- 2
- 3
- 4
- more than 4

**Do you eat a snack after dinner?**

- yes
- no

**When do you have your last meal?**

- 5 pm
- 6 pm
- later

**How often do you eat vegetables?**

- often
- sometimes
- never

**Do you agree that young people eat to much?**

- yes
- no

**How often do you eat fish and nuts**

- often
- sometimes
- never

**How often do you drink milk or eat diary products (cheese, yoghurt, etc)?**

- often
- sometimes
- never

no

**Are you informed about healthy food?**

yes

no

**Do you sometimes try to eat something new?**

yes

no

**Is obesity common among young people?**

yes

no

**Do you drink a lot sodas, like Coca Cola, Monster, etc?**

yes

no

**Do you know that fruit and vegetables contain a lot of vitamins?**

yes

no

**Do you sometimes count the calories (how much do you eat in one day)?**

yes

no

**Do you drink enough water?**

yes

no

**How much bread do you eat?**

a lot

a little bit

i don't eat bread

Pošalji