



Co-funded by the
Erasmus+ Programme
of the European Union

Erasmus+ project
„Keep fit and be healthy“
2017-2019

Survey about eating habits



Survey about eating habits

Hello,

Please take a few minutes of your time to fill in the following survey.

*Required

1. How many times a day do you eat? *

Mark only one oval.

- 1
- 2
- 3
- 4
- other

2. Please answer the following according to your particular eating habits *

Mark only one oval per row.

	Yes	Sometimes	No
I eat a good breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experience feelings of hunger during the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat meat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat dairy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat sweets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. What meal would you consider to be your main meal of the day? *

Mark only one oval.

- Breakfast
- Lunch
- Dinner
- Other:

4. What does your main meal consist of and how is it prepared? *

Mark only one oval.

- Freshly home-cooked produces
- Restaurant meal
- Pre-cooked, microwave or TV snacks
- Other:

5. What does your main meal on the weekend consist of and how is it prepared? *

Mark only one oval.

- Freshly home-cooked produces
- Restaurant meal
- Pre-cooked, microwave or TV snacks
- Other:

6. Have you been avoiding some foods for health reasons? *

If yes, please write briefly which one/s

.....

7. Do you have any particular food allergies? *

If yes, please write briefly which one/s

.....

8. What is your weekly food intake frequency of the following food categories? *

Mark only one oval per row.

	Several times a day	Once a day	Several times a week	Less often	Never
Sweet foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salty foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. What percentage of your regular diet consists of meat and meat products? *

Mark only one oval.

- 90% or more
- 75%
- 50%
- Less than 25%

10. How often do you eat fish? *

Mark only one oval.

- Twice a month
- At least twice a week
- At least once a week
- Every day
- Never

11. How much of your diet consists of vegetables and non-animal products? *

Mark only one oval.

- 90% or more
- 75%
- 50%
- Less than 25%

12. How many portions of fruit & vegetables do you eat daily? *

Mark only one oval.

- 1-2
- 2-3
- 4-5
- more than 5
- none

13. Do you or have you ever had cholesterol problems? *

Mark only one oval.

- Yes
- No
- I don't know

14. Which beverages do you usually drink between the meals? *

Tick all that apply.

- mineral water or tap water
- soft drinks (cola, orange, ice tea, energy drinks)
- fruit juice, fruit and milk shakes

15. How many glasses of water do you drink every day? *

Mark only one oval.

- 2-4
- 4-6
- 6-8
- more than 8
- less than 2

16. Which pre-workout snacks do you have before going to the gym/ running/dancing, etc? *

Mark only one oval.

- Greek yoghurt
- a hamburger with mayonnaise
- dried fruit & mixed nuts
- an apple
- a piece of chocolate cake

17. Which post-workout snacks do you have after the sports session? *

Mark only one oval.

- Hard-boiled eggs
- A green smoothie
- Fast-food
- Fish & vegetables
- Cakes / chocolate

18. For a food to be considered low-sugar, how much sugar do you think it should contain? *

Mark only one oval.

- No more than 15 g per 100 g of food
- No more than 5 g per 100 g of food
- No more than 10 g per 100 g of food
- Between 15 - 25 g per 100 g of food
- No more than 10-15 g per 100 g of food

19. For a drink to be considered low-sugar, how much sugar do you think it should contain? *

Mark only one oval.

- No more than 15g per 100 ml of drink
- No more than 5 g per 100 ml of drink
- No more than 10 g per 100 ml of drink
- No more than 2,5 g per 100 ml of drink
- No more than 10-15 g per 100 ml of drink

20. Do you know your current BMI (Body Mass Index) index? *

You can find your BMI here: <http://www.bmi-calculator.net/metric-bmi-calculator.php>

Mark only one oval.

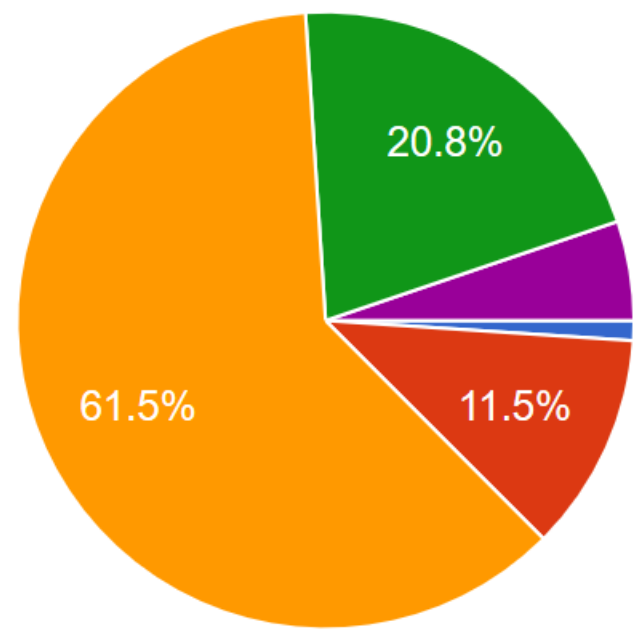
- Less than 18,5 (Underweight)
- 18,5-25 (Ideal weight)
- 25-30 (Overweight)
- 30-35 (Moderate obesity)
- 35-40 (Obesity)
- More than 40 (Morbidly obese)

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How many times a day do you eat?

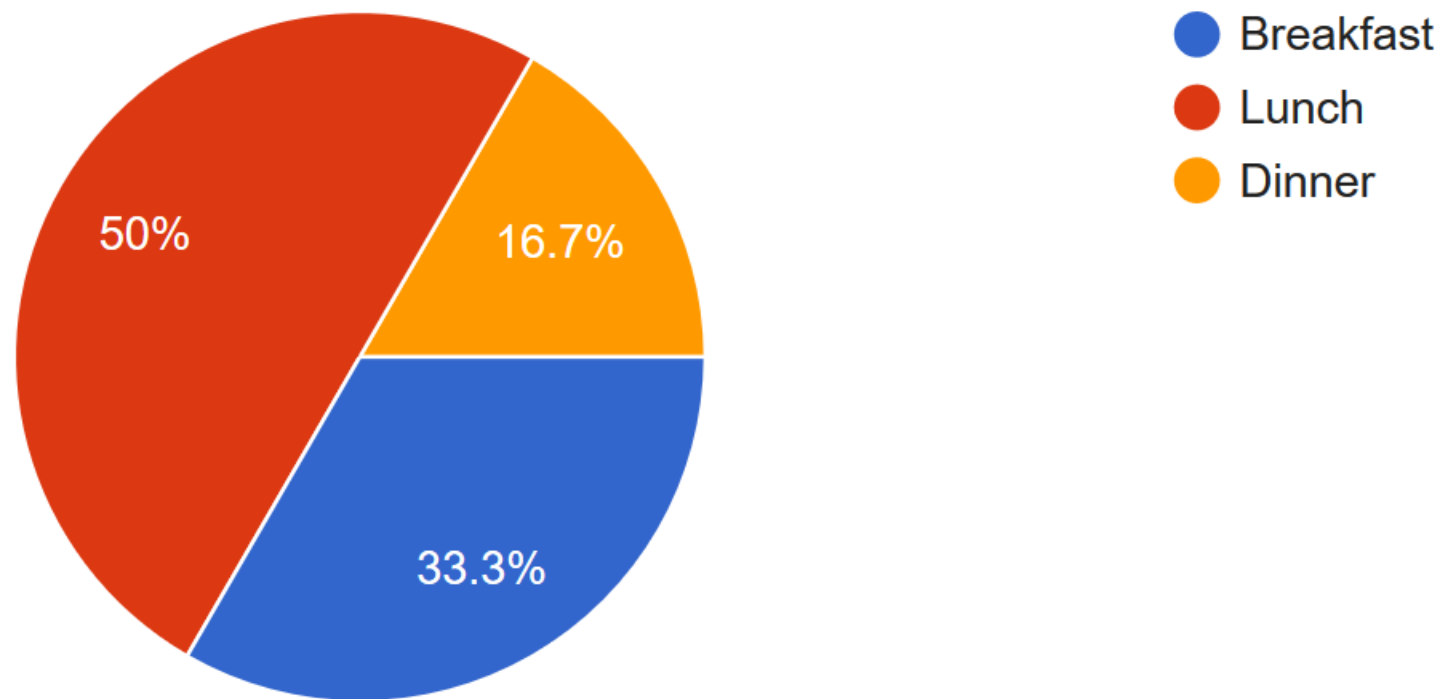
96 responses



- 1
- 2
- 3
- 4
- other

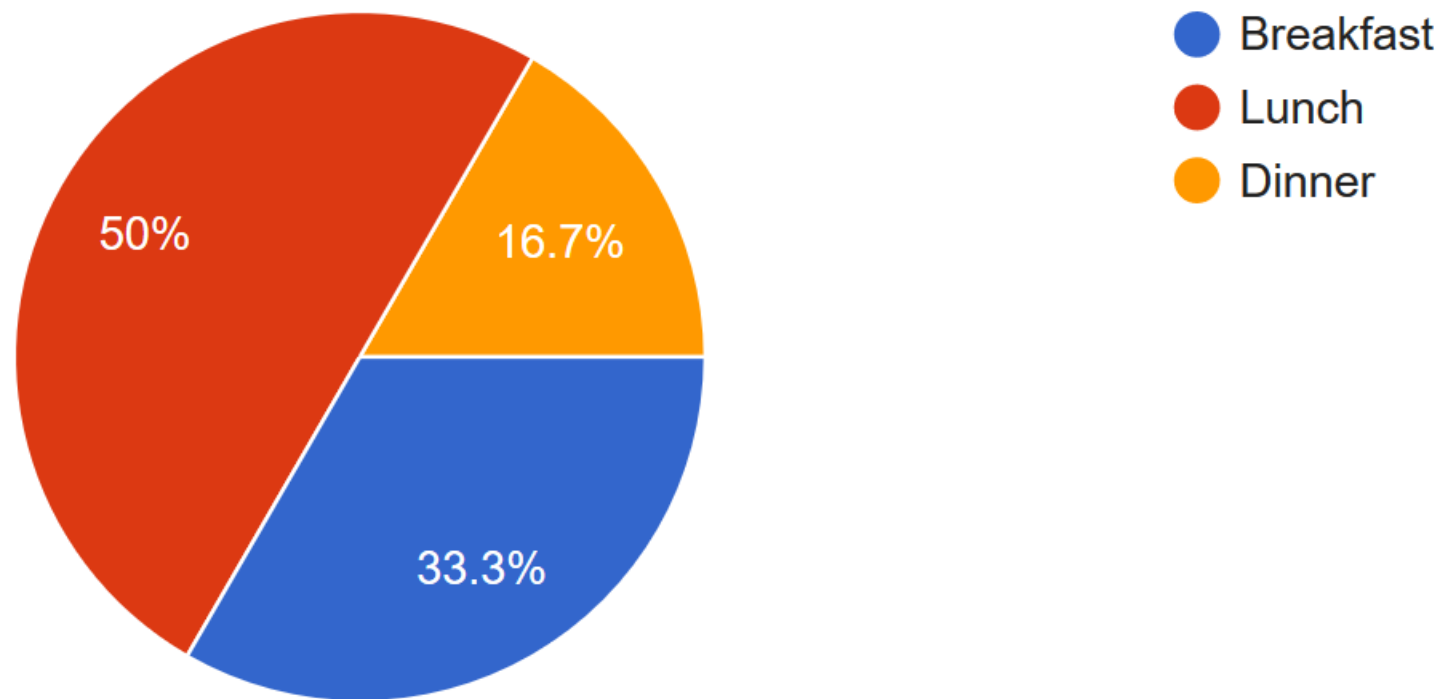
What meal would you consider to be your main meal of the day?

96 responses



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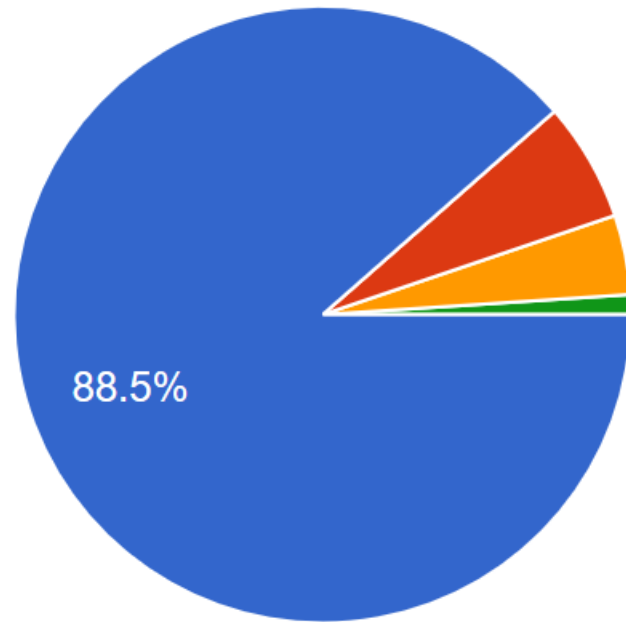
96 responses



What does your main meal consist of and how is it prepared?



96 responses

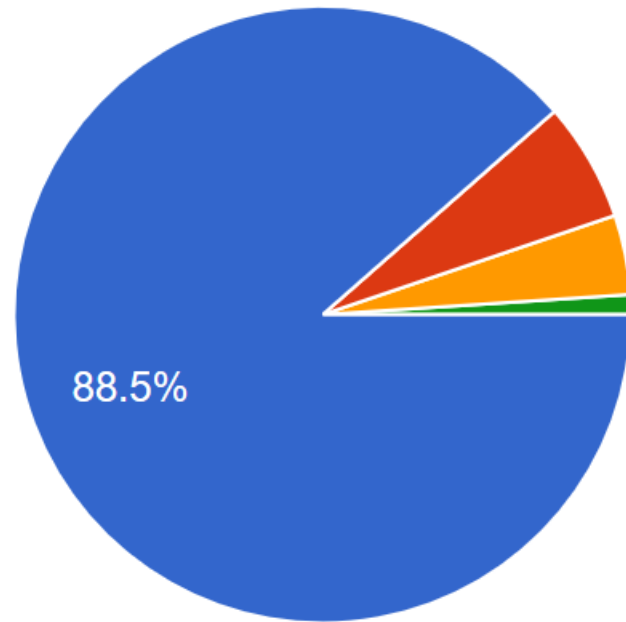


- Freshly home-cooked produces
- Restaurant meal
- Pre-cooked, microwave or TV snacks
- Depinde :si mancare gatita si dulciuri si snacks uri

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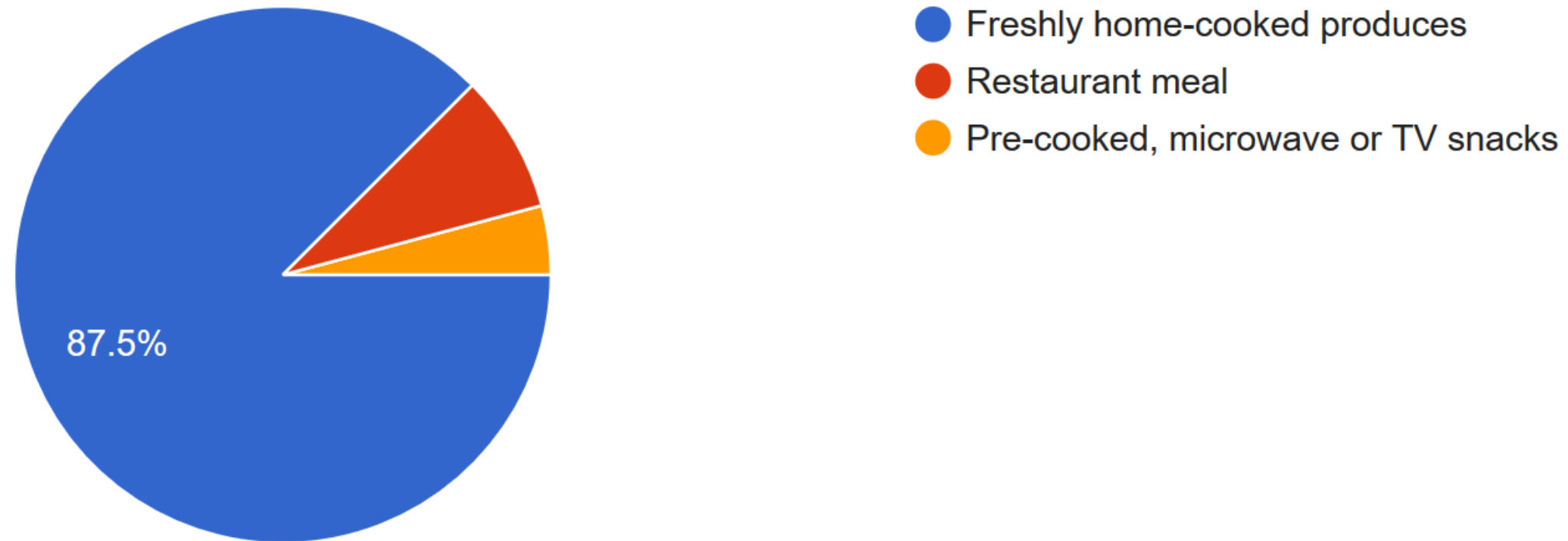
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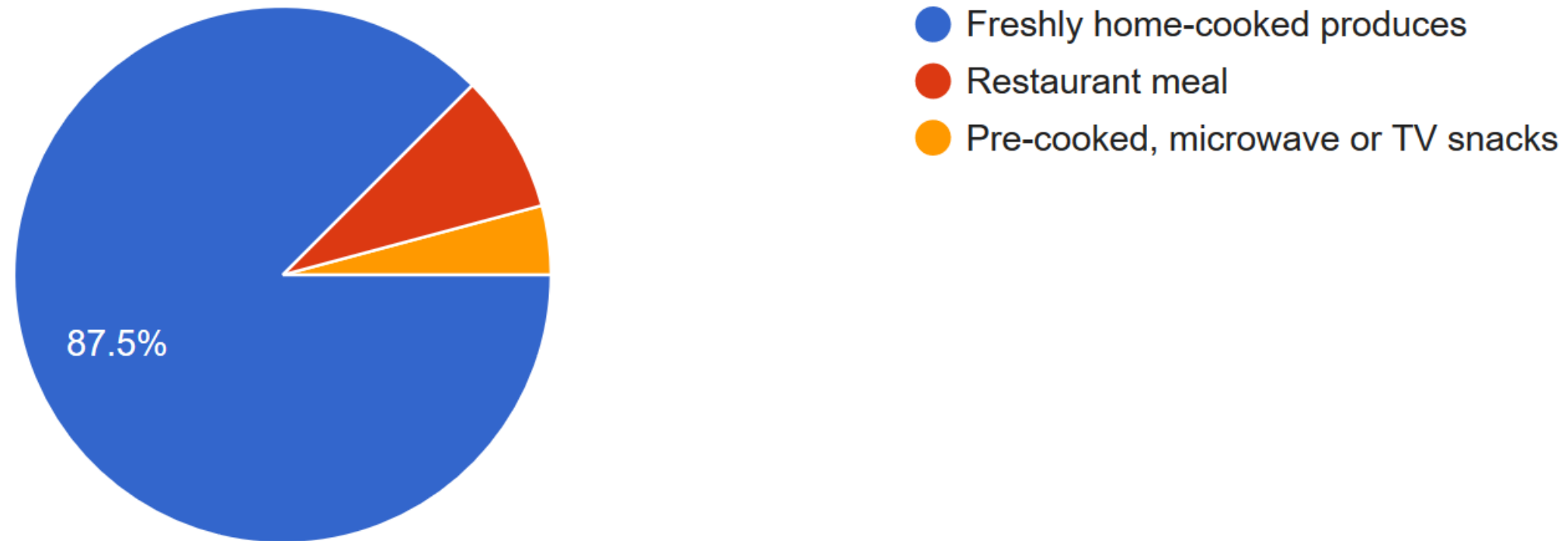
What does your main meal on the weekend consist of and how is it prepared?

96 responses

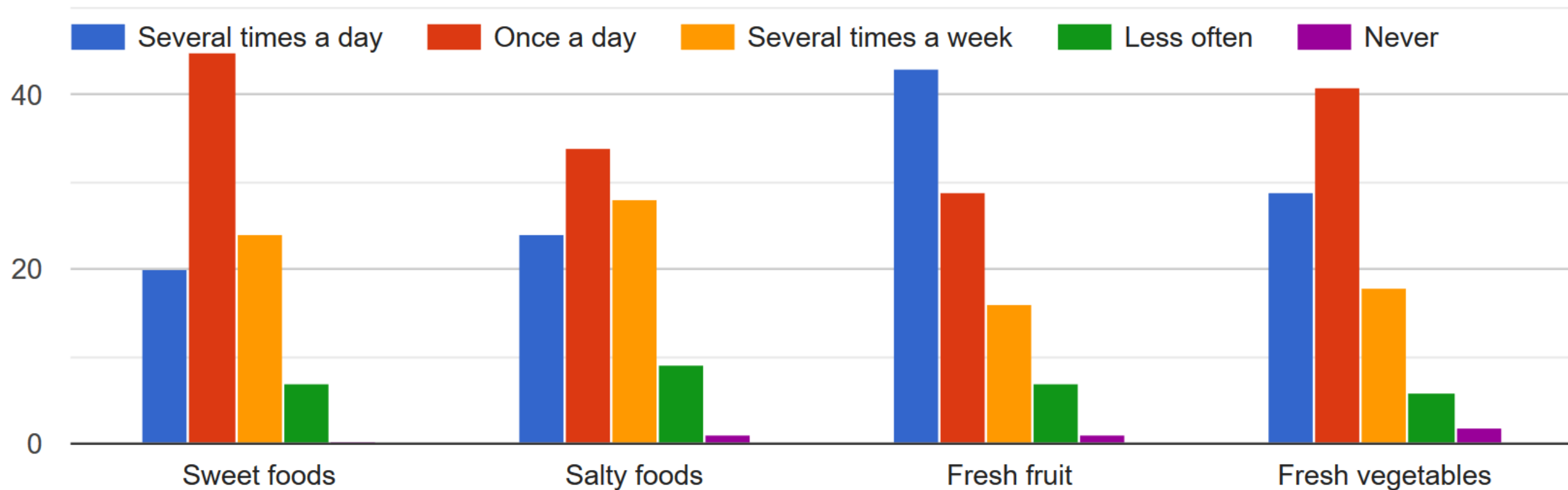


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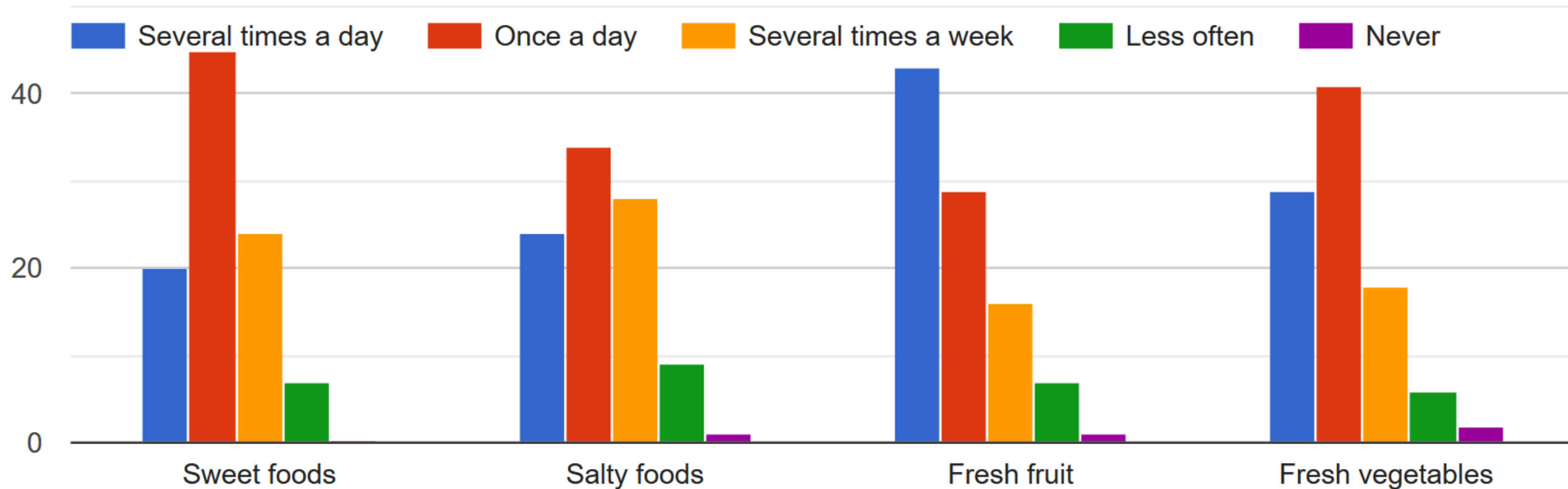
96 responses



What is your weekly food intake frequency of the following food categories?

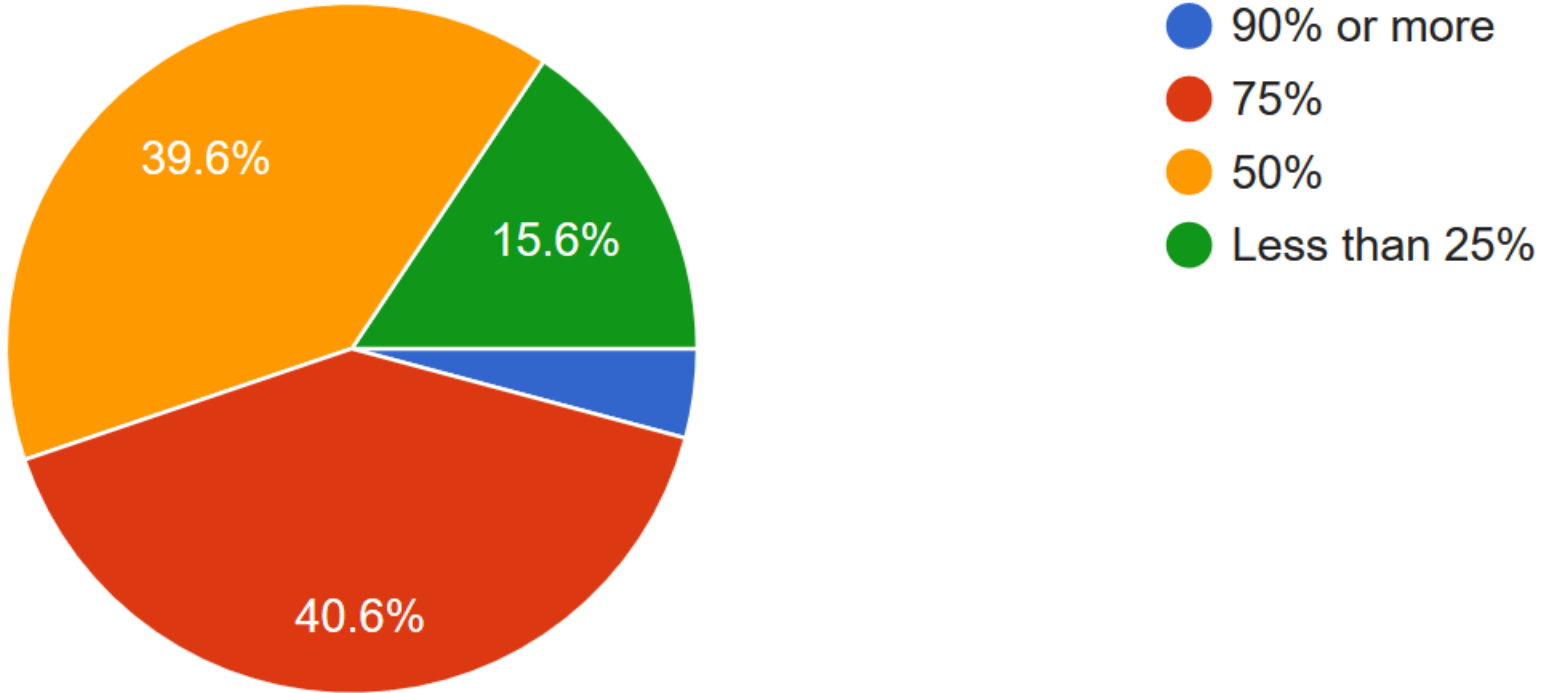


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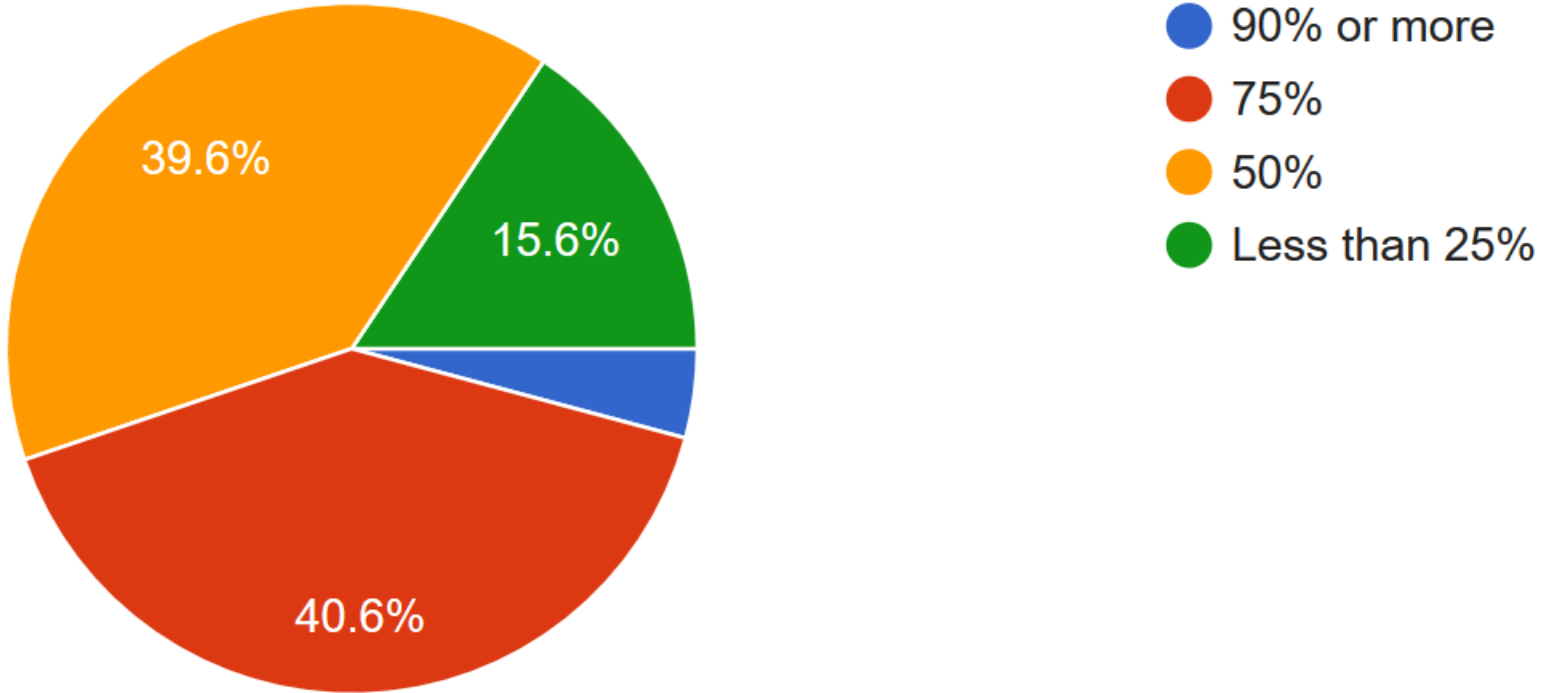
What percentage of your regular diet consists of meat and meat products?

96 responses



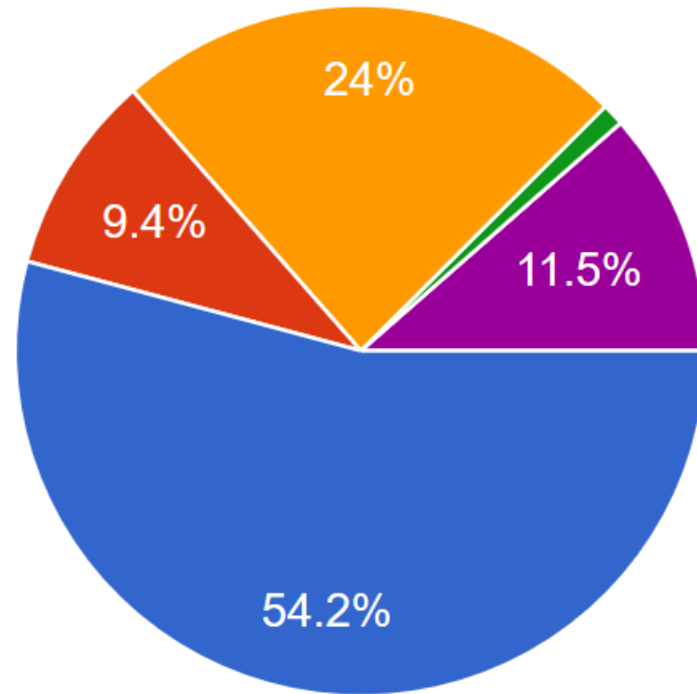
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How often do you eat fish?

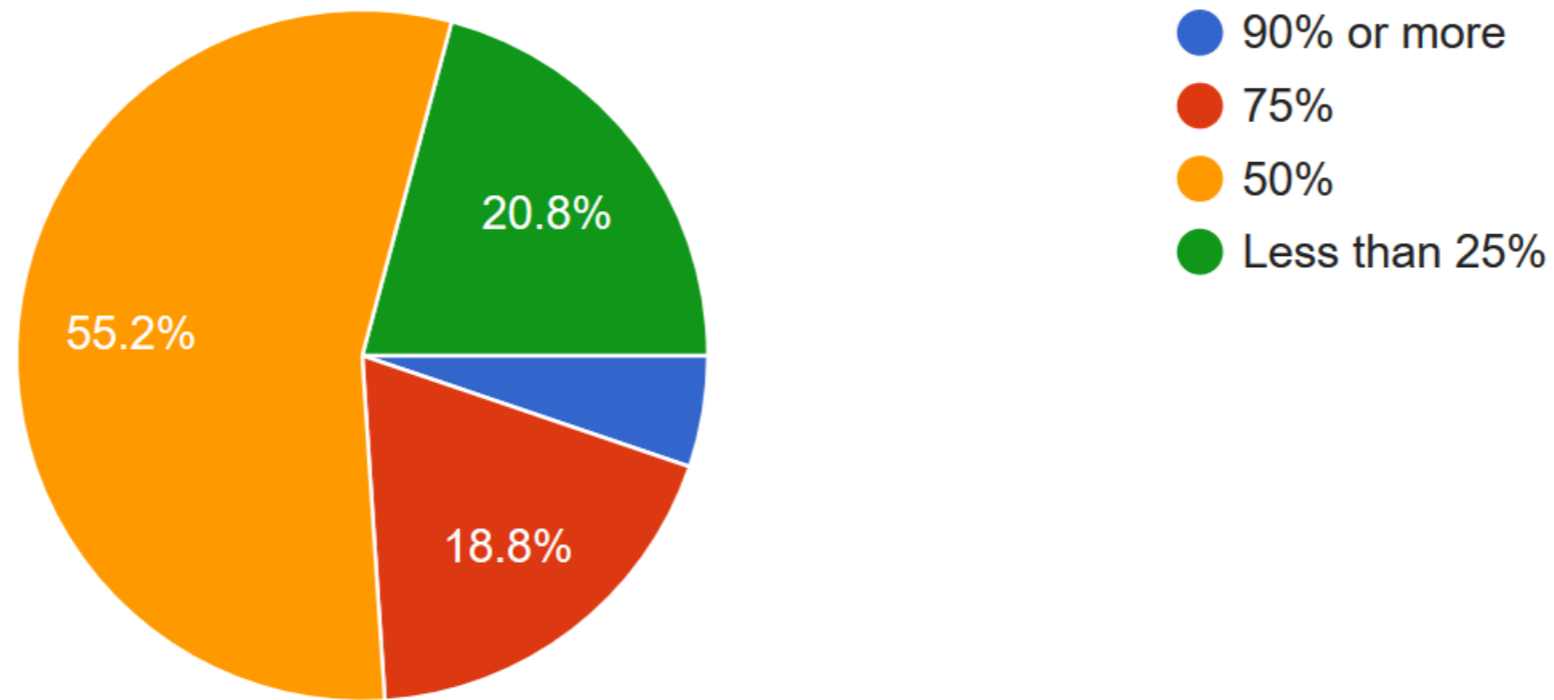
96 responses



- Twice a month
- At least twice a week
- At least once a week
- Every day
- Never

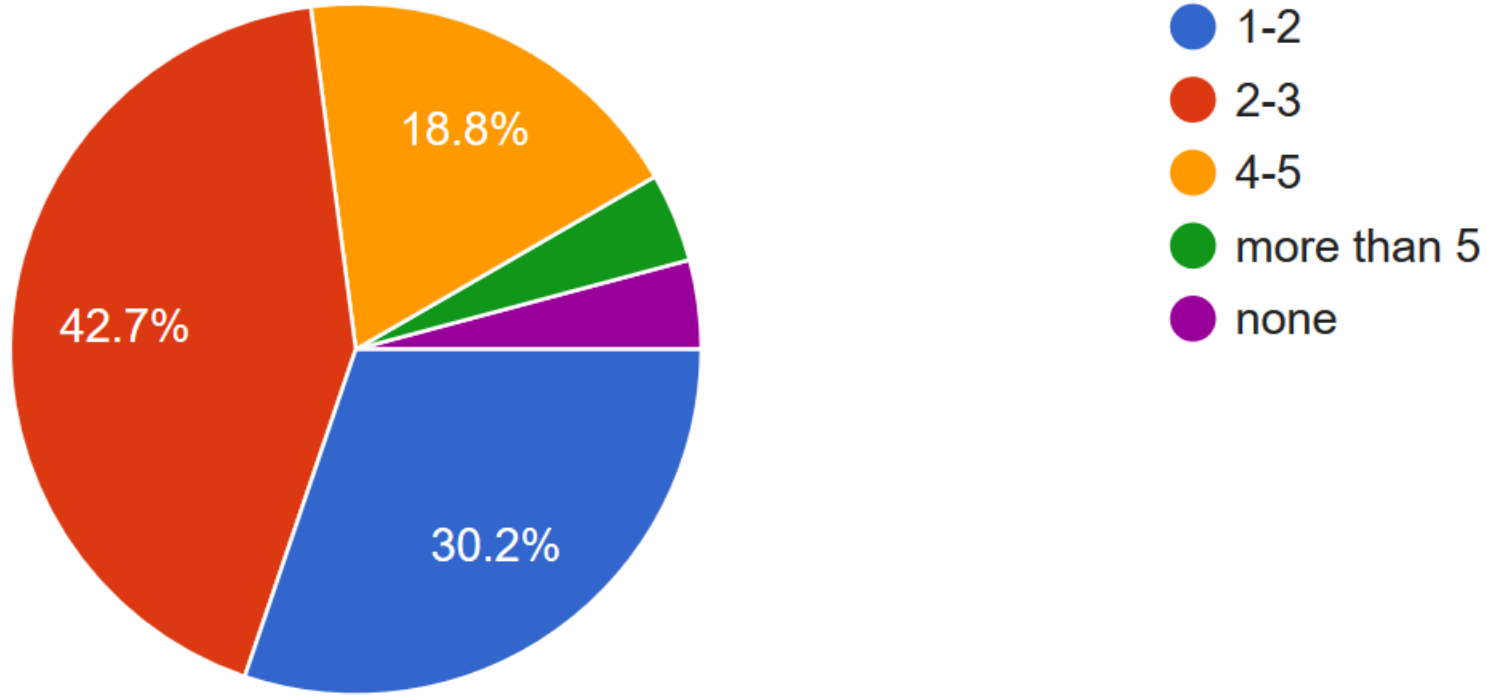
How much of your diet consists of vegetables and non-animal products?

96 responses



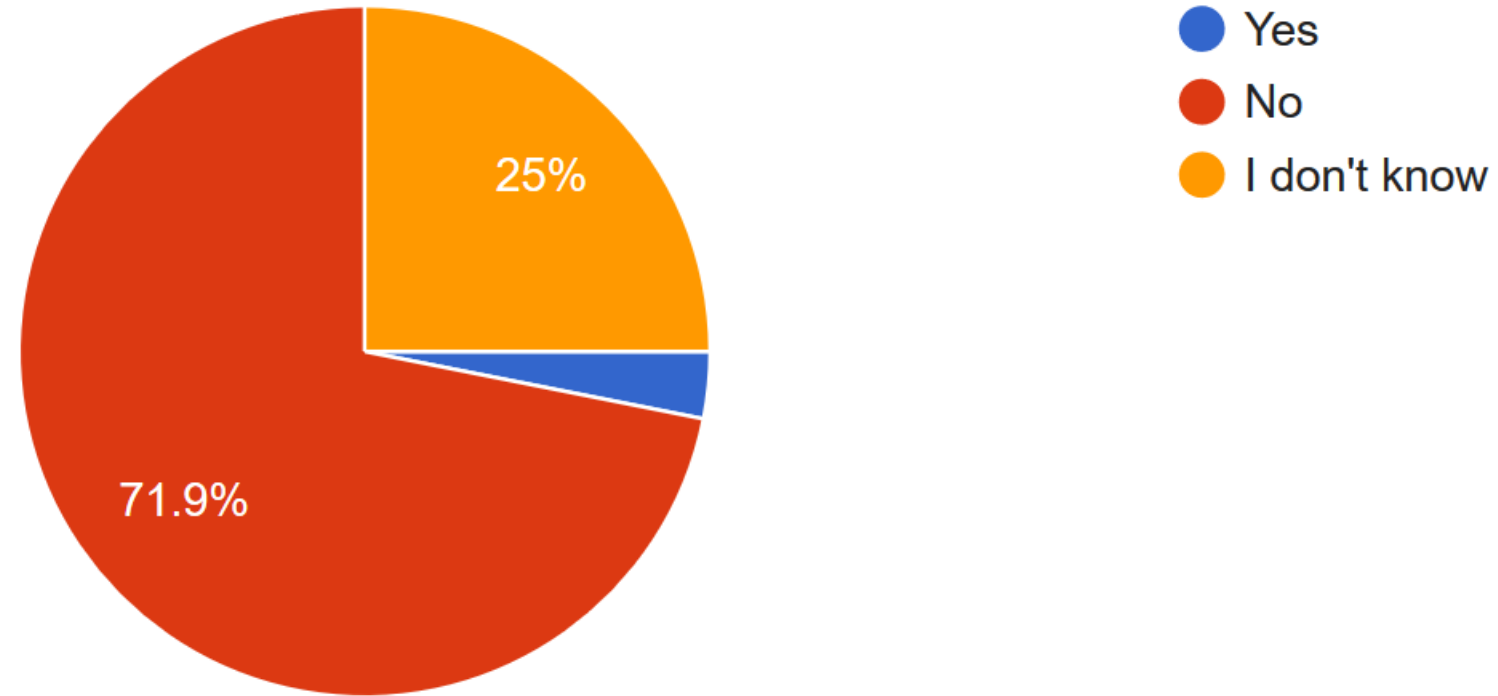
How many portions of fruit & vegetables do you eat daily?

96 responses



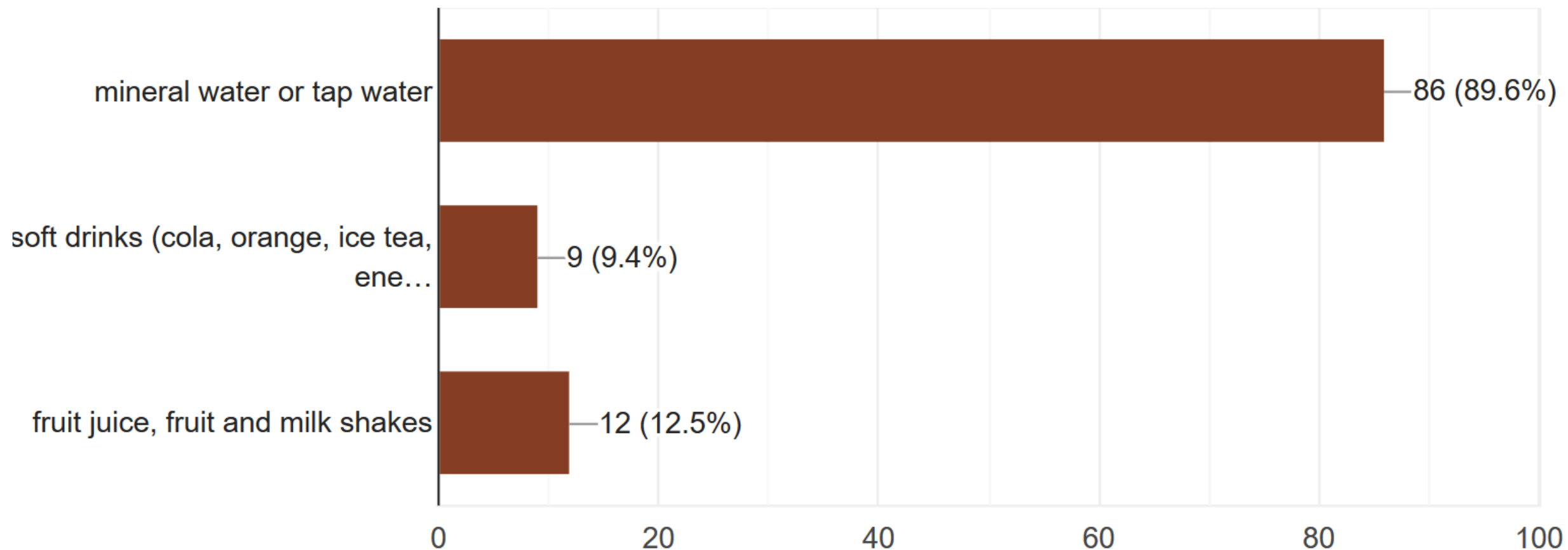
Do you or have you ever had cholesterol problems?

96 responses



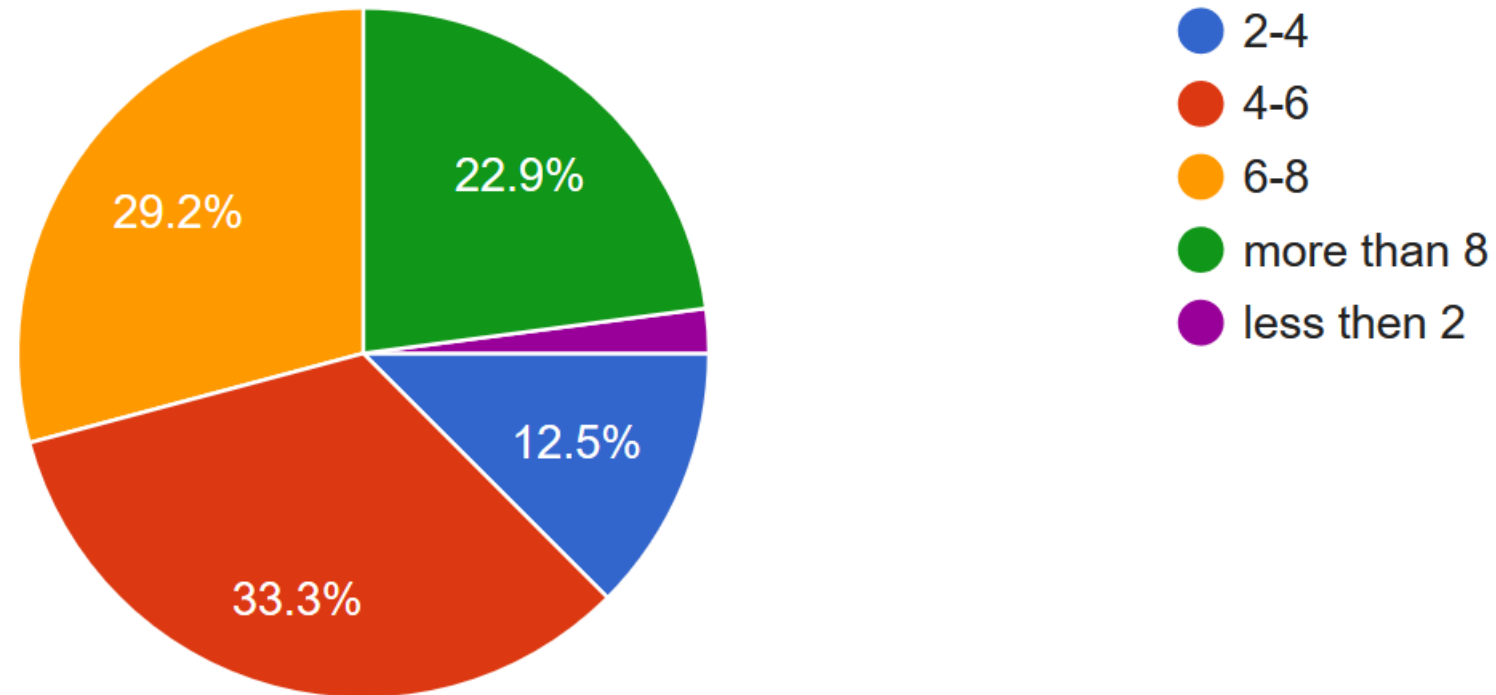
Which beverages do you usually drink between the meals?

96 responses



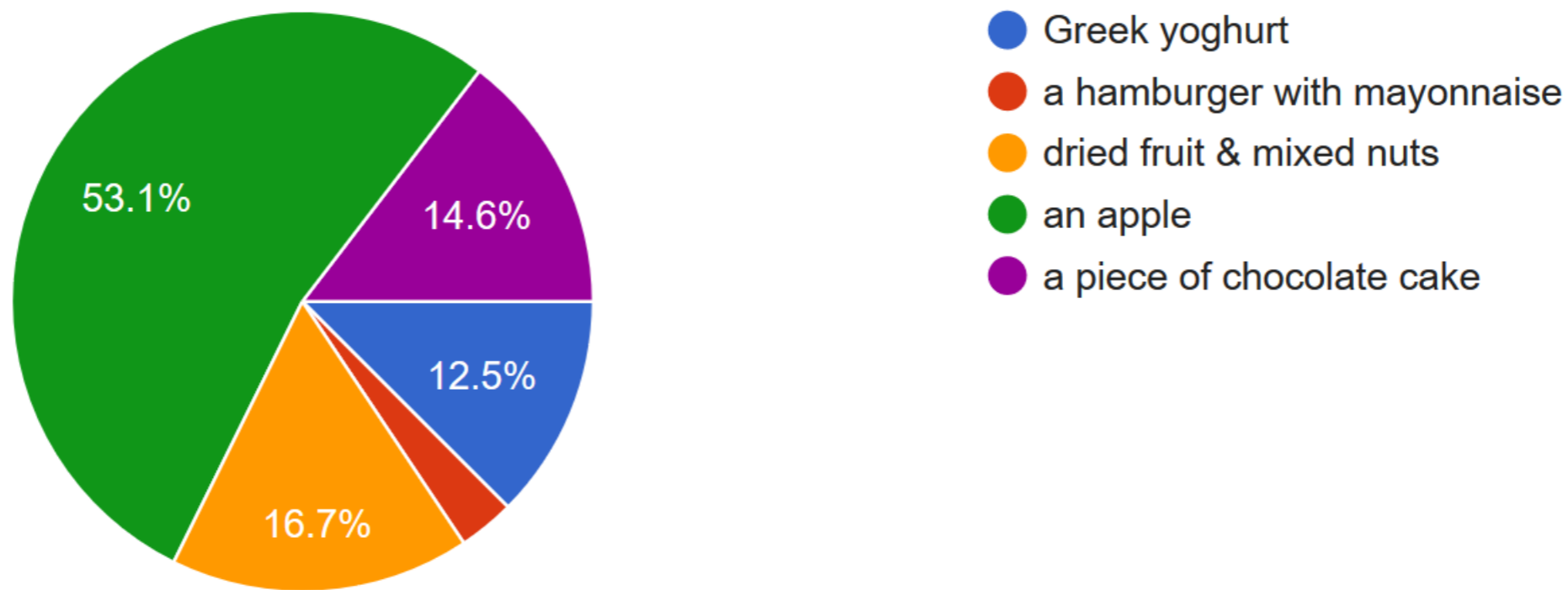
How many glasses of water do you drink every day?

96 responses



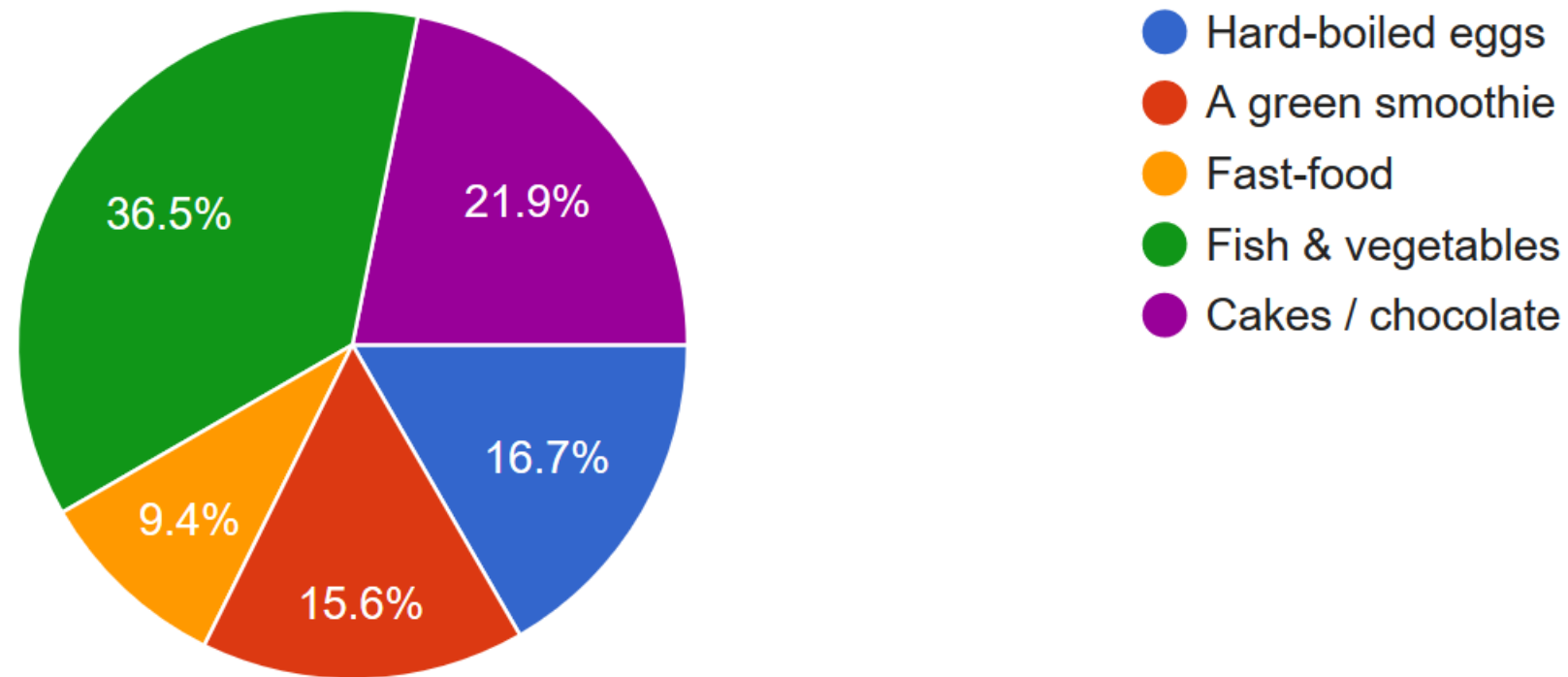
Which pre-workout snacks do you have before going to the gym/ running/dancing, aso?

96 responses



Which post-workout snacks do you have after the sports session?

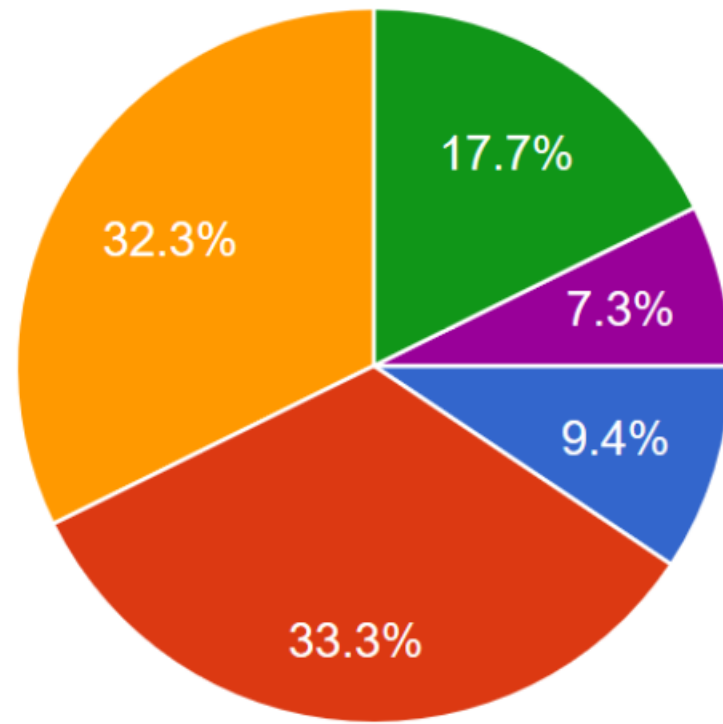
96 responses



For a drink to be considered low-sugar, how much sugar do you think it should contain?



96 responses

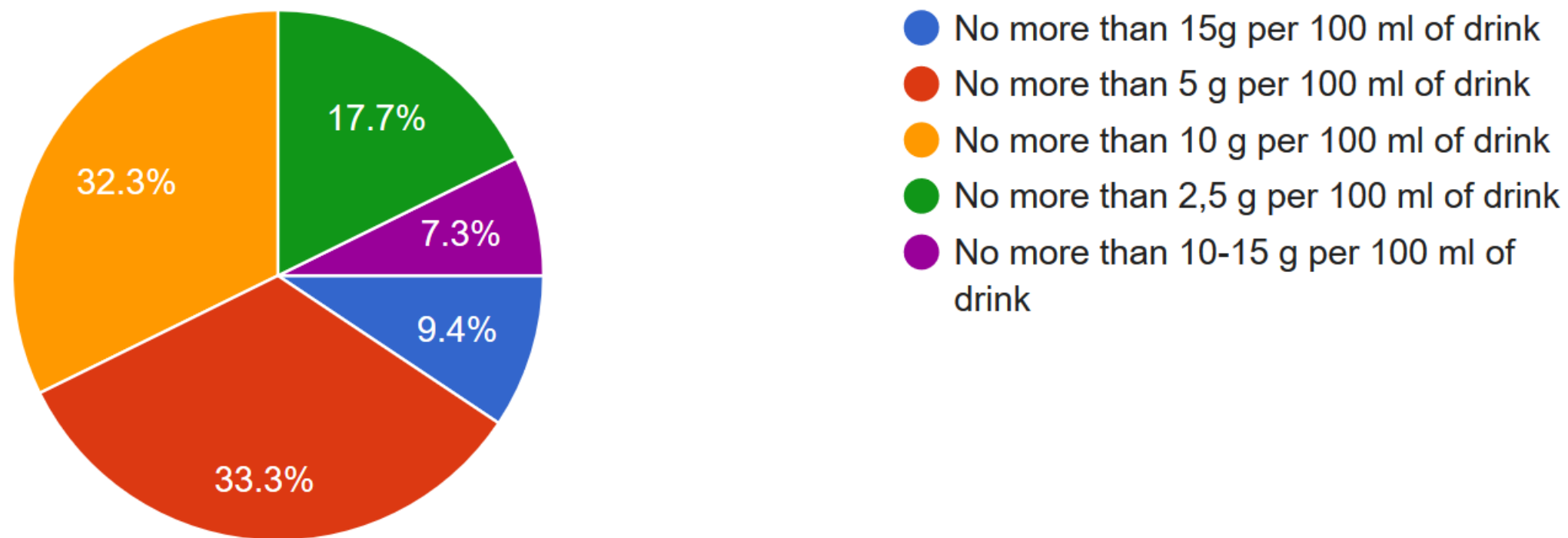


- No more than 15g per 100 ml of drink
- No more than 5 g per 100 ml of drink
- No more than 10 g per 100 ml of drink
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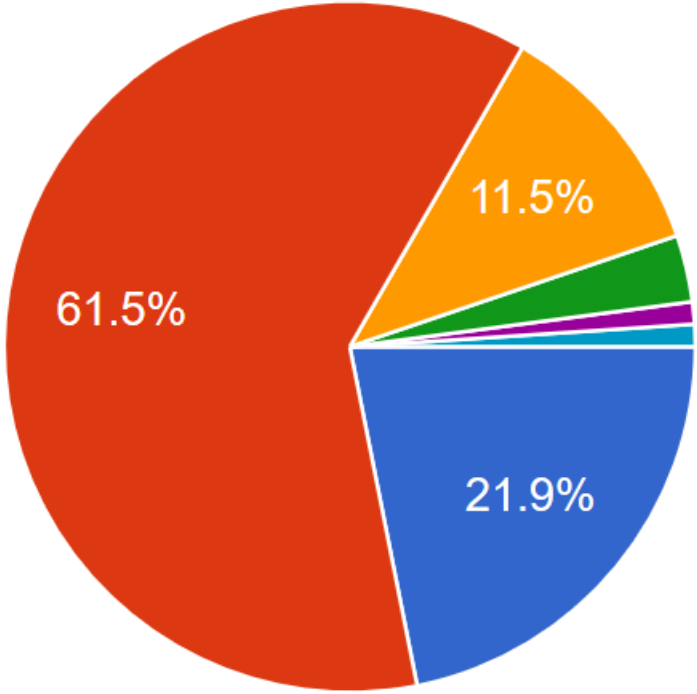


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96 responses



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