Breakfast Survey for Families

Please respond to the questions below by filling in the circles. Please fill in like this: ● Not like this ○

Did your child eat breakfast today?

○ Yes ○ No

What did your child eat for breakfast? You can choose more than one.

○ Milk ○ Fish ○ Cereal, Bread, Muffin, Bagel, Tortilla, Grits, Rice, Oatmeal, Cream of Wheat

○ Cheese ○ Beans ○ Other

○ Yogurt ○ Fruit or Fruit Juice ○ Other

○ Egg ○ Vegetable or Vegetable Juice

○ Meat

If other, please tell us what your child ate for breakfast.

[Blank Space]

Does your child usually eat breakfast?

○ Yes ○ No

How many days of the week does your child eat breakfast?

○ 0 ○ 3 ○ 6

○ 1 ○ 4 ○ 7

○ 2 ○ 5

Where does your child usually eat breakfast during the school week?

○ At home ○ On the bus

○ In the car ○ At school

Has your child ever eaten school breakfast?

○ Yes ○ No

How many days of the week does your child eat school breakfast?

○ 0 ○ 2 ○ 4

○ 1 ○ 3 ○ 5
If your child does not eat breakfast, please tell us why. You can choose more than one.

- He or she does not have time
- He or she is not hungry
- He or she is trying to lose weight
- He or she does not like breakfast foods
- My family does not eat breakfast
- His or her friends do not eat breakfast
- We do not have food to eat for breakfast
- Other

If other, please tell us why your child does not eat breakfast.

If your child does not eat school breakfast, please tell us why. You can choose more than one.

- He or she eats breakfast at home
- He or she does not have time
- He or she is not hungry
- He or she is trying to lose weight
- We did not know the school offered breakfast
- He or she does not like the menu/choices
- His or her friends do not eat breakfast
- We do not have money to buy breakfast
- Other

If other, please tell us why your child does not eat school breakfast.

Have you ever eaten school breakfast?

- Yes
- No

Would you allow your child to eat school breakfast?

- Yes
- No

How does eating breakfast help your child?

- Gives him or her energy
- Helps him or her get good grades in school
- Helps him or her to try new foods
- Wakes him or her up
- Helps him or her to be in a better mood
- Other
- Helps him or her to pay attention in class
- Helps him or her to be healthy
- It does not help my child

If other, please explain.