

## Breakfast Survey for Students

Please respond to the questions below by filling in the circles.

Please fill in like this: ● Not like this ⊗

Did you eat breakfast today?

- Yes  No

Where did you eat breakfast?

- At home  On the bus  
 In the car  At school

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

- |                              |   |  |
|------------------------------|---|--|
| <input type="radio"/> Milk   | <input type="radio"/> Fish                            | <input type="radio"/> Cereal, Bread, Muffin, Bagel,<br>Tortilla, Grits, Rice, Oatmeal,<br>Cream of Wheat |
| <input type="radio"/> Cheese | <input type="radio"/> Beans                           | <input type="radio"/> Other  |
| <input type="radio"/> Yogurt | <input type="radio"/> Fruit or Fruit Juice            |  |
| <input type="radio"/> Egg    | <input type="radio"/> Vegetable or Vegetable<br>Juice |  |
| <input type="radio"/> Meat   |   |  |

If other, please tell us what you ate for breakfast.

Do you usually eat breakfast?

- Yes  No

How many days of the week do you eat breakfast?

- |                         |                         |                         |
|-------------------------|-------------------------|-------------------------|
| <input type="radio"/> 0 | <input type="radio"/> 3 | <input type="radio"/> 6 |
| <input type="radio"/> 1 | <input type="radio"/> 4 | <input type="radio"/> 7 |
| <input type="radio"/> 2 | <input type="radio"/> 5 |                         |

If you do not eat breakfast, please tell us why. You can choose more than one.

- |  |   |
|--|---|
| <input type="radio"/> I do not have time             | <input type="radio"/> My family does not eat breakfast        |
| <input type="radio"/> I am not hungry                | <input type="radio"/> My friends do not eat breakfast         |
| <input type="radio"/> I am trying to watch my weight | <input type="radio"/> I do not have food to eat for breakfast |
| <input type="radio"/> I do not like breakfast foods  | <input type="radio"/> Other                                   |

If other, please tell us why you do not eat breakfast.

Have you ever eaten school breakfast?

- Yes  No

How many days of the week do you eat school breakfast?

- 0  1  2  3  4  5

If you do not eat school breakfast, please tell us why. You can choose more than one.

- I do not have time  I do not like the menu/choices  
 I am not hungry  My friends do not eat breakfast  
 I am trying to watch my weight  I do not have money to buy breakfast  
 I did not know I could eat breakfast at school  Other

If other, please tell us why you do not eat school breakfast.

How does eating breakfast help you? You can choose more than one.

- Gives me energy  Helps me to get good grades  Helps me try new foods  
 Wakes me up  Helps me to be in a better mood  Other  
 Helps me to pay attention  Helps me to be healthy  It does not help me

If other, please tell us how eating breakfast helps you.

How do you feel when you do not eat breakfast? You can choose more than one.

- I am hungry  I am tired  I have trouble paying attention in class  
 I have a headache  I do not have energy  
 I have stomachache  I feel grumpy  Other

If other, please tell us how you feel.