# 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
- [x] 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.

- [ ] Milk
- [ ] Fish
- [ ] Cereal, Bread, Muffin, Bagel, Tortilla, Grits, Rice, Oatmeal, Cream of Wheat, Other
- [ ] Cheese
- [ ] Beans
- [ ] Other
- [ ] Yogurt
- [ ] Fruit or Fruit Juice
- [ ] Vegetable or Vegetable Juice
- [ ] Egg
- [ ] Meat
- [ ] Other
- [ ] Other

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


Do you usually eat breakfast?

- [ ] Yes
- [x] No

How many days of the week do you eat breakfast?

- [ ] 0
- [ ] 3
- [ ] 6
- [ ] 1
- [ ] 4
- [ ] 7
- [ ] 2
- [ ] 5

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

- [ ] I do not have time
- [ ] My family does not eat breakfast
- [ ] My friends do not eat breakfast
- [ ] I am not hungry
- [ ] I am trying to watch my weight
- [ ] I do not have food to eat for breakfast
- [ ] I do not like breakfast foods
- [ ] 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 am not hungry
- I am trying to watch my weight
- 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
- Wakes me up
- Helps me to pay attention
- Helps me to get good grades
- Helps me to be in a better mood
- Helps me to be healthy
- Helps me try new foods
- Other
- 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 have a headache
- I have stomachache
- I am tired
- I do not have energy
- I feel grumpy
- I have trouble paying attention in class
- Other

If other, please tell us how you feel.