



Comenius Schoolpartnership

„slim and fit“

Projekt CML-K-BY-10-10866

Questionnaire

I. Questions about yourself (Please answer the following questions)

1. I am female ☐ male ☐

2. How tall are you? cm

3. What is your weight? kg

4. How old are you? years

5. What is your nationality? German ☐ Other nationality ☐

Which other nationality? _____

II. Questions on your eating habits

A. General eating habits

(Please mark the correct answer with an cross)

1. I regularly have (on school days)

	yes	no
breakfast	☐	☐
a snack during the break	☐	☐
lunch	☐	☐
an afternoon snack	☐	☐
dinner	☐	☐

2. How often do you have your meals together with your family?

daily ☐ several times a week ☐ rarely ☐ never ☐

3. How often do you eat wholemeal bread?

daily ☐ several times a week ☐ rarely ☐ never ☐

4. How often do you eat vegetables or salad?

daily ☐ several times a week ☐ rarely ☐ never ☐

5. How often do you eat fruit?

daily ☐ several times a week ☐ rarely ☐ never ☐

6. How often do you eat meat or sausage?

daily ☐ several times a week ☐ rarely ☐ never ☐

7. How often do you eat sweets?

daily ☐ several times a week ☐ rarely ☐ never ☐

8. How often do you drink soft drinks? (coke, lemonade)

daily ☐ several times a week ☐ rarely ☐ never ☐

9. How often do you eat fast food? (Burger, Döner, Pizza, French fries)

daily ☐ several times a week ☐ rarely ☐ never ☐

B. Eating habits in school

1. How much pocket money do you get monthly?

 €

2. If food and drinks are sold in school how often do you make use of it ?

daily ☐

several times a week ☐

rarely ☐

never ☐

3. What kind of drinks do you buy in this case?

coke ☐

lemonade ☐

juice ☐

soda water ☐

nothing ☐

4. What kind of food do you buy in this case?

sandwich ☐
with sausage

sandwich ☐
with cheese

☐☐☐

cake ☐

sweets ☐

fruit ☐

☐☐

5. How much money do you spend on average in this case?

 €

6. How often do you have lunch at school?

daily ☐

several times a week ☐

rarely ☐

never ☐

C. Perception of your own body

1. Do you think you are

too slim ☐

a bit too
slim ☐

just
right ☐

a bit too
stout/big ☐

fat ☐

2. What do you think could be the reason if you are overweight.

☐ I eat too much.

☐ I eat and drink too much fattening food.

☐ I don't have enough physical exercise.

☐ I often eat without being hungry.

☐ Other reasons: _____

3. How often do you check your weight?

daily ☐

several times a week ☐

rarely ☐

never ☐

4. Have you ever been on a diet?

☐ yes

☐ no

5. Would you like to change your weight?

☐ yes

☐ no

D. Sporting activities

1. How long does it take you do to get to school (one way) ?

minutes

2. How do you normally get to school?

on foot ☐

by bicycle ☐

by bus ☐

by car ☐

3. Do you like school sports?

☐ yes

☐ no

4. How often do you do sports in your leisure time (but not in a sports club)?

daily ☐

several times a week ☐

rarely ☐

never ☐

5. How much time a week do you spend on average with sporting activities (but not in a sports club)?

6. How often do you do sports in a sports club in your leisure time?

daily ☐

several times a week ☐

rarely ☐

never ☐

7. How much time a week do you spend on average with sporting activities in a sports club?

8.	Why do you do sports?	I dis-agree	I partly disagree	Partly true	I partly agree	I fully agree
a)	In order to stay healthy.					
b)	To keep my body in shape.					
c)	To improve my figure.					
d)	As contrast to my hectic day.					
e)	To spend my leisure time in a reasonable way.					
f)	In order to have fun with my friends.					