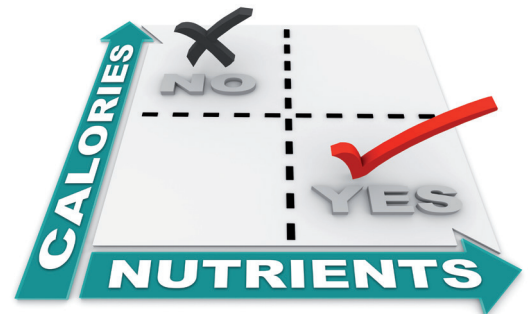


# Healthy eating questionnaire

**1** You are what you eat. Complete the healthy eating questionnaire to analyse your food habits. It will help you decide if you are a healthy eater or if you need to make some changes to improve your diet. Check the results below the questionnaire.



## Healthy Eating Questionnaire

Name: .....

Age: .....

Gender: .....

Height: ..... Waist: ..... Hips: .....

1. Do you eat a proper breakfast?

A Daily

B Sometimes

C I skip breakfast!

2. How many meals do you eat in a day?

A Five small meals

B Three moderate meals

C Two large meals

3. Do you have regular meals?

A Yes

B Mostly

C No

4. Do you follow the concept of the 'food pyramid'?

A Yes, absolutely!

B As much as possible

C Rarely

5. How many servings of fresh fruits and vegetables do you eat in a day?

A 5

B 3

C 1

6. Do you consume dairy products regularly?

A Yes

B Very seldom

C No

7. Which meat do you eat more often, red or white?

A White

B None, I'm a vegetarian

C Red

8. Does your diet include spicy and oily food?

A Not at all!

B Occasionally

C Most of the time

9. Do you snack between meals?

A Hardly ever

B Sometimes

C Always

10. What do you snack on?

A Fruits, nuts and raw vegetables

B Ice cream or chocolate

C Chips

Mostly A's: Well done, you're a healthy eater!  
Mostly B's: Try some small changes to your diet!  
Mostly C's: You need to improve your diet!