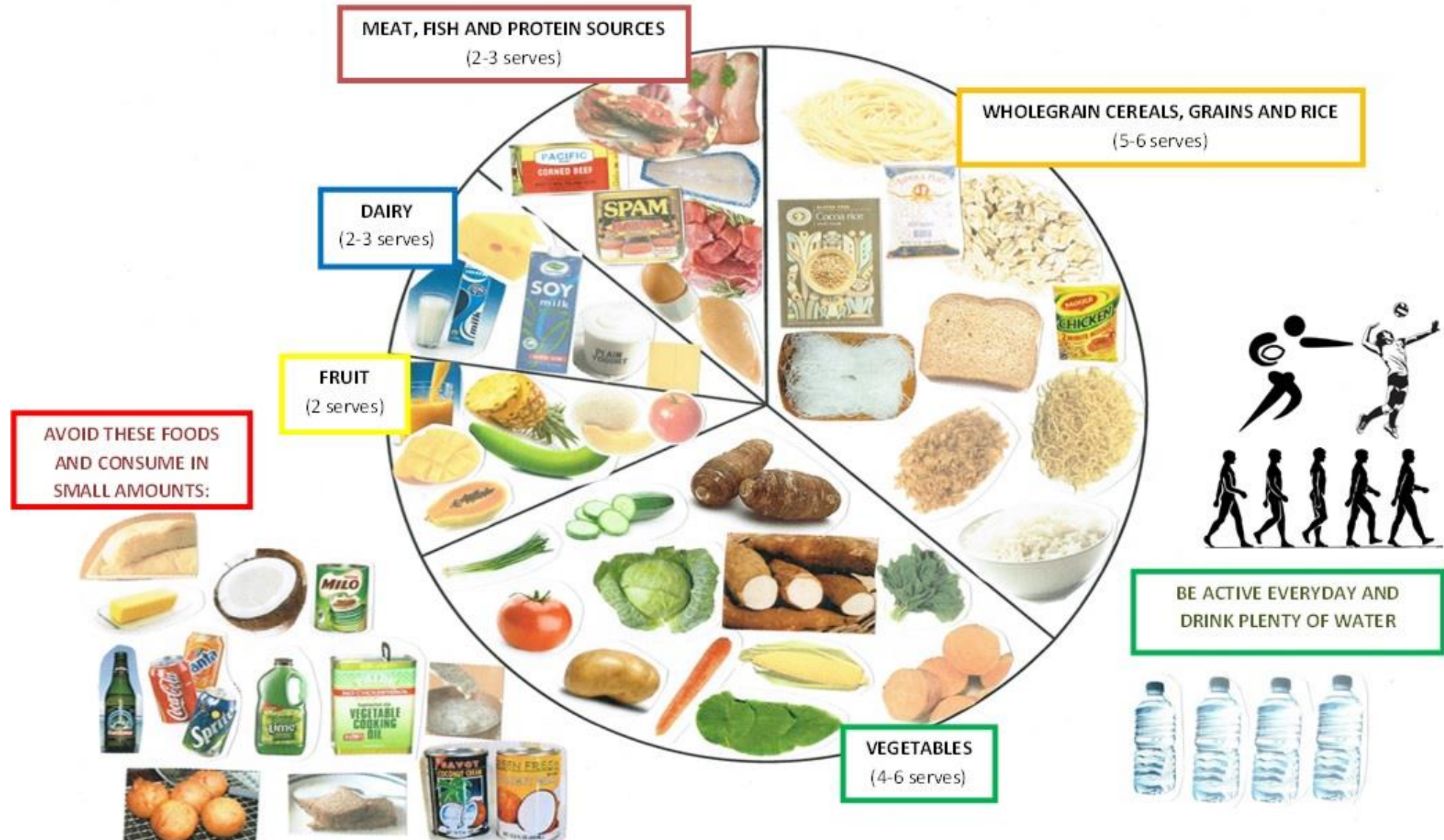


FOOD GUIDE FOR HEALTHY EATING



Click on the image for Canada's Food Guide

Eating Habits

WE ARE CONDUCTING A SURVEY TO STUDY THE EATING HABITS OF HIGH SCHOOL STUDENTS. PLEASE FOLLOW ALL INSTRUCTIONS CAREFULLY. ALL RESULTS ARE CONFIDENTIAL. THANK YOU FOR YOUR PARTICIPATION.

1. What is your gender? Male Female

2. What grade are you in? Grade 9 Grade 10 Grade 11 Grade 12

3. Do you eat three square meals a day? Yes No
(i.e. Breakfast, Lunch, Dinner)

4. How would you describe your eating habits with regards to your health?

Very Healthy

Moderately Healthy

Don't Pay Attention

Moderately Unhealthy

Very Unhealthy

5. Being in shape is important?

Strongly Agree

Agree

Unsure

Disagree

Strongly Disagree

6. What impact does inadequate eating have on how you feel daily?

Doesn't affect me

Moderate negative impact

Strong negative impact

7. What is the most common reason for missing a meal?

8. Rank the following meals in order of preference. (1 being your favourite meal and 9 being your least favourite meal)?

___ McDonald's Meal

___ Kraft Dinner

___ Steak and Potatoes

___ Pasta

___ Pizza

___ Sandwich

___ Chinese Food

___ Tacos

___ Soup and Salad

9. In a week, how often do you eat out or order in?

0 times 1-2 times

3-4 times

5 or more times

10. Are you involved in any extracurricular activities? Yes No

If you answer yes to this question continue with the survey. If you answer no to this question skip to question 12.

11. What extracurricular activities are you involved in? Check all that apply.

- | | | |
|------------------------------------|------------------------------------|---------------------------------|
| <input type="checkbox"/> Football | <input type="checkbox"/> Soccer | <input type="checkbox"/> Hockey |
| <input type="checkbox"/> Lacrosse | <input type="checkbox"/> Baseball | <input type="checkbox"/> Dance |
| <input type="checkbox"/> Ping Pong | <input type="checkbox"/> Badminton | <input type="checkbox"/> Other |

12. Being healthy is very important.

- | | | | | |
|----------------|-------|--------|----------|-------------------|
| Strongly Agree | Agree | Unsure | Disagree | Strongly Disagree |
|----------------|-------|--------|----------|-------------------|

13. Do you take vitamins or supplements to improve your overall health? Yes No

14. Do the parents take it seriously when it comes to teaching young adults to be healthy.

- | | | | | |
|----------------|-------|--------|----------|-------------------|
| Strongly Agree | Agree | Unsure | Disagree | Strongly Disagree |
|----------------|-------|--------|----------|-------------------|