

## STUDENT BREAKFAST QUESTIONNAIRE

Name \_\_\_\_\_ Period \_\_\_\_ Assign #

1. Did you have some breakfast this morning? Yes \_\_ No
2. Do you usually eat breakfast? Yes \_\_ No
3. If you do not eat breakfast regularly, why not?
  - a. Not hungry?
  - b. Not enough time?
  - c. Breakfast not prepared
  - d. Don't like food served
  - e. On a Diet
  - f. Don't want to gain weight
  - g. Other reasons \_\_ List
4. If you did eat breakfast, which of the foods below were included in your breakfast?
  - a. Fruit or juice
  - b. Cereal with milk, cream
  - c. Bread, Toast, rolls
  - d. Butter or spread
  - e. Milk
  - f. Eggs
  - g. Meat
  - h. Pancakes, waffles
  - i. Coffee or tea
  - j. Cocoa or other beverage
  - k. Other foods \_\_ List
5. List foods checked above under their food group as outlined in MyPyramid.
6. Did you eat a balanced meal? Yes \_\_ No
7. If not what would you need to have a balanced meal?
8. What part of the food you eat in a day should be eaten at breakfast?