

## ***FOOD HABITS*** – Questionnaire

1. How often do you eat meat?
2. How often do you eat fish?
3. How many servings of vegetables do you eat per day?
4. How many servings of fruit do you eat per day?
5. How many glasses of water do you drink per day?
6. How many glasses of soft drink do you drink per day?
7. How many servings of dairy products do you have per day?
8. How many servings of pasta do you eat per week?
9. How many servings of bread or pizza do you eat per day?
10. How many servings of sweets do you eat per day  
(including chocolate, cakes, biscuits, ice cream)?
11. How many servings of fast food do you eat per week?
12. What is your favourite food? (choose one food only: PASTA,  
PIZZA, NUTELLA, SUSHI, HAMBURGER, MEAT, CHIPS, OTHER)

- **Questionnaire by:** class 2C and class 2D

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