



## THE PATTERN OF LONGEVITY QUESTIONNAIRE ON EATING HABITS

- 1. What is your age?**
  - 14-15
  - 16-17
  - 18-19
- 2. Gender:**
  - Male
  - Female
- 3. I live in:**
  - Polonia
  - Czech Republic
  - Italy
- 4. How important is it to you to eat healthy?**
  - Very important
  - Somewhat important
  - Not at all important
- 5. What does “eating healthy” mean to you? (Check all that apply)**
  - Low calorie foods
  - Low carbs
  - Low fat
  - Low sodium
  - Low sugar
  - Eating fresh
  - Well-balanced
  - Organic foods
  - Natural foods
  - Whole grains
- 6. Do you have breakfast before going to school?**
  - Always
  - Sometimes
  - Never
- 7. What do you usually have for breakfast?**
  - Milk and coffee
  - Tea
  - Fruit
  - Biscuits
  - Snacks
  - Eggs
- 8. Do you usually have a sweet snack between meals?**
  - Always
  - Sometimes
  - Never
- 9. Do you usually eat vegetable soups?**
  - Every day
  - 2/3 times a week
  - Rarely
  - Never
- 10. How many times a week do you eat fish?**
  - Every day
  - 2/3 times a week
  - Rarely

Never

**11. How often do you eat salad or vegetables with your lunch or dinner?**

Always

Often

Sometimes

Rarely

Never

**12. How often do you eat fruit?**

Every day

2/3 times a week

Rarely

Never

**13. Do you usually have a dessert with your lunch or dinner?**

Always

Often

Sometimes

Rarely

Never

**14. What do you usually have for dessert?**

Cake

Scones

Fruit

Ice cream

**15. What do you drink at meals?**

Water

Soft fizzy drinks

Fruit Juice

Beer

Wine

**16. How often do you eat at fast food restaurants?**

Almost everyday

2/3 times a month

2/3 times a week

Never

**17. Do you use food supplements to complete your diet ?**

Yes

No

Sometimes

**18. Do you think you have healthy eating habits?**

Yes

No

I don't know

**19. I usually buy :**

all types of food

semi—organic food

organic food

**20. Are you on a diet?**

yes

no, but I should be

no, I need to put on weight

no, my weight is just fine

**THANK YOU FOR TAKING THE TIME TO COMPLETE THIS QUESTIONNAIRE**