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### Questionnaire on health risks

1. Are you aware of what you should do to prevent the civilizational diseases?
  - a) Yes, absolutely.
  - b) I know something, but I don't care.
  - c) I don't know anything.
2. Do you visit doctors for regular check-ups?
  - a) Yes, I do.
  - b) No, I don't.
  - c) I do only occasionally.
3. How many times is it desirable to go to the dentist?
  - a) Once a year.
  - b) Twice a year.
  - c) Only when my teeth ache.
4. How often do you wash your hands?
  - a) Before each meal
  - b) Before and after each meal
  - c) After using toilet
  - d) Rarely
5. Do you go to school when you have a cold?
  - a) Yes, I need to be at school to study.
  - b) No, when I am ill, it's better to stay in bed.
  - c) Only if we have a test at school and I don't want to miss it.
6. How often do you take vitamins as a prevention?
  - a) Every day
  - b) Irregularly
  - c) I don't take any
7. Do you know which vitamin we produce when we are exposed to sunshine?
  - a) Vitamin C
  - b) Vitamin E
  - c) Vitamin D
  - d) Vitamin B
8. Which food from the following contains the most of vitamin C,
  - a) Broccoli
  - b) Pepper
  - c) Rose hips
  - d) Chocolate
9. How often do you eat junk food?
  - a) Almost every day
  - b) Once a week
  - c) Once to three times a month
  - d) Never
10. How does a lack of sleep affect our body?
  - a) No affects
  - b) It causes runny nose
  - c) It slows down our metabolism and mental processes
11. What causes cancer?
  - a) Fried, burnt food
  - b) Eating a big amount of sugar
  - c) Too much coffee
12. A) What is caused by smoking cigarettes?
  - a) Runny nose
  - b) Cancer
  - c) Diseases of blood
  - d) Constipation
13. Guess what the perfect time for exercising is to prevent obesity?
  - a) An hour every second day
  - b) Two hours every day
  - c) 10 minutes once a week
14. Which kind of food preparation is the healthiest?
  - a) Frying
  - b) Steaming
  - c) Grilling
15. Why is the internal fat around the waist so risky?
  - a) It affects our movement.
  - b) It causes hypertension.
  - c) It is not risky at all.