

Student Breakfast Preference Survey

Please complete this survey so we can learn about breakfast eating habits.

Teacher: _____ Grade: _____

1. How many days a week do you eat breakfast?

___None ___ 1-2 ___3-4 ___ 5-6 ___7

2. If you don't eat breakfast every day, why not? (circle the reasons)

Dieting/weight control Not hungry
Too busy Dislike available food
Overslept Other _____
No one fixes breakfast for me

3. Where do you eat breakfast? (Circle one or more)

Home School Restaurant
Car or bus Friend or Relative's house
Child Care Center Other _____

4. I eat breakfast because... (Circle one or more reasons)

I'm hungry Someone prepares My parents make me
Breakfast for me
Breakfast is I like breakfast I eat breakfast at school
good for me

5. Is breakfast offered at your school? ___Yes ___No

If yes, how many times in a week, do you eat breakfast at school?

___Never ___ 1-2 ___3-4 ___ 5

6. If not, would you eat breakfast at school if it were offered? ___Yes ___No

If you answered "No", why not? _____

7. When I eat breakfast, it is usually one of the following:

___ A complete, hot breakfast ___ Grab 'n' Go item (Pop Tart, granola bar, candy bar)
___ Breakfast drink (Instant Breakfast) ___ Quick breakfast item (oatmeal, bagel)

8. Did you know that kids who eat breakfast do better in school? Yes No

Are you more likely to eat breakfast knowing this? Yes No

9. Did you know that kids who eat breakfast may be healthier? Yes No

Are you more likely to eat breakfast knowing this? Yes No

10. Where do you get most of your health information? (circle one or more)

Radio

TV

Magazines

School

Friends

Parents

Internet

Teachers

Other _____

11. Below are several ideas to promote breakfast. Please rank these ideas for promoting breakfast from 1 to 5, with 1 being a great idea and 5 being a poor idea to promote breakfast.

_____ Messages about breakfast on the radio and TV

_____ Flyers with breakfast ideas at school

_____ Messages about the health benefits of breakfast

_____ Easy breakfast ideas to fix on my own

_____ Special events and promotions about breakfast

Do you have any other ideas about breakfast? Write them in the space below.