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 Breakfast for me
   Breakfast is good for me  I like breakfast
   My parents make me  I eat breakfast at school

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.