

Attachment No. 1

Survey "Healthy eating habits"

Select the correct answers.

1. How often do you eat breakfast?

- a) every day;
- b) 6 times a week;
- c) 5 times a week;
- d) 4 times a week;
- e) 3 times a week;
- f) 2 times a week;
- g) once a week.

2. How often do you eat sea fish?

- a) 1–2 times a week;
- b) 2–3 times a month;
- c) once a month;
- d) several times a year.

3. How often do you eat salads?

- a) every day;
- b) 6 times a week;
- c) 5 times a week;
- d) 4 times a week;
- e) 3 times a week;
- f) 2 times a week;
- g) once a week.

4. How many meals do you eat a day?

- a) 2;
- b) 3;
- c) 4;
- d) 5;
- e) 6 and more.