



The Breakfast Survey!

This survey asks you question about what you do for breakfast. Please give an honest answer to the questions. Your answers will remain anonymous.

1. How often do you eat something for breakfast?

Everyday ☐ Most days ☐ Sometimes ☐ Rarely ☐ Never ☐

2. If there are times when you do not eat any breakfast, please explain why? (tick all that apply)

Because I don't have time in the mornings ☐
 Because I don't feel hungry ☐
 Because me or my family cannot afford it ☐
 Because my school doesn't offer a breakfast that I like ☐
 Because I think skipping breakfast will help me to manage my weight ☐

Other (please state) _____

3. On a school day where do you usually eat your breakfast?

At home ☐
 On the way to school ☐
 At school ☐
 I don't eat breakfast ☐

Other (please state) _____

4. How often do you eat the following items for your breakfast?

Food or drink item	Everyday	Most days	Sometimes	Rarely	Never
Plain cereal (e.g. branflakes or cornflakes)					
Sugar coated or chocolate cereal (e.g. frosties, coco pops)					
A mixed cereal (e.g. containing fruit and/or nuts)					
Porridge					
Toast or bread					
Cereal bars					
Cooked meat or meat alternatives (sausages, bacon, quorn etc.)					
Fresh fruit					

Please turn over ...

Q4. continued ...

How often do you eat the following food items for your breakfast?

Food or drink item	Everyday	Most days	Sometimes	Occasionally	Never
Eggs (boiled, scrambled, fried, poached)					
Confectionary (chocolate or crisps)					
Tea or coffee					
Fizzy drinks					
Water					
Fruit juice					
Smoothies					

(if there is anything you eat for breakfast that is not listed in the table above, please fill in the name of the food or drink item in an empty row in the column to the left)

5. If you eat cereal for breakfast, please state you favourite type?

6. When you are deciding what to eat for breakfast, what is important to you?
(please rate from 1 to 6, with 1 being the **most** important and 6 being the **least** important)

Food that is healthy _____

Food that is cheap _____

Food that is quick to prepare _____

Food that is available in my house _____

Food that tastes nice _____

Food I can eat on the go (e.g. on the way to school) _____

7. Do you think there is anything your school could do to support or encourage you to eat a healthy breakfast more often?

Yes ☐ No ☐

If you have answered yes, please suggest how below ...

Thank you for taking time to complete the breakfast survey!

Public Health 5-19 Service

