

Healthy diets questionnaire

Do the children in your class have a healthy diet?
 Circle the score for each answer and write the total (out of 16) at the bottom of the sheet. If this is between 4-8 marks, mark the sheet in green; 9 –11: amber and 12 – 16: red.

Question	Answers	Score
What is your favourite drink?	1. water 2. milk 3. fruit juice 4. fizzy pop	1 2 3 4
How often do you drink fizzy drinks?	1. only on special occasions, such as at party 2. one or two times a week 3. most days of the week 4. every day of the week	1 2 3 4
What is your favourite treat?	1. a piece of fruit 2. a cereal bar 3. a piece of cake 4. a packet of sweets	1 2 3 4
How often do you eat sweets?	1. only on special occasions, such as at party 2. one or two times a week 3. most days of the week 4. every day of the week	1 2 3 4