

1. Do you usually have any fruits for breakfast?

- a) Yes, I always have some fruit
- b) Yes, I sometimes have some fruit
- c) No, I never have any fruits for breakfast
- d) Other answer: \_\_\_\_\_

2. What is your breakfast routine like?

- a) I eat at the kitchen with my family every morning.
- b) I eat by myself every morning.
- c) I wake up late and eat something in my room or on the go (in the car or the bus).
- d) I wake up too early, so I only have some snack later, at school.

3. How much sugar do you usually have for breakfast (sugary cereal, sweetened juice, candy, soda, sweetened chocolate milk, etc.)?

- a) I don't eat any sugar at breakfast.
- b) I have a little sugar, just to sweeten my coffee/drink.
- c) I have some sugar, like in drinks, cereal, cookies and etc.
- d) I have too much sugar, I eat candy on breakfast, sugary cereal, cookies, sugary drinks, soda and etc.

4. How much do you eat in the morning?

- a) I don't have any food in the morning.
- b) I don't have any breakfast, but I have some snack later in the morning.
- c) I have breakfast, but I don't eat any snacks until lunch time.
- d) I have plenty for breakfast and also have some snack later in the morning.

5. Is your breakfast diverse?

- a) Yes, I have many different things everyday, different fruits, bread, cereal, juice and coffee.
- b) Yes, I have some variety, but I tend to eat the same things everyday.
- c) No, I have a very simple breakfast.
- d) No, I don't have breakfast.

6. What's the most important breakfast item for you?

- a) Some coffee, tea or other caffeinated beverage
- b) Something sweet, like chocolate milk or cookies.
- c) Some fruit, granola or anything healthy.
- d) Some type of bread or sandwich.