**Ecole Edmond Bocquier**

*France*

# *Healthy food questionnaire*

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| **Can you name any healthy food ?** | The most popular answers are vegetables and fruits. Some pupils said fish, dairy products and water |
| **Can you name any of the 5 groups of food ?** | Fruits, Vegetables, Dairy Products, Grains, Meat and fish. Some pupils don't know. |
| **Can you put these foods in the correct group ?** | Most of students have succed for Fruit and vegetables, dairy. More difficult for the other groups. |
| **Do you know what food will give us energy ?** | All the students name fruits. Lots of them name rice and pasta. Others name dairy products. |
| **What food helps to make our bones strong ?** | The majority said dairy products. But  a lots name soup and meat. |
| **Can you name some fruit ?** | All students name fruits like orange, apple, banana, grappes, strawberry, lemon, etc... |
| **Why is fruit good for your body ?** |  Each time, students said: ''fruits give us vitamins''. But some of them said fruits give us force. |
| **Can you name some vegetables?** | The most  popular answer is carrots, and after come patatoe, zucchini, salad, tomato, beans, cucumber, cauliflower |
| **Why are vegetables good for your body ?** | Most of students said it's because vegetbles give energy and vitamins. About 30% of students don't know why. |
| **What is the most important meal of the day ?** | 68% : Breakfast    24%: Lunch    8%: Dinner |
| **Why is this meal important ?** | Breakfast: because it gives us energy for the day. Lunch: we can eat healthy for lunch. |
| **What type of is good to eat at breakfast ?** | Milk, bread, fruit juice, corn flakes,honey |
| **Can you name any food that is healthy and you can eat a lot ?** | Fruits, Vegetables, Dairy Products, bread, cereals, water, fish |
| **Can you name any food that has a lot of sugar and you should only eat small amount fo ?** | Every students name Sweats ! Also Coke, soda, chocolat, cakes, |
| **Can you name healthy drinks ?** | Everyone name water, milk and fruit juice. |
| **Which of these drinks are healthy** | Every students know that coke is not healthy. |
| **Do any of these drinks contain sugar ?** | Yes for Coke, and some of students (about 15%) name fruit juice. |