



**KA2 Strategic Partnership 2015-1-IT02-KA201-015458**  
**Slow down, Move your body, Improve your diet, Learn**  
**for life, and Enjoy school time S.M.I.L.L.E.**

Partener: LICEUL TEHNOLOGIC PETROL MORENI

Week monitored: 23 – 29 January 2017

Questionnaire on Snacks

How often did you drink these beverages in the past week?

		Location	Never or less than 1 per week	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4 + per day
1	Orange juice, apple juice and other 100% juices	At school	32	0	0	0	0	0	0
		Not at school	25	7	0	0	5	2	0
2	Fruit drinks (such as Snapple, flavored teas, Capri Sun and Kool-Aid)	At school	30	2	0	0	2	0	0
		Not at school	32	0	0	0	0	0	0
3	Sport drinks (such as Gatorade or PowerAde); these drinks usually <b>do not</b> have caffeine	At school	30	2	0	0	2	0	0
		Not at school	32	0	0	0	0	0	0
4	Flavored waters or vitamin waters; these drinks usually <b>do not</b> have caffeine	At school	22	7	3	0	8	2	0
		Not at school	28	4	0	0	4	0	0
5	Unflavored bottled water, tap water, water from a drinking fountain, or other unflavored water	At school	0	0	0	32	30	2	0
		Not at school	0	0	0	32	30	2	0
6	Diet soft drinks (include all kinds such as Diet Pepsi, Pepsi One, Diet Coke, Diet 7-Up)	At school	30	2	0	0	2	0	0
		Not at school	30	2	0	0	2	0	0
7	Regular soft drinks (include all kinds such as Coke, Pepsi, 7-Up, Sprite)	At school	18	2	7	5	13	1	0
		Not at school	28	4	0	0	4	0	0
8	Energy drinks (such as Red Bull, Monster and Full Throttle); these drinks usually <b>have</b> caffeine	At school	28	5	0	0	5	0	0
		Not at school	30	2	0	0	2	0	0
9	Sweetened coffee or tea drinks like a Frappuccino,	At school	20	2	5	5	10	2	0

		Location	Never or less than 1 per week	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4 + per day
	Frappe, (do not include unsweetened coffee or tea)	Not at school	28	0	4	0	4	0	0
10	0 1% or nonfat flavored milk (sometimes called skim, fat-free, or low-fat milk; includes chocolate and other flavors but <b>not</b> unflavored, white milk)	At school	32	0	0	0	0	0	0
		Not at school	32	0	0	0	0	0	0
11	Regular or 2% flavored milk (sometimes called whole, reduced fat, or 4% milk fat; includes chocolate and other flavors but <b>not</b> unflavored, white milk)	At school	32	0	0	0	0	0	0
		Not at school	32	0	0	0	0	0	0
12	1% or nonfat white milk (sometimes called skim, fat-free, or low-fat milk; <b>do not</b> include chocolate or other flavored milks)	At school	32	0	0	0	0	0	0
		Not at school	32	0	0	0	0	0	0
13	Regular or 2% white milk (sometimes called whole, reduced fat, or 4% milk fat; <b>do not</b> include chocolate or other flavored milks)	At school	32	0	0	0	0	0	0
		Not at school	28	0	4	0	4	0	0

How often did you eat these foods in the past week?

		Location	Never or less than 1 per week	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4 + per day
1	Low-fat or non-fat potato chips, tortilla chips and corn chips (such as Baked Lays, Reduced-fat Doritos, Fat-Free Pringles)	At school	32	0	0	0	0	0	0
		Not at school	32	0	0	0	0	0	0
2	Regular potato chips, tortilla chips, corn chips and puffs (such as all flavors of Lay's, Pringles, Doritos, Fritos, Cheetos)	At school	20	2	8	2	12	0	0
		Not at school	28	2	2	0	4	0	0
3	Other savoury snacks	At school	30	2	0	0	2	0	0
		Not at school	30	2	0	0	2	0	0
4	Candy, including chocolate, candy bars, jelly bellies, gummies and Lifesavers ( <b>do not</b> include cookies)	At school	25	2	5	0	7	0	0
		Not at school	28	4	0	0	4	0	0

		Location	Never or less than 1 per week	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4 + per day
5	Doughnuts, pop tarts or other breakfast pastries (croissants and similar breakfast pastries)	At school	30	1	1	0	2	0	0
		Not at school	31	1	0	0	1	0	0
6	Cookies, brownies, pies and cakes	At school	32	0	0	0	0	0	0
		Not at school	30	2	0	0	2	0	0
7	Low or nonfat frozen desserts such as low fat ice cream, frozen yogurt.	At school	32	0	0	0	0	0	0
		Not at school	32	0	0	0	0	0	0
8	Regular ice cream & milkshakes (include all flavors )	At school	32	0	0	0	0	0	0
		Not at school	32	0	0	0	0	0	0
9	How often did you eat a portion of vegetables such as green salad, peas, green beans or corn? ( <b>do not</b> count fried potatoes or French fries)	At school	32	0	0	0	0	0	0
		Not at school	18	12	2	0	14		
10	How often did you eat a portion of fruit such as a banana, apple or grapes? ( <b>do not</b> count juices )	At school	30	2	0	0	2	0	0
		Not at school	20	5	7	0	12	0	0