

**West Derby School**  
**Key Stage 4**  
**Healthy School Questionnaire**

**Factors that influence your choice of food.**

Several different factors influence our choice of food. For every person, there will be a different set of factors that is important. In the next set of questions, we are interested in finding out what factors influence *your choice of food*. Listed below are a series of factors that may be relevant to your choice of foods. Read each item carefully and decide how important the item is to you. Put a tick in the box that best reflects your feelings. Remember, there are no right or wrong answers - we are interested in *what is important to you*.

| It is important to me that the food I eat on a typical day: |                                                | Not important at all | A little important | Moderately important | Very Important |
|-------------------------------------------------------------|------------------------------------------------|----------------------|--------------------|----------------------|----------------|
| 1                                                           | Is easy to prepare / cook                      |                      |                    |                      |                |
| 2                                                           | Contains no additives                          |                      |                    |                      |                |
| 3                                                           | Is low in calories / controls my weight        |                      |                    |                      |                |
| 4                                                           | Tastes good                                    |                      |                    |                      |                |
| 5                                                           | Is not expensive                               |                      |                    |                      |                |
| 6                                                           | Is low in fat / controls my weight             |                      |                    |                      |                |
| 7                                                           | Is familiar to me                              |                      |                    |                      |                |
| 8                                                           | Is high in fibre and roughage                  |                      |                    |                      |                |
| 9                                                           | Is nutritious                                  |                      |                    |                      |                |
| 10                                                          | Is good value for money                        |                      |                    |                      |                |
| 11                                                          | Cheers me up                                   |                      |                    |                      |                |
| 12                                                          | Smells nice                                    |                      |                    |                      |                |
| 13                                                          | Helps me cope with stress / helps me relax     |                      |                    |                      |                |
| 14                                                          | Is packaged in an environmentally friendly way |                      |                    |                      |                |
| 15                                                          | Contains lots of vitamins and minerals         |                      |                    |                      |                |
| 16                                                          | Contains no artificial ingredients             |                      |                    |                      |                |
| 17                                                          | Keeps me awake and alert                       |                      |                    |                      |                |
| 18                                                          | Is high in protein                             |                      |                    |                      |                |
| 19                                                          | Keeps me healthy                               |                      |                    |                      |                |
| 20                                                          | Is good for my skin/teeth/hair/nails etc       |                      |                    |                      |                |

Please make sure you have answered every item

Thank you for helping with our survey

