

West Derby School
Key Stage 3
Healthy Eating Questionnaire

1. Name one thing you really like to eat _____

2. What is your favourite fruit? _____

3. What is your favourite vegetable? _____

4. Did you have anything to eat or drink on the way to school? YES / NO

5. Do you have a snack to eat at morning break time? _____

6. Do you eat anything after your evening meal? YES / NO

7. Do you have salad or vegetables with your food at home? YES / NO

8. What time do you eat your evening meal?

5p.m 6p.m 7p.m Later

9. How much time do you spend on exercise each day?

None 30mins 1 hour

10. Do you stay for a school dinner? YES / NO

If no why don't you? Go home prefer packed lunch

11. How could we improve the school dinners at West Derby?

12. Do you have any more suggestions to improve our school as a healthy school?
