

Questionnaires

Name :

Age :

Type of Study :

Nationality :

| Age group (years) | Kilocalories per day | |
|-------------------|----------------------|-------|
| Older children | Boys | Girls |
| 5-7 | 1,850 | 1,750 |
| 7-10 | 2,100 | 1,800 |
| 10-12 | 2,200 | 1,950 |
| 12-14 | 2,400 | 2,100 |
| 14-16 | 2,650 | 2,150 |
| 16-18 | 2,850 | 2,150 |

| Age group (years) | Kilocalories per day | | |
|-------------------|----------------------|-------------------|----------------|
| Adults: men | Light activity | Moderate activity | Heavy activity |
| 18-30 | 2,600 | 3,000 | 3,550 |
| 30-60 | 2,500 | 2,900 | 3,400 |
| >60 | 2,100 | 2,450 | 2,850 |
| Adults: women | Light activity | Moderate activity | Heavy activity |
| 18-30 | 2,000 | 2,100 | 2,350 |
| 30-60 | 2,050 | 2,150 | 2,400 |
| >60 | 1,850 | 1,950 | 2,150 |

Source: FAO, WHO, and UNU (1985), as published in Hoddinott (2001).

Calculate your daily calories

1. Breakfast :

2. Lunch :

3. Dinner :

4. Snack :

Total :

Habits of Eating

1. How often do you cook?

2. How often do you eat healthy food?

2-1. What do you eat?

3 How often do you eat unhealthy food?

3-1. What do you eat?

4. What do you usually eat for breakfast?

5. What did you eat for lunch today?

6. What food do you like?

7. What food don't you like?

8. What type of fast food do you prefer ?

9. How often do you use fast-food services?

10.

