

INSTRUCTIONS FOR QUESTIONNAIRE

Your survey needs to find out:

1. What challenges should you promote?
2. What do students already know about healthy eating?
3. What activities students are doing already?
4. What gives them a sense of well-being?
5. What would they like to do?
6. What should they be doing?

You may use any layout and you may decide how each question will be answered (e.g. circling, ticking, underlining, deleting, numbering, etc)

Don't forget you need an introduction to your questionnaire.

Most importantly, remember that the responses must be analysed in a spreadsheet.

DATA COLLECTION

Each copy of the questionnaire must gather data about one student, including age and gender. It should also include questions on the following four topics.

A Eating well

1. You need to find out preferences for different types of food. Use your database to help you decide on allowable responses. You may want to include food types like fruit, dairy, etc or you may want to include specific foods like chicken nuggets or mashed potato. Make sure that the examples come from the database and that the responses can be analysed in a spreadsheet.
2. You also need to find out whether students think they eat healthy food in sensible portions. You may want to give some examples.

B Getting active

1. You need to find out what activities students are already involved in. The choices that you allow should include different ways to get active, not just sport.
2. You also need to find out how often they take part in the activity and for how long.

C Feeling good

1. You need to find out what actions students get involved in to improve well-being. Your choices should include more than just sport. Use the SmallSteps4Life website to help you identify different options.
2. You also need to find out how often they take action to improve their well-being.

D Challenges

You must include these questions, re-worded if you wish:

- Rate these challenge types in order of preference (rate 1, 2 and 3 with 1 being your preferred choice)? Options are: *eating healthy, getting active, feeling good*.
- Would you want to do your challenge with friends or on your own? *Possible answers are: alone, with my friends*