

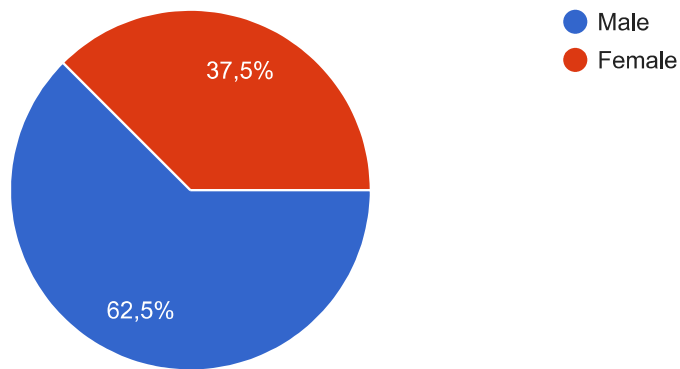
# P3. Active lifestyle: Do you practise sports?

16 respuestas

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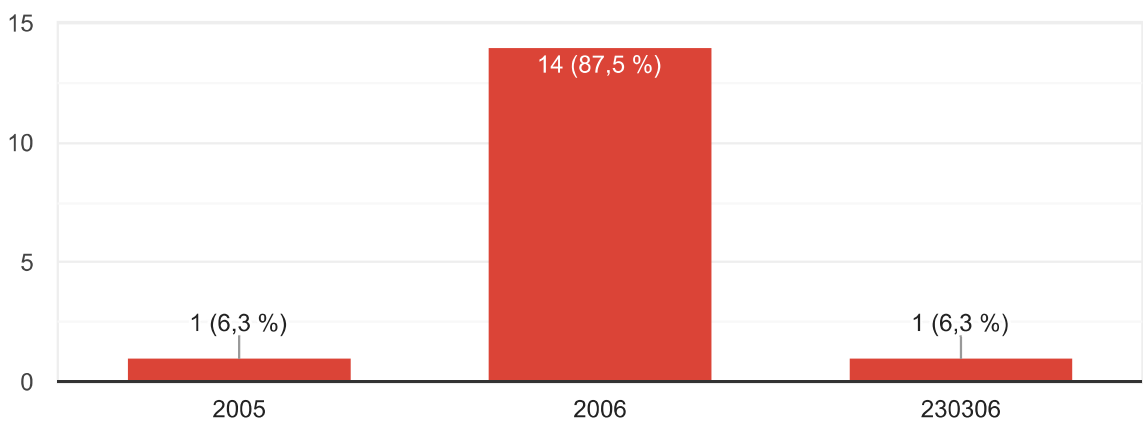
## Gender

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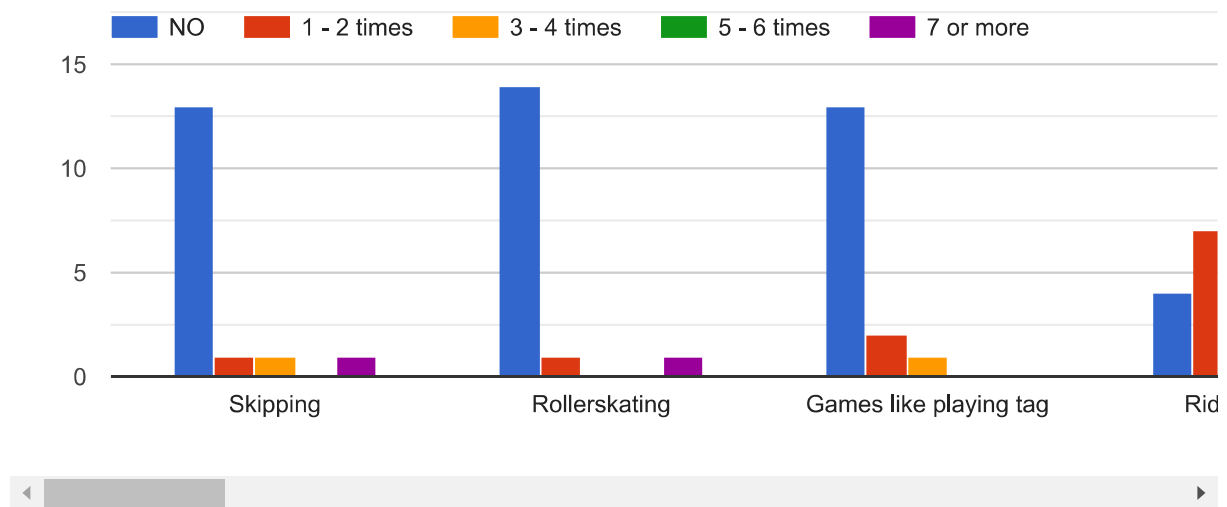


## Date of birth (year)

16 respuestas

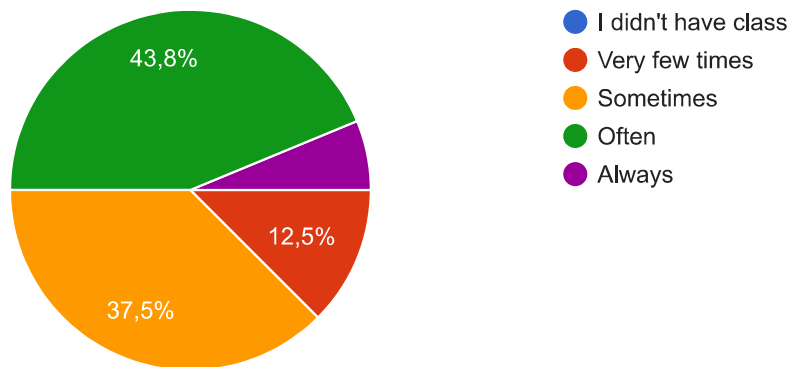


Physical Activity in your free time: Have you done any of the following activities in the last 7 days (last week)? If your answer is YES, check one of the following boxes: 1 or 2 times, 3 or 4 times, 5 or 6 times, or 7 or more.



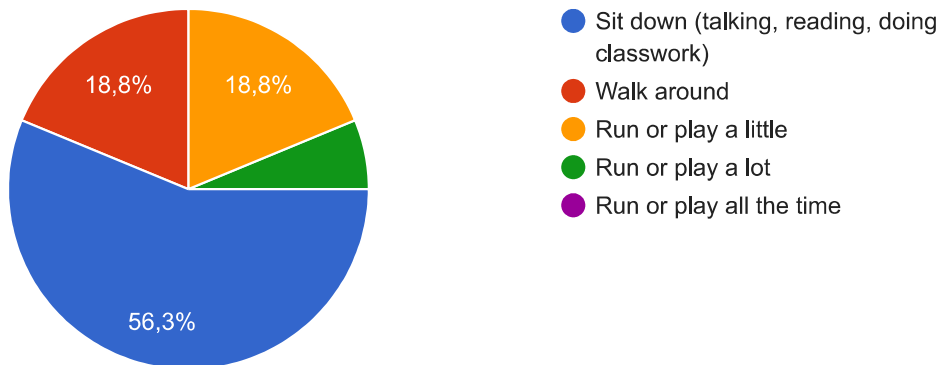
During the last 7 days, in Physical Education Class, how many times have you been physically active during the classes: playing intensively, running, jumping, throwing the ball, etc? Check one of the following options:

16 respuestas



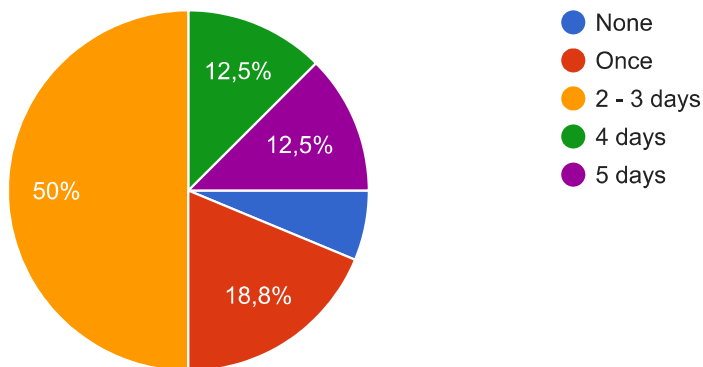
In the last 7 days, what did you do during breaktime? Check one option.

16 respuestas



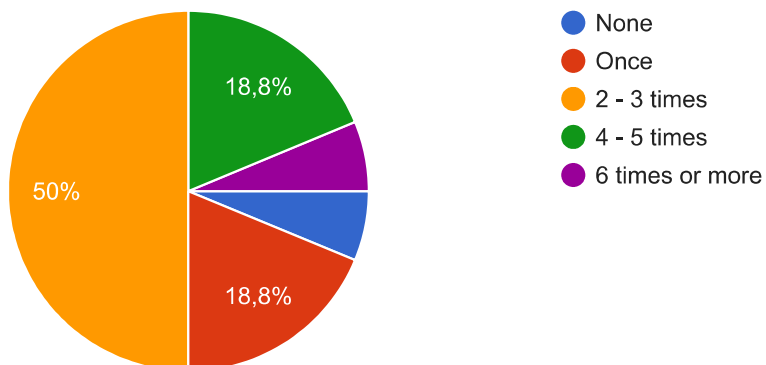
In the last 7 days, how many days have you practiced sports, danced or played active games after school? Check only one.

16 respuestas



Last weekend, how many times did you practise sports, dance or play active games? Check one option

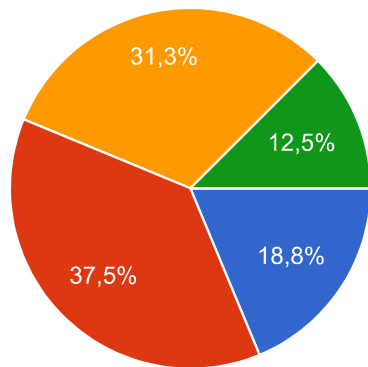
16 respuestas



Which of the following statements define your last week the best way?

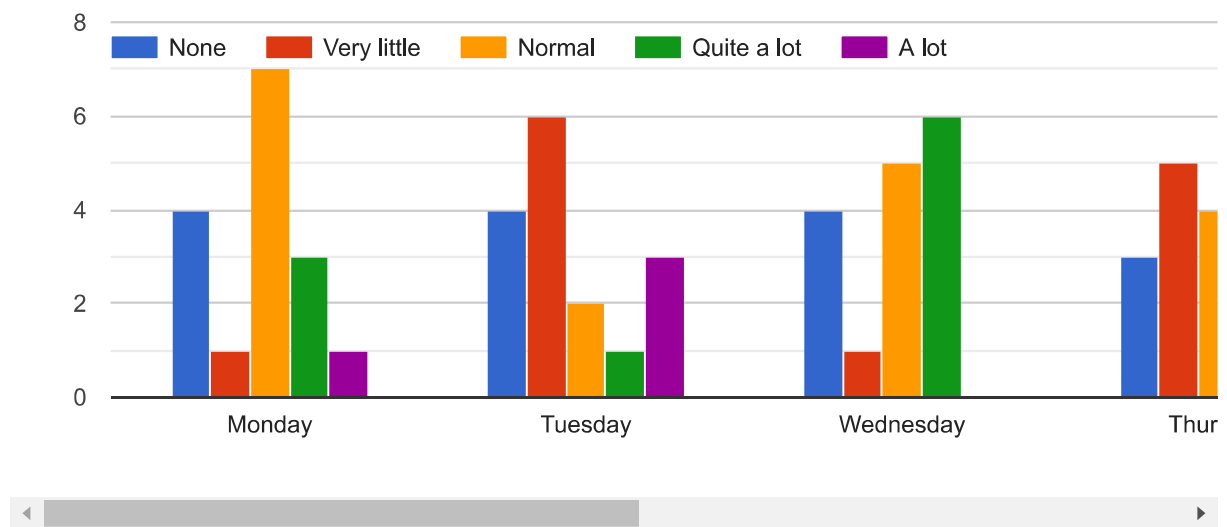
Please read the five sentences before choosing one.

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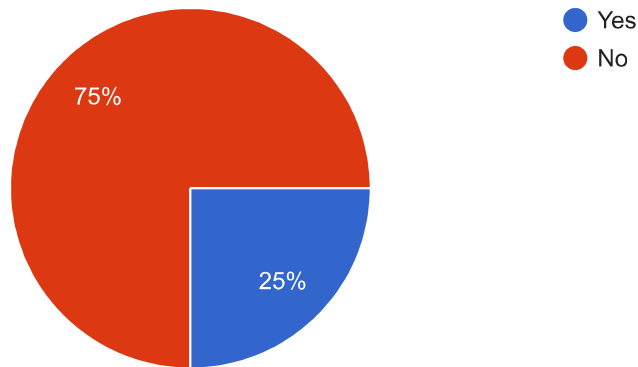
- I spent most or all my free time on non-physical activities
- Sometimes (1 or 2 times) I took part in physical activities in m...
- I often (3 or 4 times) took part in physical activities in my free ti...
- I very often (5 or 6 times) took part in physical activities in m...
- Muy a menudo (7 veces o más) took part in physical activities...

Check how frequently you did physical activity per day during the last week (p.e. sports, playing, dancing or any other physical activity).



Were you sick or was there anything which prevented you from doing physical activity last week?

16 respuestas



If the answer is yes, please explain it a little bit

4 respuestas

Study from the exams

the answer was no

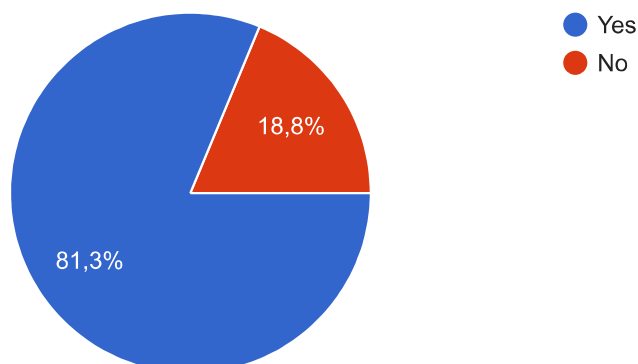
I had a lot of exams.

I need study

Now you are going to read some questions about your eating habits. Please answer Yes or No

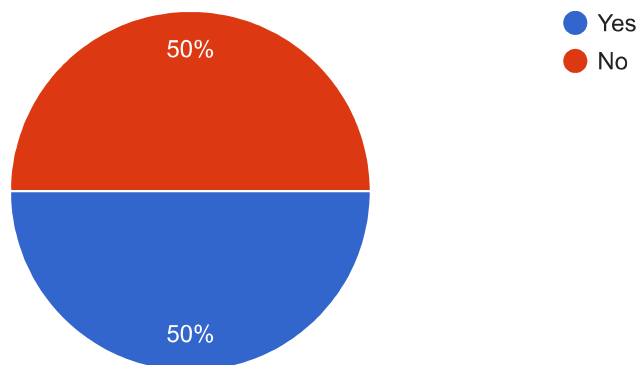
Do you eat a piece of fruit every day?

16 respuestas



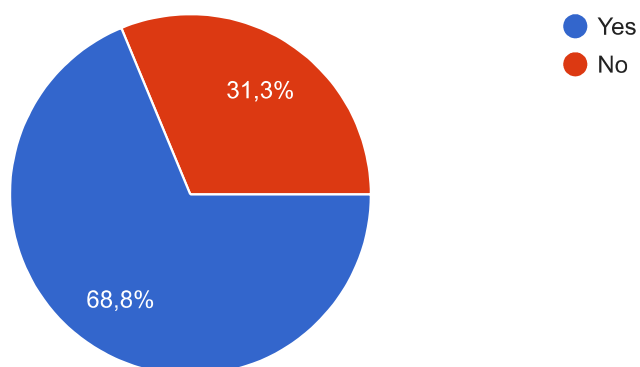
Do you eat more than one pieces of fruit every day?

16 respuestas



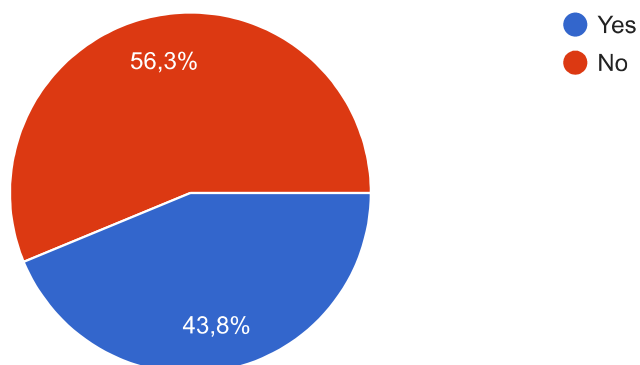
Do you eat vegetables, fresh or cooked, at least once a day?

16 respuestas



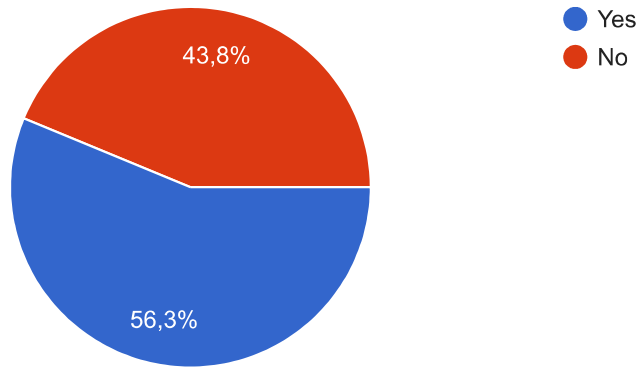
Do you eat vegetables, fresh or cooked, more than once every day ?

16 respuestas



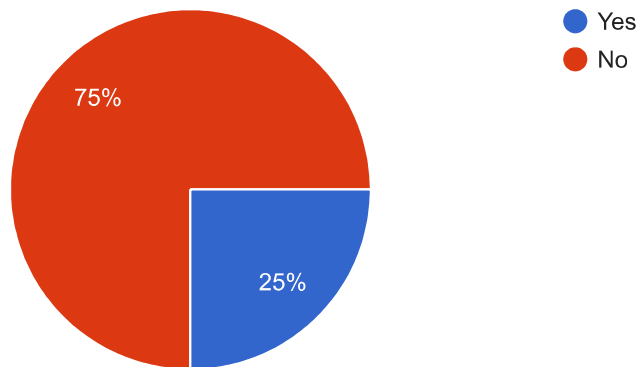
Do you eat fish 2 or 3 times per week?

16 respuestas



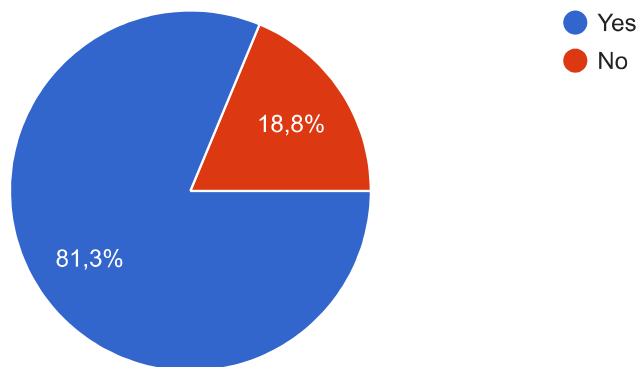
Do you eat junk food once a week or more?

16 respuestas



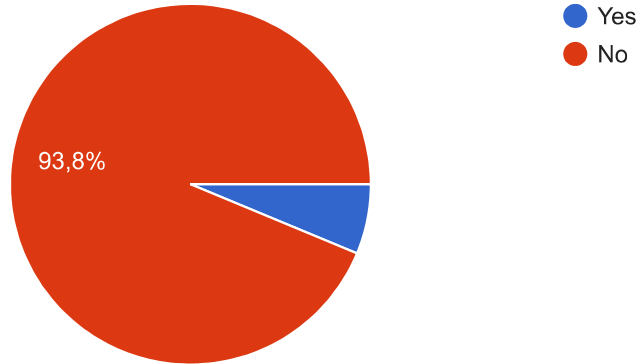
Do you eat legumes 2 or more times a week?

16 respuestas



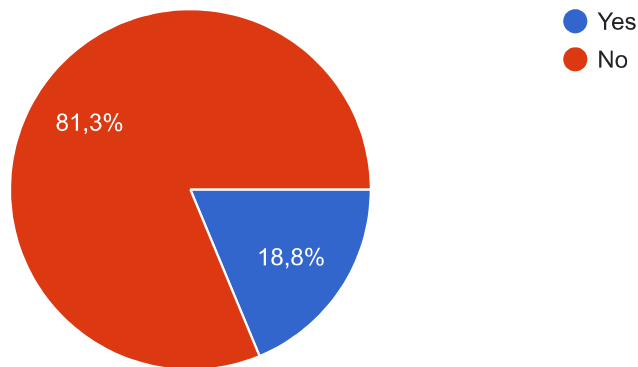
Do you eat pasta or rice 5 or more times a week?

16 respuestas



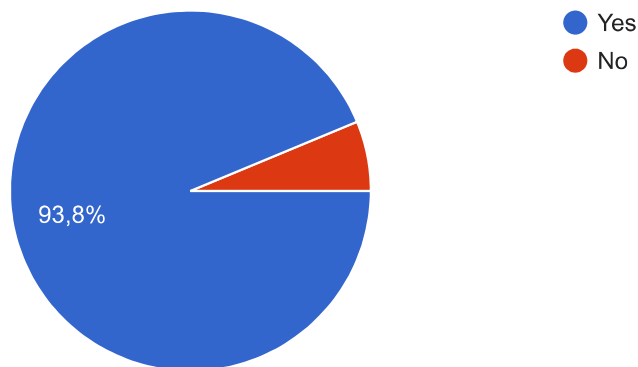
Do you eat nuts 2 or more times a week?

16 respuestas



Do you use olive oil to cook at home?

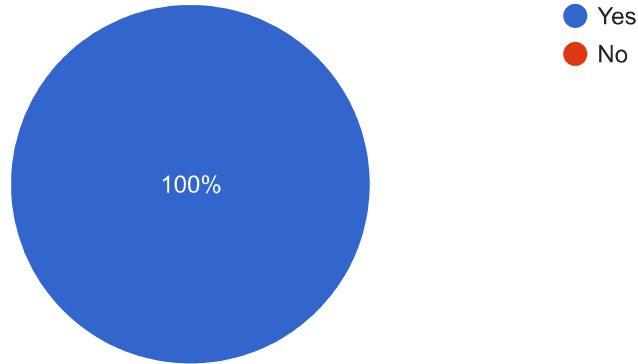
16 respuestas





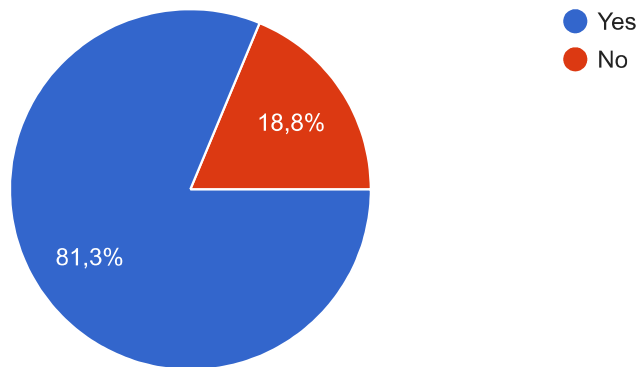
Do you have breakfast every day?

16 respuestas



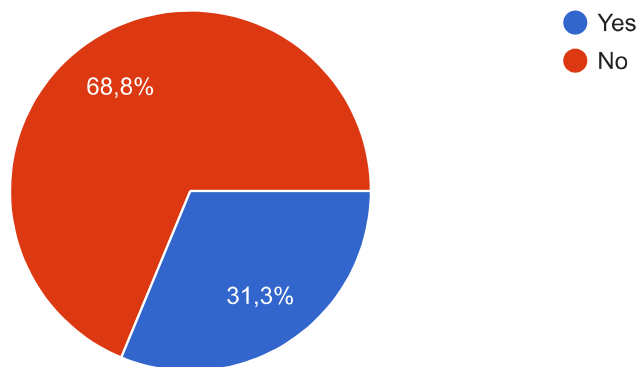
Do you have cereals or by-products (bread, toasts...) for breakfast?

16 respuestas



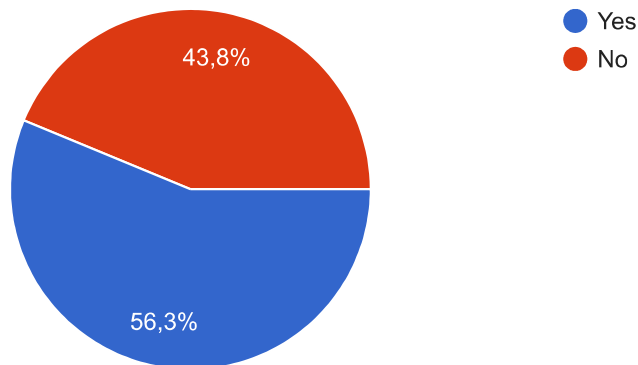
Do you have processed baked goods for breakfast?

16 respuestas



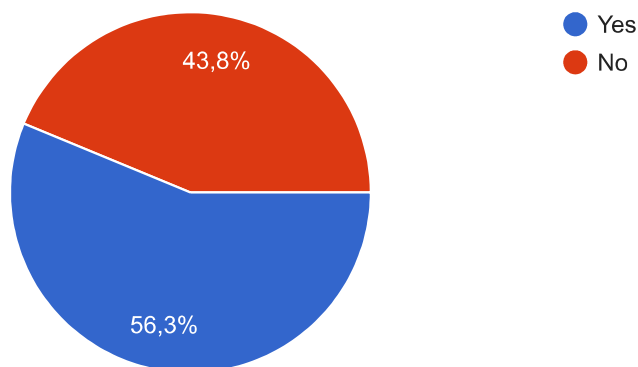
Do you have at least one dairy product for breakfast?

16 respuestas



Do you have yogurt or cheese (40g portion) every day?

16 respuestas



Do you have sweets or candy more than once a day?

16 respuestas

