

Nutrition Questionnaire

This questionnaire aims to study the eating habits of university students and their nutritional balance. Please answer honestly. Your responses will remain anonymous.

Section 1: General Information

1. What is your gender? () Male () Female
2. What is your age? () Under 18 () 18–21 () 22–25 () Over 25
3. What is your academic level? () L1 () L2 () L3 () Master 1 () Master 2

Section 2: Eating Habits

4. How many meals do you eat per day? () 1 () 2 () 3 () More than 3
5. Do you usually eat breakfast? () Yes, every day () Sometimes () Rarely () Never
6. Where do you usually eat lunch? () At home () At university cafeteria () Fast-food restaurant () Other
7. How often do you eat fruits and vegetables? () Every day () 3–4 times a week () 1–2 times a week () Rarely
8. How often do you eat fast food? () Every day () Several times a week () Once a week () Rarely or never
9. How many glasses of water do you drink per day? () 1–2 () 3–4 () 5–6 () More than 6

Section 3: Lifestyle

10. Do you practice any physical activity? () Yes, regularly () Sometimes () Never
11. How many hours do you sleep per night? () Less than 5 hours () 5–7 hours () 7–9 hours () More than 9 hours
12. Do you take any vitamin or dietary supplements? () Yes () No

Section 4: Opinion

13. Do you think your diet is balanced? () Yes () Somewhat () No
14. What is the main reason for your eating habits? () Lack of time () Money () Taste preference () Health reasons () Other