

# 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