

This is a form about how you feel about **eating breakfast**. There are 13 questions. For each question please put a tick in the space that best describes what you think. Kids often think different things about eating breakfast so there are no right or wrong answers. The form is about what **you** think.



Here is an example:

	Agree a lot	Agree a bit	Don't agree or disagree	Disagree a bit	Disagree a lot
1. Eating breakfast keeps you healthy					

If you **really agree** that eating breakfast keeps you healthy, you should put a tick in the first space, underneath where it says 'Agree a lot'. If you **agree a bit** that eating breakfast keeps you healthy, you should put a tick in the second space, underneath where it says 'Agree a bit'. If you **don't really agree or disagree** that eating breakfast keeps you healthy, you should put a tick in the third space. If you **disagree a bit** that eating breakfast keeps you healthy, you should put a tick in the fourth space. And if you **really disagree** that eating breakfast keeps you healthy, you should put a tick in the fifth space, underneath where it says 'Disagree a lot'.

All your answers are a secret between you and the people helping you fill out the form. Nobody else will see your answers. Please don't talk to anyone else while you are filling in the form and try not to let anyone else see what you put down.

If there is anything you don't understand or any words that you are not sure about then make sure you ask. There is no rush so you can take as long as you like.



Remember to put a tick in **one** space for **each** question.

	Agree a lot	Agree a bit	Don't agree or disagree	Disagree a bit	Disagree a lot
1. I usually eat healthy foods for breakfast					
2. I often miss breakfast					
3. It's okay to miss breakfast					
4. I hardly eat anything for breakfast					
5. I hate eating breakfast					
6. I usually eat unhealthy foods for breakfast					
7. I can concentrate in class even when I've missed breakfast					
8. I usually have a snack at morning break instead of breakfast					
9. I feel okay in the mornings even if I haven't eaten breakfast					
10. Eating breakfast is boring					
11. I'd rather have a snack at morning break than eat breakfast					
12. If I miss breakfast I feel more tired in the morning					
13. I usually eat a good breakfast					