

Sociology essay sample

[Profession](#), [Student](#)



Survey Questions: Fruits and Vegetables of AU Students

- Eating balanced diet
- Eating fruits and vegetables more often
- Dieting and exercising
- Do not know
- Yes
- No
- What is the overall nutrient content of fruits and vegetables?
- Proteins
- Vitamins
- Fat
- Carbohydrates
- What is the form in which students consume fruits and vegetables at school?
- Fruits: Fresh/Cooked/Processed/ Juice
- Vegetables: Fresh/ Cooked/Processed/Juice
- List three reasons why you need to add more fruit and vegetables to your diet.
- Reason 1
- Reason 2
- Reason 3
- How certain will you be able to eat more than two serving of fruits and vegetables per day?
- Very certain
- Relatively certain

- Not very certain
- Tip 1
- Tip 2
- Tip 3
- How is your consumption schedule of fruits and vegetables?
- Daily basis
- Weekly basis
- Monthly basis
- Any time basis
- How much fruits and vegetable portions should be consumed in a week?
- Ten portions
- Twenty portions
- Thirty portions
- Above thirty portions
- When do you take vegetable serving?
- Breakfast
- Lunch
- Supper
- Any time
- Three portions
- Six portions
- Nine portions
- Above nine portions
- When do you take fruit serving?
- Breakfast

- Lunch
- Supper
- Any time
- Do you see the need for eating fruits and vegetables?
- Yes
- No
- Why do you need to eat fruits and vegetables?
- Social reasons
- Health purposes
- Family reasons
- Any other reason (Specify)
- Which gender needs to eat fruits and vegetables on a daily basis?
- Males
- Females
- Both
- Why do you think the above gender needs to eat fruits and vegetables daily?
- Social reasons
- Health purposes
- Family reasons
- Any other reason (Specify)
- Which age group requires eating fruits and vegetables more often?
- Children
- Teenagers
- Youth

- Adults
- Elderly
- All
- Why do you think the above age-group requires eating fruits and vegetables more often?
- Development
- Dieting
- Health purposes
- Do not know
- Do age and gender factors dictate the intake of fruits and vegetables?
- Yes
- No
- Which class of students do you think should increase their intake of fruits and vegetables?
- Senior classes
- Junior classes