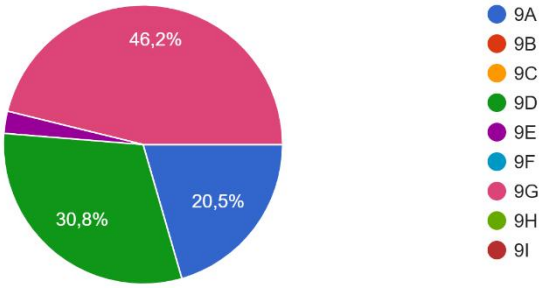
RESULTADOS DO INQUÉRITO ÀS TURMAS ENVOLVIDAS

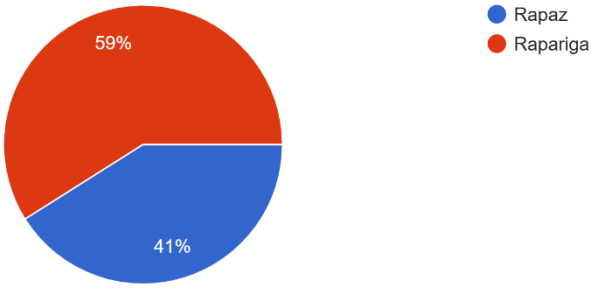
Indica a tua Turma

39 respostas

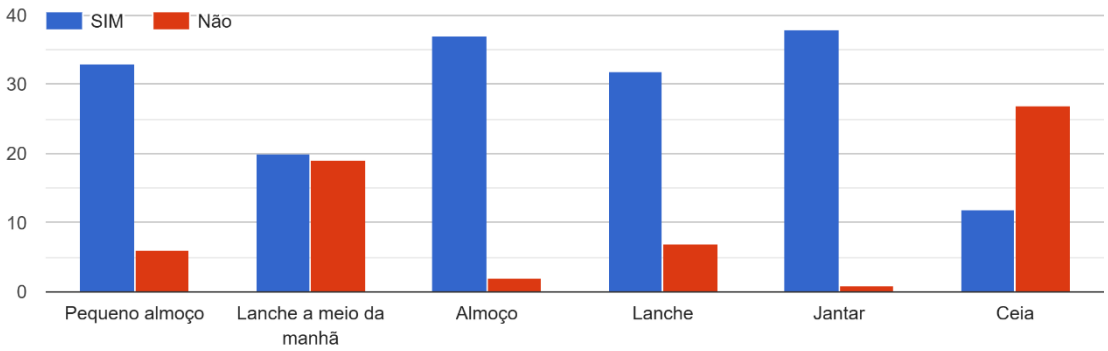


Sexo

39 respostas



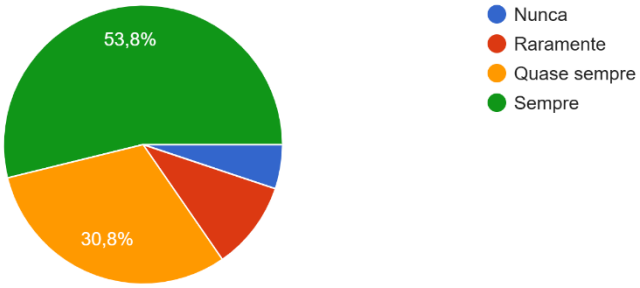
1.Indica as refeições que costumas fazer diariamente.



RESULTADOS DO INQUÉRITO ÀS TURMAS ENVOLVIDAS

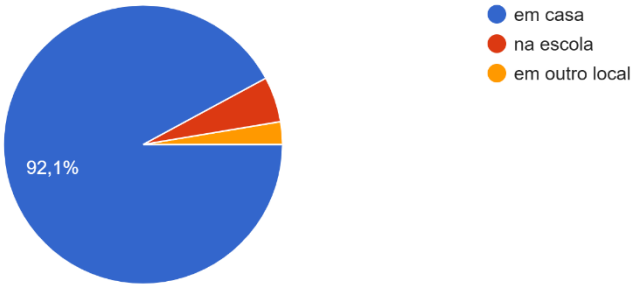
2.Com que frequência tomas o pequeno almoço ?

39 respostas

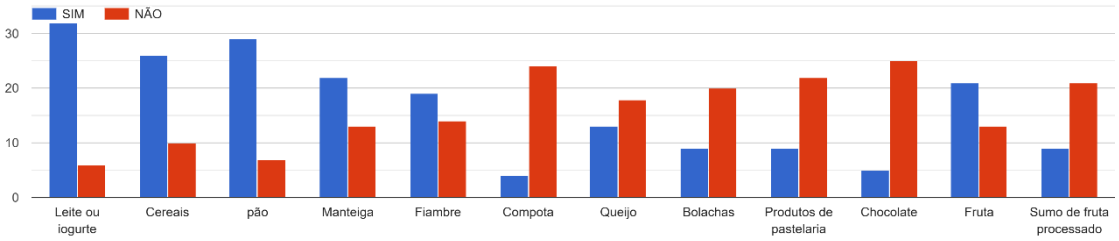


3.De 2ª a 6ª feira onde é usual tomares o pequeno almoço?

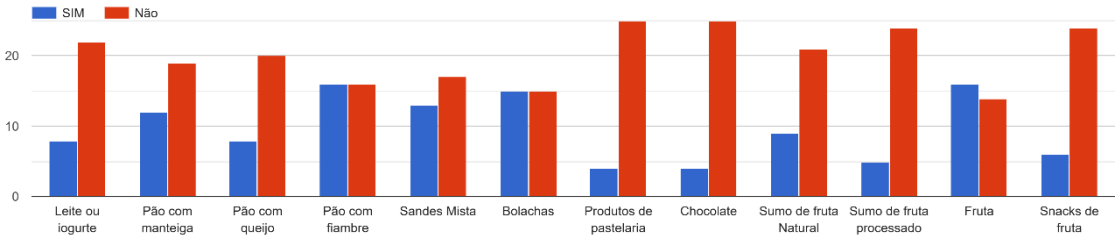
38 respostas



4.Que alimentos tens por hábito consumir ao pequeno almoço?



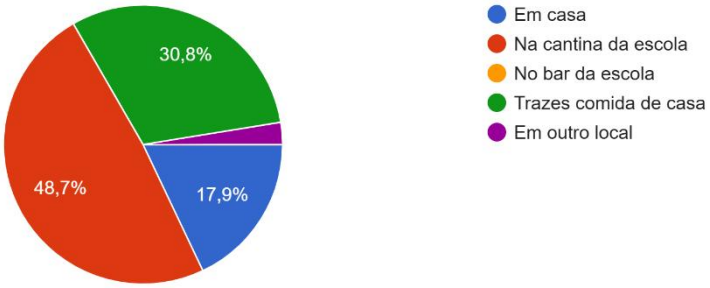
5.No lanche da manhã o que tens por hábito consumir?



RESULTADOS DO INQUÉRITO ÀS TURMAS ENVOLVIDAS

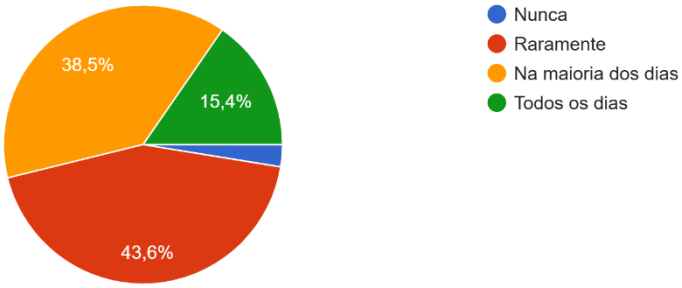
6.De 2ª a 6ª feira onde é usual fazeres o almoço?

39 respostas

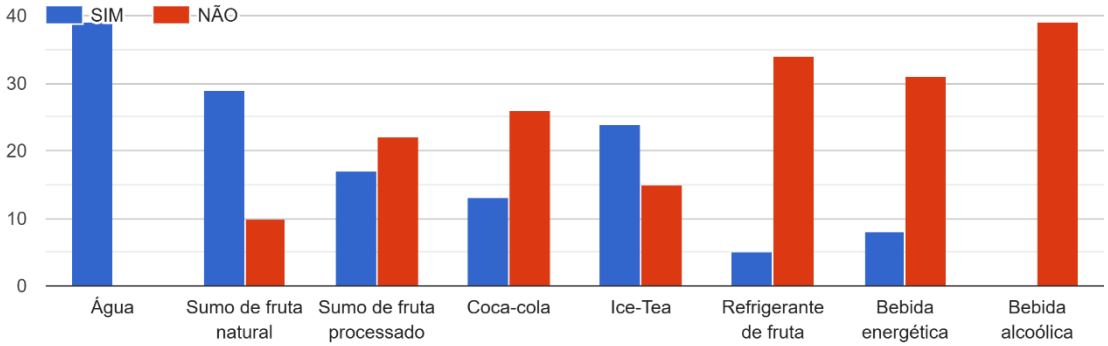


7.Com que frequência consomes sopa?

39 respostas



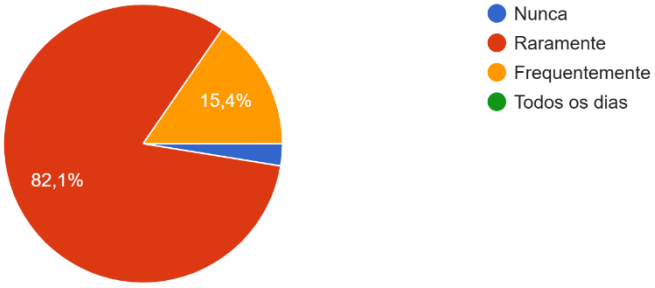
8.Indica as bebidas que é frequente consumires



RESULTADOS DO INQUÉRITO ÀS TURMAS ENVOLVIDAS

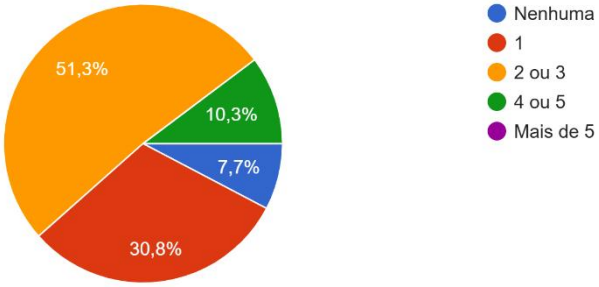
9.Com que frequência consomes comida de confeção rápida - Fast-food. (hambúrguer, pizza, batata frita, etc)

39 respostas

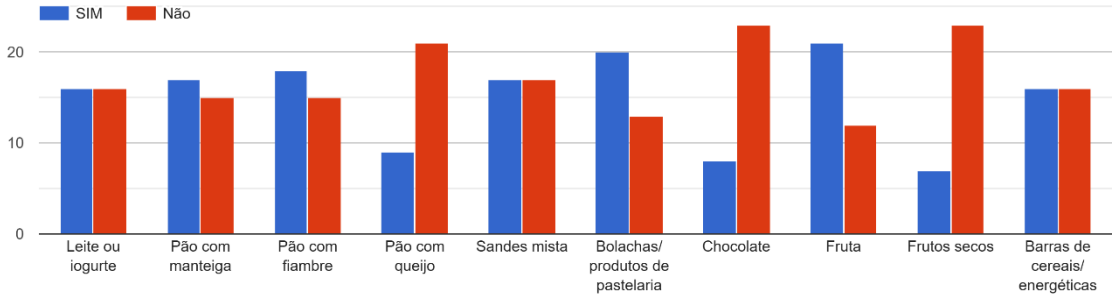


10.Quantas peças de fruta consomes diariamente?

39 respostas

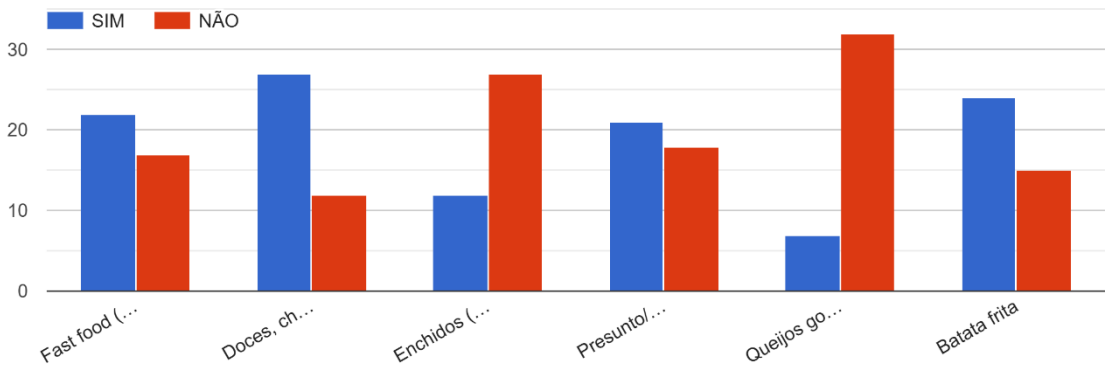


11. Se tens por hábito fazer o lanche da tarde, indica os alimentos que consomes regularmente.



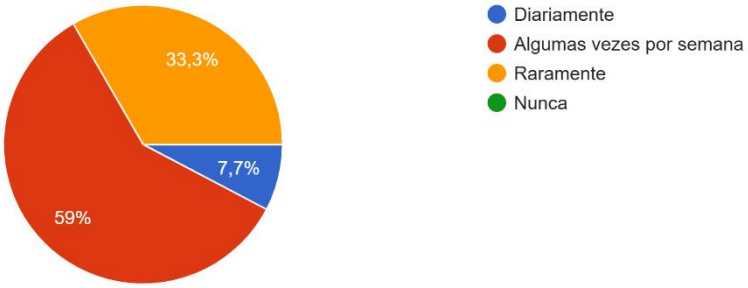
RESULTADOS DO INQUÉRITO ÀS TURMAS ENVOLVIDAS

12 Indica os alimentos com alto teor de gordura que tens o hábito de consumir?



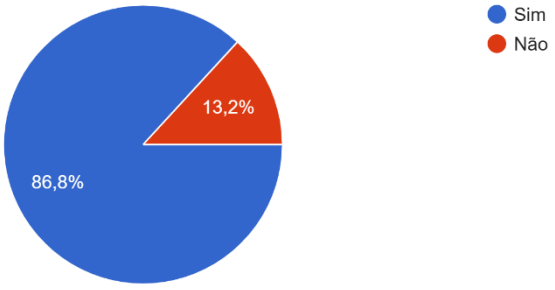
13.Com que frequência consomes alimentos ricos em gordura?

39 respostas



14. Tens consciência de quais alimentos são mais ricos em gordura?

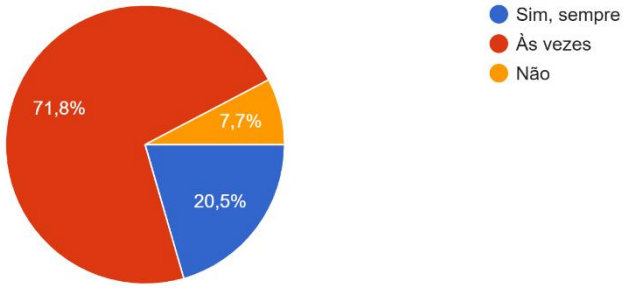
38 respostas



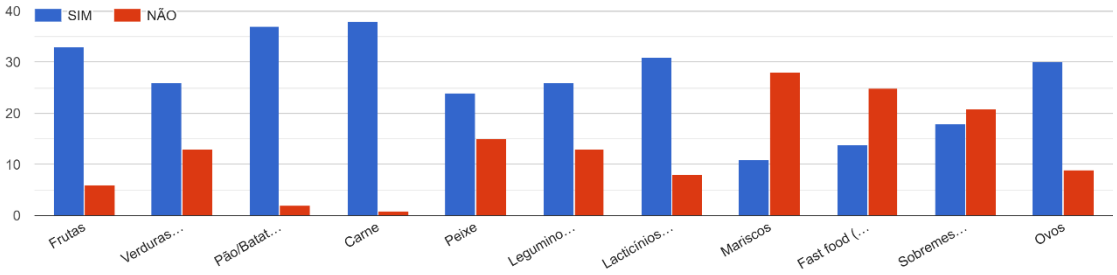
RESULTADOS DO INQUÉRITO ÀS TURMAS ENVOLVIDAS

15.Tentas reduzir o consumo de alimentos com alto teor de gordura?

39 respostas

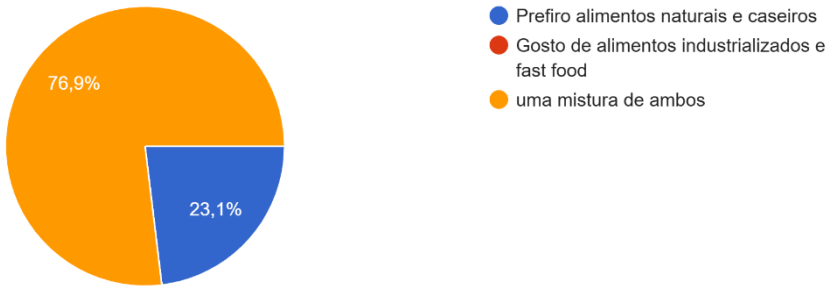


16. Assinala os alimentos que costumas consumir com frequência



17. Qual dessas opções melhor descreve a tua preferência alimentar?

39 respostas



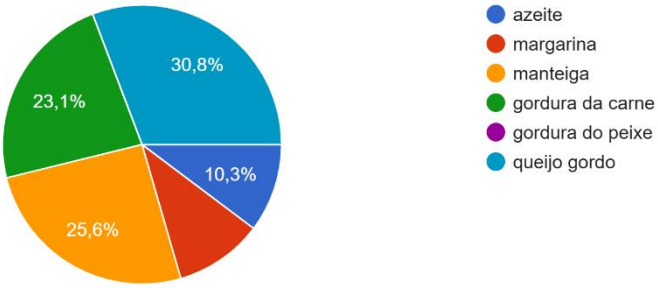
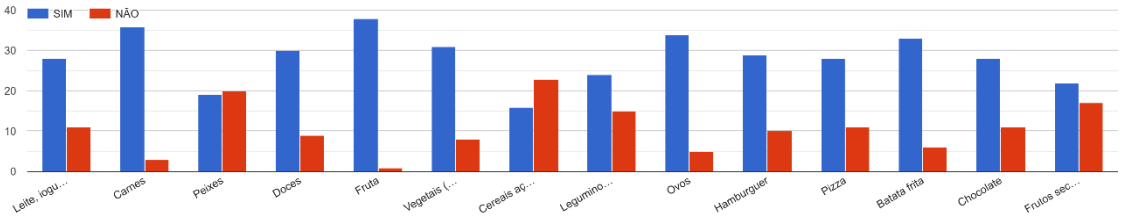
RESULTADOS DO INQUÉRITO ÀS TURMAS ENVOLVIDAS

18. Relativamente à forma de confeção dos alimentos indica a tua preferência

39 respostas

19.Relativamente às gorduras qual te parece a menos saudável

39 respostas



20. Dos alimentos indicados assinala a tua preferência