

LENScience Healthy Start to Life: Adolescent Education Programme

Student Questionnaire

Thank you for participating in this questionnaire. We are looking forward to working with you and your class.

Section One: About You.

<i>Name</i>					
<i>Date of Birth</i>					
<i>School</i>					
<i>Year Level</i>	Year 7 <input type="checkbox"/>	Year 8 <input type="checkbox"/>	Year 9 <input type="checkbox"/>	Year 10 <input type="checkbox"/>	Year 11 <input type="checkbox"/>

Ethnicity – Tick all the boxes that represent you			
Māori	<input type="checkbox"/>	I am Female	
NZ Pakeha / NZ European	<input type="checkbox"/>		
Pasifika	<input type="checkbox"/>		
Asian	<input type="checkbox"/>	I am Male	
Indian	<input type="checkbox"/>		
Other	<input type="checkbox"/>		

Section Two: About Science

	Yes	No
Have you ever met a scientist?	<input type="checkbox"/>	<input type="checkbox"/>
If your answer was yes, can you tell me who it was or what kind of scientist they were?		

For each of these statements, tick one box to tell me what you think.....	Strongly Agree	Agree	Disagree	Strongly Disagree	I don't know
I enjoy doing science at school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am good at science	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You can trust science	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scientists do experiments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scientists do work that is important	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Science is about understanding the world	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Science is always about being sure of the answer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scientists need to be good at English	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scientists need to be good at Maths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have done proper scientific investigations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scientists are creative & imaginative people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I am an adult, I would like to have a job that involves science.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section Three: About Health

	Very Good	Good	OK	Bad	Very Bad
My personal health is.....					

On a school day I usually get up at _____ o'clock in the morning

On a school day I usually go to sleep at _____ o'clock at night

	Very healthy	Healthy	OK	Unhealthy	Very Unhealthy
My lifestyle is usually					
The food I eat is usually...					

	A lot	Quite a lot	Not very much	Not at all
How much does it matter what you eat?				
How much does it matter whether you are active or exercise every day?				
How much does it matter whether you are healthy?				
How often do you get to choose what you eat?				

	My parents or grandparents	My brothers and sisters	My Friends	None of these people
If you do not choose what you get to eat, who does?				

	Breakfast	Lunch	Dinner	Snacks
If you do get to choose what you eat, which meals do you choose?				

When I choose my food the most important thing is:	What my friends think	Good taste	Healthy food	Quick to get it

Age	At what age do you think lifestyle starts to affect how healthy you are as an adult?	At what age do you think food choices starts to affect how healthy you are as an adult?
Before they are born to 1 year		
1-10 years		
11-20 years		
21-30 years		
31-40 years		
41-50 years		
51 – 60 years		
61+ years		
NEVER		

For each of these statements, tick one box to tell me what you think.....	Strongly Agree	Agree	Disagree	Strongly Disagree	I don't know
The food a woman eats when she is pregnant affects the health of her baby					
The food a father eats will affect the health of his children when they are babies					
The food I eat now will affect my health in the future					
The food I eat now will affect the health of any children I have in the future					
The food a woman eats when she is pregnant affects the health of her baby when it is grown up					
The food a father eats will affect the health of his children when they grow up					
It is important for me to eat healthy food now.....					

I eat or drink...	Everyday	2-4 times a week	Once a week	Less than once a week	Never
Potato chips					
Soft drinks					
Biscuits, museli bars and sweets					
Green vegetables (e.g. spinach, beans, lettuce, peas)					
Starchy vegetables (e.g. kumara, potatoes, pumpkin, yams etc.)					
Fruit (e.g. apples, pears, bananas)					
Raw fruits and vegetables					
Fried food (e.g. hot chips, fried chicken, burgers)					
Alcohol					

		Everyday	2-4 times a week	Once a week	Less than once a week	Never
I play sports, take dance lessons / gym etc						
Walking is part of my journey to school						
After school I	Hang out with friends					
	Play sport or walk the dog.....					
	Go to dance classes / gym / martial arts.....					
	Do homework					
	Watch TV or play computer games					
	Go to after school classes like music, drama, languages or maths....					
	Go to work					