

## Breakfast cereal survey

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_

What is your current occupation? \_\_\_\_\_

1. Do you eat breakfast cereal for breakfast in the morning? ☐ YES ☐ NO
2. Which cereal do you prefer

A. Oatmeal
B. All bran
C. Corn flakes
D. Coco pops
E. Other

3. Are you allergic to any ingredient in cereals?  
What: \_\_\_\_\_ ☐ YES ☐ NO

4. Do you put sugar, honey or condensed milk in your cereal?  
If so how much? ☐ YES ☐ NO

A. ½ spoon
B. 1 spoon
C. 1 ½ spoons
D. 2 spoons

5. Do you ever look at the nutrition information and ingredients at the back of the box? ☐ YES ☐ NO

6. Do you ever look at the glyceamic index of cereals? ☐ YES ☐ NO

7. Do you follow a special dietary plan? ☐ YES ☐ NO

8. Does the image on the cereal box determine whether or not you purchase the cereal or not? ☐ YES ☐ NO

9. Are you able to concentrate longer when you eat cereal in the morning? ☐ YES ☐ NO ☐ MAYBE ☐ I DONT KNOW

10. Can you go through the day without eating breakfast in the morning? ☐ YES ☐ NO



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