

Table. Questionnaire concerning healthy lifestyle and healthy food choice

1. How do you assess your commitment to a healthy lifestyle?					
Commitment level	1	2	3	4	5
2. How do you assess your commitment to healthy food choice?					
Commitment level	1	2	3	4	5
3. To what extent do you follow the basics of a healthy lifestyle?					
Factors:	1	2	3	4	5
- eating healthy diet					
- practicing physical fitness					
- eating breakfast everyday					
- don't using stimulants					
- sleeping eight hours everyday					
- avoiding passive leisure time					
4. To what extent are you involved in healthy food choice?					
Factors:	1	2	3	4	5
- checking the composition of food products					
- paying attention to food certification					
- checking expiration date of food products					
- choosing organic food products					
- checking the origin of food products					
- following the food pyramid guidelines					
5. To what extent do barriers prevent you from practicing a healthy lifestyle?					
Factors:	1	2	3	4	5
- lack of time					
- lack of healthy food offerings in school/college canteens					
- lack of healthy life style knowledge					
- lack of motivations					
- lack of food preparation skills					
- I don't like healthy meals					
- lack of money					