

Sample Student Survey

Having data from a survey can be valuable information when applying for funding, asking for support, donations, or recruiting volunteers.

Here is a sample survey. You may want to review and discuss with others at your school about how you might develop a survey that would meet the specific needs of your school.

1. Did you eat breakfast today? Yes No
2. Where did you eat breakfast? At home In the car On the bus At school
3. What did you eat for breakfast? _____.
4. Do you usually eat breakfast? Yes No
5. How many days of the week do you eat breakfast? 0 1 2 3 4 5 6 7
6. If you do not eat breakfast, please tell us why. You can choose more than one. I do not have time. I am not hungry. I do not like breakfast foods. My family does not eat breakfast. My friends do not eat breakfast. I do not have food to eat for breakfast. Other:_____.
7. Have you ever eaten school breakfast? Yes No
8. How many days of the week do you eat school breakfast? 0 1 2 3 4 5
9. If you do not eat school breakfast, please tell us why. You can choose more than one. I do not have time. I am not hungry. I did not know I could eat breakfast at school. I do not like the menu/choices. My friends do not eat breakfast. I already ate breakfast at home. Other:_____.
10. How does eating breakfast help you? You can choose more than one. Gives me energy. Wakes me up. Helps me to pay attention. Helps me to get good grades. Helps me to be in a better mood. Helps me to be healthy. Helps me try new foods. It does not help me. Other:_____.
11. How do you feel when you do not eat breakfast? You can choose more than one. I am hungry. I have a headache. I have a stomach ache. I am tired. I do not have energy. I feel grumpy. I have trouble paying attention in class. Other:_____.



Adapted from the Public Schools of North Carolina's Breakfast Survey for Students