

# Questionnaire to measure the intention to perform physical activity, consume a healthy diet and conduct socio emotional well-being activities

(The original version is in Spanish)

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ID:

Date:

Start time:

End time:

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## Instructions

This questionnaire asks you about your intentions to conduct physical activity, eat healthy food, and conduct activities for socio-emotional wellness. You must read each question and select the option that you intend to do.

**Remember, it is very important that you answer the questions as honestly and sincerely as possible.**

## Section 1. Physical activity

**1. You go to the park with your parents. Consider that you have not done physical activity during the day. From the following available activities, choose the one you would intend to do.**

Run

Lay down on the grass

Eat an ice cream

**2. It's Friday afternoon, you're at home, and you have free time. Consider that you have not done physical activity during the day. From the following available activities, choose the one you would intend to do.**

Sleep

Exercise

Watch a movie

**3. You are at your school recess. Consider that you have not done physical activity during the day. From the following available activities, choose the one you would intend to do.**

Buy candies

Talk with my friends

Play catch

**4. You are visiting your cousins in your uncles' house. Consider that you have not done physical activity during the day. From the following available activities, choose the one you would intend to do.**

Play video games

Play ball

Play a board game

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## Section 2. Healthy eating and correct diet

5. It's time to eat. From the following food, select the one that you would intend to eat.

- Fried beans    Cooked beans

6. You are going to have a snack. From the following food, select the one that you would intend to eat.

- Potato chips    Natural peanuts

7. You are going to eat. From the following food, select the one that you would intend to eat.

- Chicken soup    Fried chicken

8. You are going to have a snack. From the following food, select the one that you would intend to eat.

- Vanilla ice cream    Apple

9. You are going to have dinner. From the following food, select the one that you would intend to eat.

- Hamburger    Corn quesadillas

10. You are going to have dessert. From the following food, select the one that you would intend to eat.

- Chopped fruit    Strawberry-filled chocolate cupcake

11. You are going to have a drink. From the following food, select the one that you would intend to eat.

- Fruit water    Milk shake

12. You are going to eat a fruit. From the following food, select the one that you would intend to eat.

- Banana    Fried bananas

13. You are going to eat some nuts. From the following food, select the one that you would intend to eat.

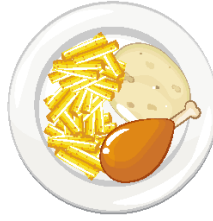
- Caramelized walnuts    Walnuts

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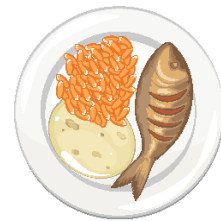
14. You are going to eat at a restaurant with your parents. Which of the following dishes would you propose to eat considering that you must have a complete diet?



Beef, vegetable salad, and corn tortilla

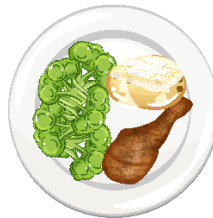


Chicken, potatoes, and corn tortilla

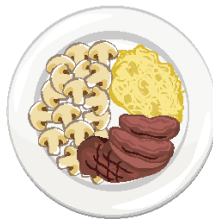


Fish, rice soup, and corn tortilla

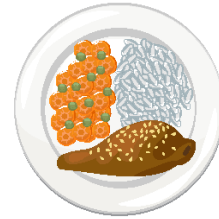
15. A friend invites you to eat at his house. It is important that you consider that you had chilaquiles with chicken for breakfast. Which of the following dishes would you propose to eat considering that you must have a varied diet?



Breaded chicken, cooked broccoli, and baked potato

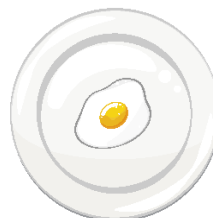


Roast beef, spaghetti, and mushrooms

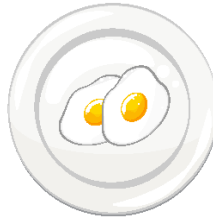


Chicken with mole, steamed vegetables, and white rice

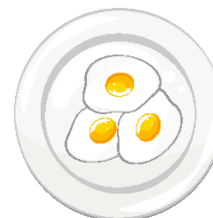
16. You are going to choose your dinner. Consider that you already ate 2 servings of animal foods during the day. Which of the following dishes would you propose to eat considering that you must have a sufficient diet?



1 serving of fried egg



2 servings of fried eggs



3 servings of fried eggs

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17. You are going to have breakfast in the school's dining room. Which dish would you intend to eat considering that you must have a balanced diet?



1 serving of beans, 1 serving of vegetable salad, and 2 servings of bread

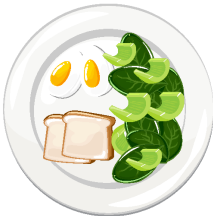


2 servings of beans, 2 servings of vegetable salad, and 1/2 serving of bread



1/2 serving of beans, 1/2 serving of vegetable salad, and 1/2 serving of bread

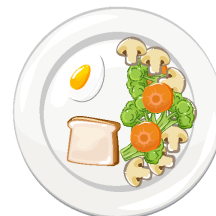
18. It's time for breakfast, you're going to choose a dish assuming you don't like chard. Which dish would you intend to eat considering that you must have an adequate diet?



Boiled egg, celery, chard, and box bread



Bacon, chard, and box bread

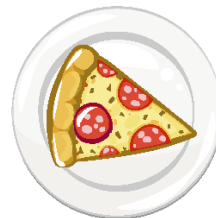


Boiled egg, broccoli, carrot, mushrooms, and box bread

19. Your best friend invites you to eat. Which dish would you intend to eat considering that you must have a complete diet?



Meatballs



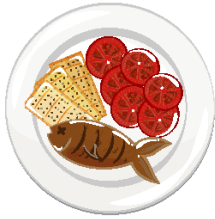
Pepperoni pizza



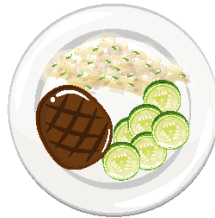
Chicken Milanese, vegetable salad, and flour tortilla

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20. A neighbor invites you to dinner at his house. It is important that you consider that you ate roast beef. Which dish would you intend to eat considering that you must have a varied diet?



Fried fish, tomato, and crackers



Beef, cucumbers, and mashed potatoes



Picadillo, lettuce, and pasta

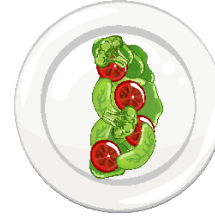
21. Your mom is preparing your food for dinner. She considers that you already ate 4 servings of vegetables during the day. Which dish would you intend to eat considering that you must have a sufficient diet?



1 serving of salad

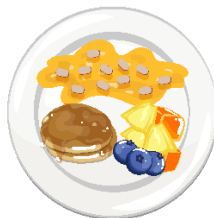


1/2 serving of salad



2 servings of salad

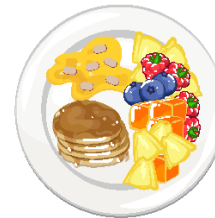
22. You are going to have breakfast with your grandmother. Which dish would you intend to eat considering that you must have a balanced diet?



3 scrambled eggs, 1/2 serving of chopped fruit, and 2 hotcakes



1 scrambled egg, 1 portion of chopped fruit, and 3/4 of hotcake



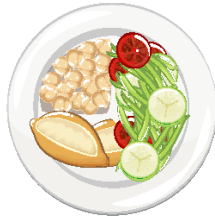
1 scrambled egg, 2 servings of chopped fruit, and 4 hotcakes

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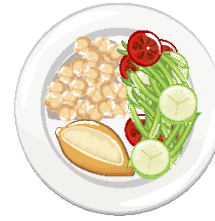
23. It's time to eat, you're going to choose a dish assuming you don't like chickpeas. Which dish would you intend to eat considering that you must have an adequate diet.



Beef, vegetable salad, and box bread



Chickpeas, vegetable salad, and box bread

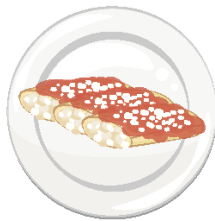


Chickpeas, vegetable salad, and box bread

24. Your cousin invites you to eat. Which dish would you intend to eat considering that you must have a complete diet.



Chicken quesadilla



Chicken enchiladas

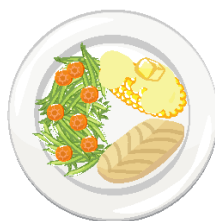


Chicken tostada

25. Your teacher invites you to dinner. It is important that you consider that you ate shrimp cocktail. Which dish would you intend to eat considering that you must have a varied diet.



Breaded shrimp, salad, and breadsticks



Grilled fish, salad, and corn with butter



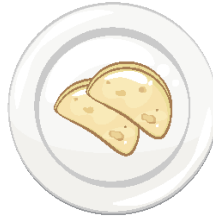
Cooked shrimp, salad, and pasta

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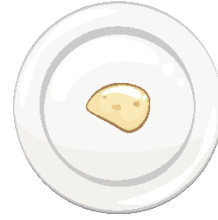
26. You are going to accompany your dinner with tortillas. Consider that you already ate 4 servings of cereals during the day. Which dish would you intend to eat considering that you must have a sufficient diet.



1 portion of corn tortilla



2 portions of corn tortilla

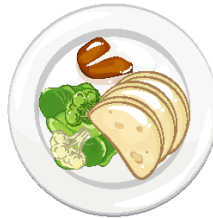


½ portion of corn tortilla

27. You are going to eat at your uncles' house. Which dish one would you intend to eat considering that you must have a balanced diet.



2 portions of meat, ½ portion of salad, and ½ corn tortilla

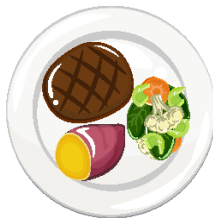


½ portion of meat, ½ portion of salad, and 3 corn tortillas



1 portion of meat, 1 portion of salad, and 1 corn tortilla

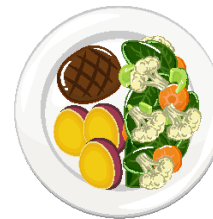
28. It's dinner time, you're going to choose a dish assuming you don't like sweet potato. Which dish would you intend to eat considering that you must have an adequate diet.



Beef, vegetable salad, and sweet potato puree



Beef, vegetable salad, and corn tortilla



Beef, vegetable salad, and sweet potato puree

### Section 3. Socio-emotional wellness

**29. You try to have healthy eating habits, but your parents give you a lot of junk food on your birthday. From the following activities available which one would you intend to do?**

Asking your parents to give you more junk food

Eating all the junk food because it's a gift

Asking your friends to help you eat the junk food

Asking your parents to support you in following your healthy eating habits

**30. You try to have healthy eating habits, but you feel like you don't have the necessary skills. From the following activities available which one would you intend to do?**

Eating sweets to cheer yourself up

Striving to eat healthy food

Exercise

Give up because it's the easiest

**31. You have not managed to have healthy habits, and you want to do something to change the situation. From the following activities available which one would you intend to do?**

Rest and sleep

Talk about your concerns with a friend

Strive to eat healthy foods and exercise

Do nothing, it doesn't matter to be healthy

**32. You try to have healthy eating habits and do physical activity, but you feel worried and all the time you want to eat. From the following activities available which one would you intend to do?**

Talk about your concerns with a friend

Discuss your concerns with a trusted adult

Do nothing, it doesn't matter to be healthy

Eating to feel better

**33. You try to have healthy eating habits, but you feel tired and get angry easily. You want to do something to change the situation. From the following activities available which one would you intend to do?**

Rest and sleep

Yelling and hitting things

Talk about your concerns with a friend

Discuss your concerns with a trusted adult

**Very good ... You finished the questionnaire. Thanks for participating!**